

# Hero In the Hallway Program at Chippewa Valley High School

Presenters:

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Bullying is not a rite of passage. Many people experience long-lasting negative effects.

- [Video of Pink Shirt Day 2012](#)

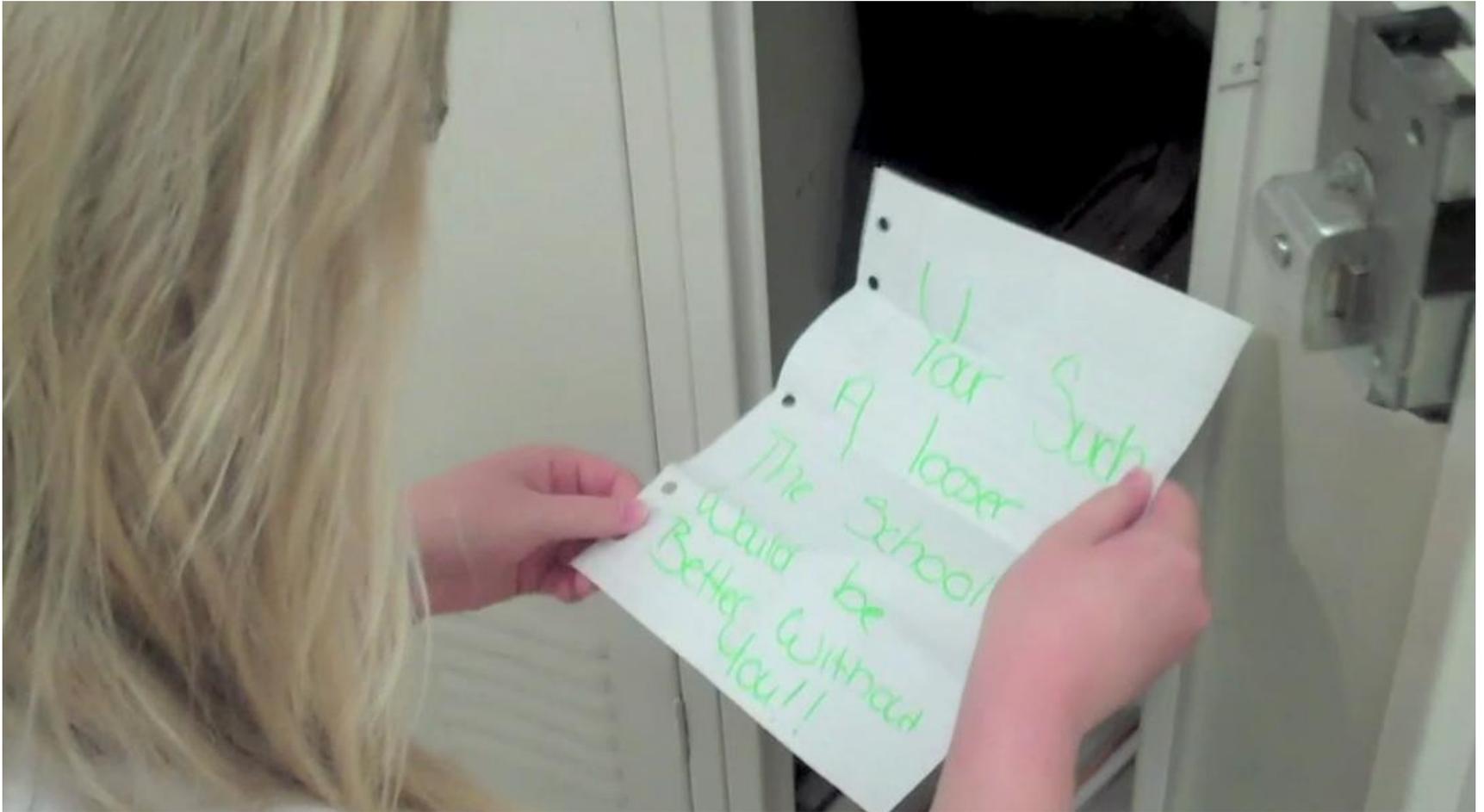
Hero in the Hallway started with inspiration from Canadian teens and a Michigan father.



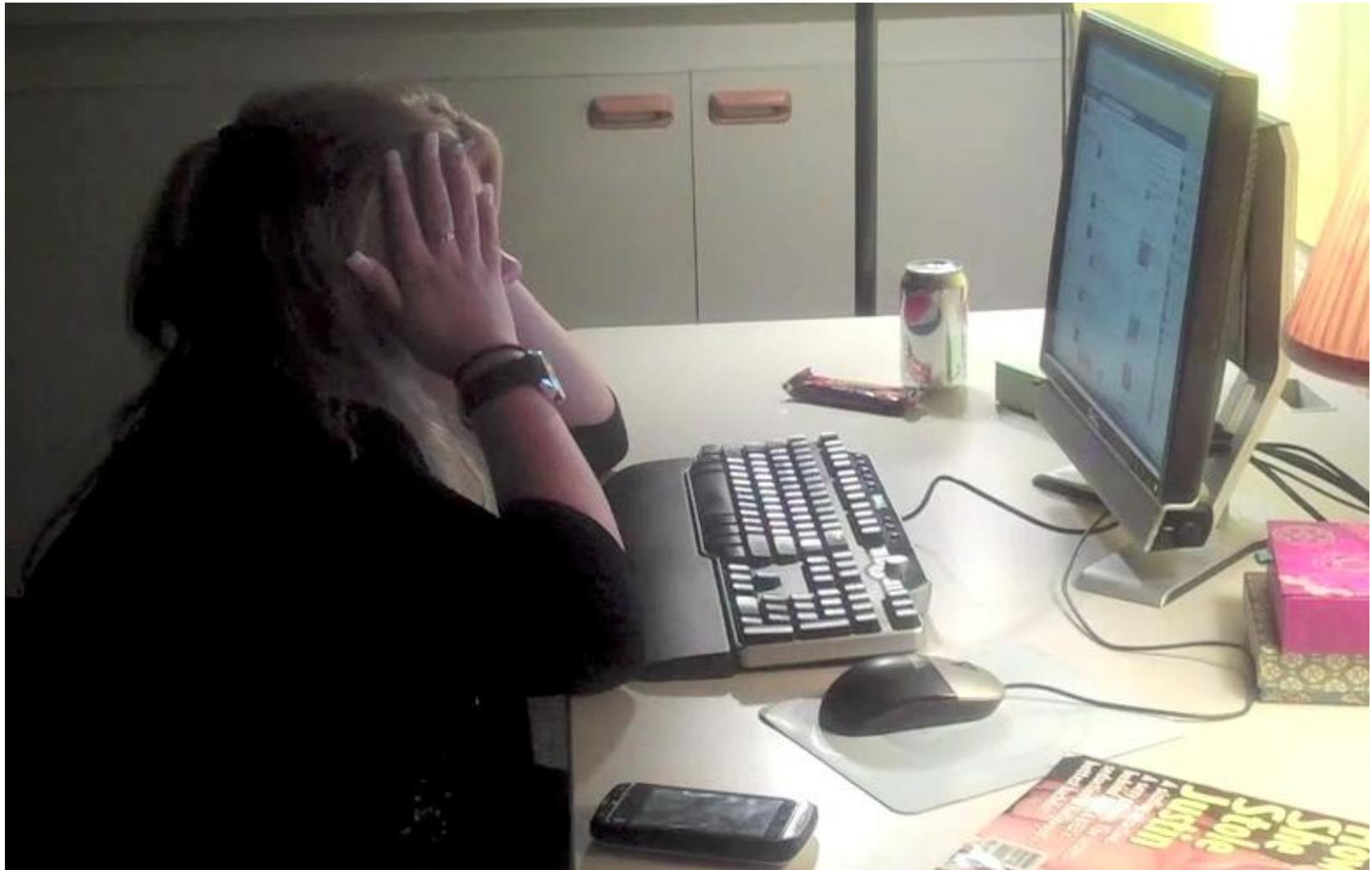
On December 6, 2011, Matt's Safe School Law was signed into law. The law requires that schools adopt and implement a policy prohibiting bullying.



Definition: Bullying is repeated and intentional torment in order to gain power over another person.



Bullying today may be different from the past. Due to modern technology the Bully can find its Victim 24/7 and the effects are devastating.



It is important that educational efforts contrast the difference between incidents of bullying and fighting.



Bystanders (other kids watching) are present most of the time when there is a bully episode. Most students feel uncomfortable witnessing bullying, but very few intervene.



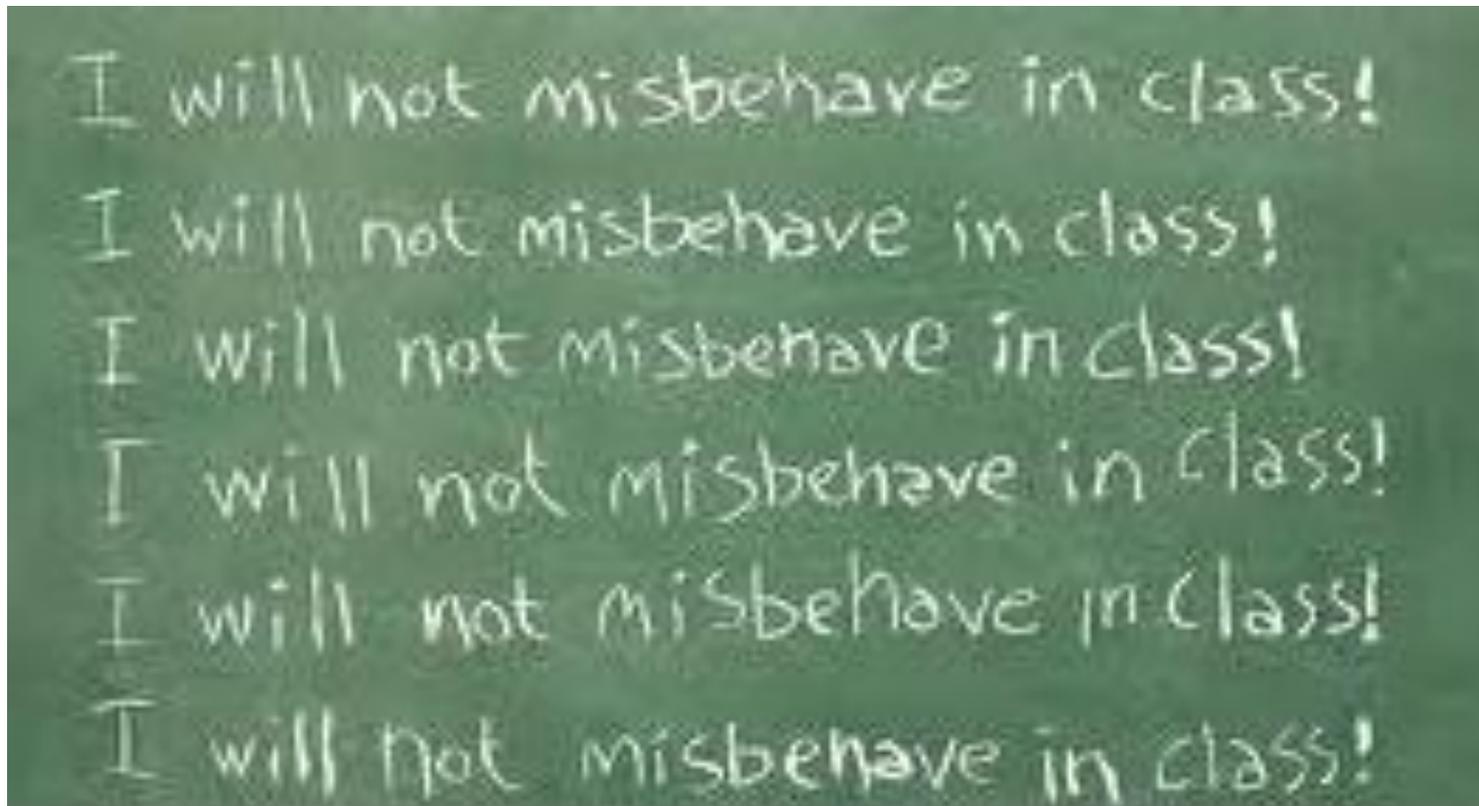
When peers step in the bullying stops within ten seconds.



Most bullies would stop if someone told them to... but no one ever does.



Our district has a policy against bullying that is aligned with Matt's Safe School Law. The Hero Program strives to educate the students about this policy. Students are also informed of the legal repercussions.



The Hero in the Hallway Program changes the school climate by providing strategies and support for the bystander to intervene. The “bystander” is defined as the person watching the bullying behavior.



Individual incidents of bullying are handled in traditional ways: counseling interventions and discipline for policy violations.



Victims of bullying are supported and are provided strategies to counteract future incidents, on an individual basis.



Hero Programs provide constant, visual reminders to students that their school is a safe place where bullying is not tolerated.



The visual reminders don't stop with T-shirts... signage and anti-bullying pledge cards are equally important.



Encourage students to sign pledges agreeing to take positive action against bullying. Display them in a public location.

SILENCE IS AGREEMENT  
AND PARTICIPATION

NAME CALLING  
SWEARING



FIGHTING  
DISRESPECT

TAKE RESPONSIBILITY  
FOR YOUR ACTIONS

I PLEDGE TO BE A HERO IN THE HALLWAY

I WILL SPEAK UP IF I SEE OR HEAR THINGS THAT DO NOT SEEM RIGHT

I WILL NOTICE... WHAT'S HAPPENING AROUND ME  
TAKE ACTION... WITH CARING AND POWER  
SEEK HELP, IF NEEDED

SOMEONE  
CONSISTENTLY ALONE

\_\_\_\_\_  
PRINT NAME

RUMORS

SIGNS OF  
DEPRESSION

HARASSMENT

BULLYING

VANDALISM

DRUG/ALCOHOL  
USE TALK

SPREAD LOVE  
LIKE VIOLENCE

BE KIND

It is important to have a place or a box where students can nominate students for appropriate behavior and anonymously report bullying behavior.



# STRATEGIES TO INITIATE A HERO PROGRAM

- ▣ Educate the students and staff...don't make assumptions about what they know...teach them
- ▣ Introduce the program with a speaker/presenter...real life situations can be very motivating
- ▣ Have staff and students sign a pledge to promise to Stand Up and Speak Out against bullying and hang them in a visible location
- ▣ Place anti-bullying signs and posters throughout the building...constant visual reminders can be subtle, but effective
- ▣ Designate one day a week as "Hero In The Hallway" day...keep it on their minds and in their thoughts
- ▣ Ask staff to purchase and wear a Hero shirt on Hero day. Make it fun and reward staff who wear their Hero shirts with a once-a-month random drawing for a gift card.
- ▣ Sell Hero shirts, wristbands and buttons to students and reward them each week for participating
- ▣ Have a "Hero Box" in a accessible location whereby students can anonymously report a bully or nominate a hero.
- ▣ Place "No Bullying Zone" signs on every school bus.

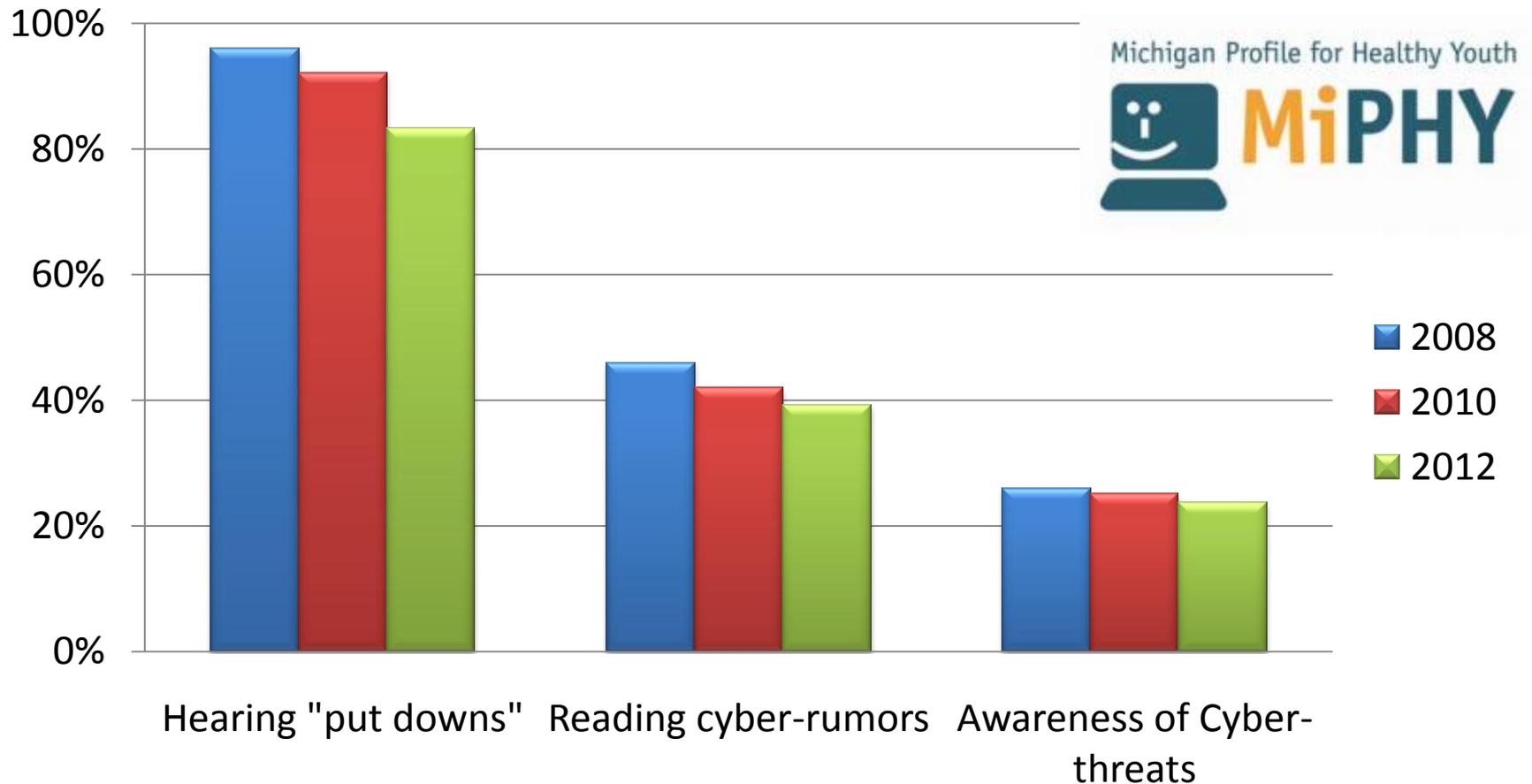
# MORE CONSIDERATIONS

- It is important to identify a person or persons who can enthusiastically lead the Hero initiative
- Use student leaders to frequently make supportive P.A. announcements or short speeches to the student body
- Both staff and students need positive weekly reminders to wear their Hero shirts and accessories
- When planning a Hero activity, students and staff need to be carefully walked through every step to ensure a successful outcome
- It is critical that the Hero program be a “feel good”, “do the right thing”, hope, power and change program. Focus on the positive, not the negative

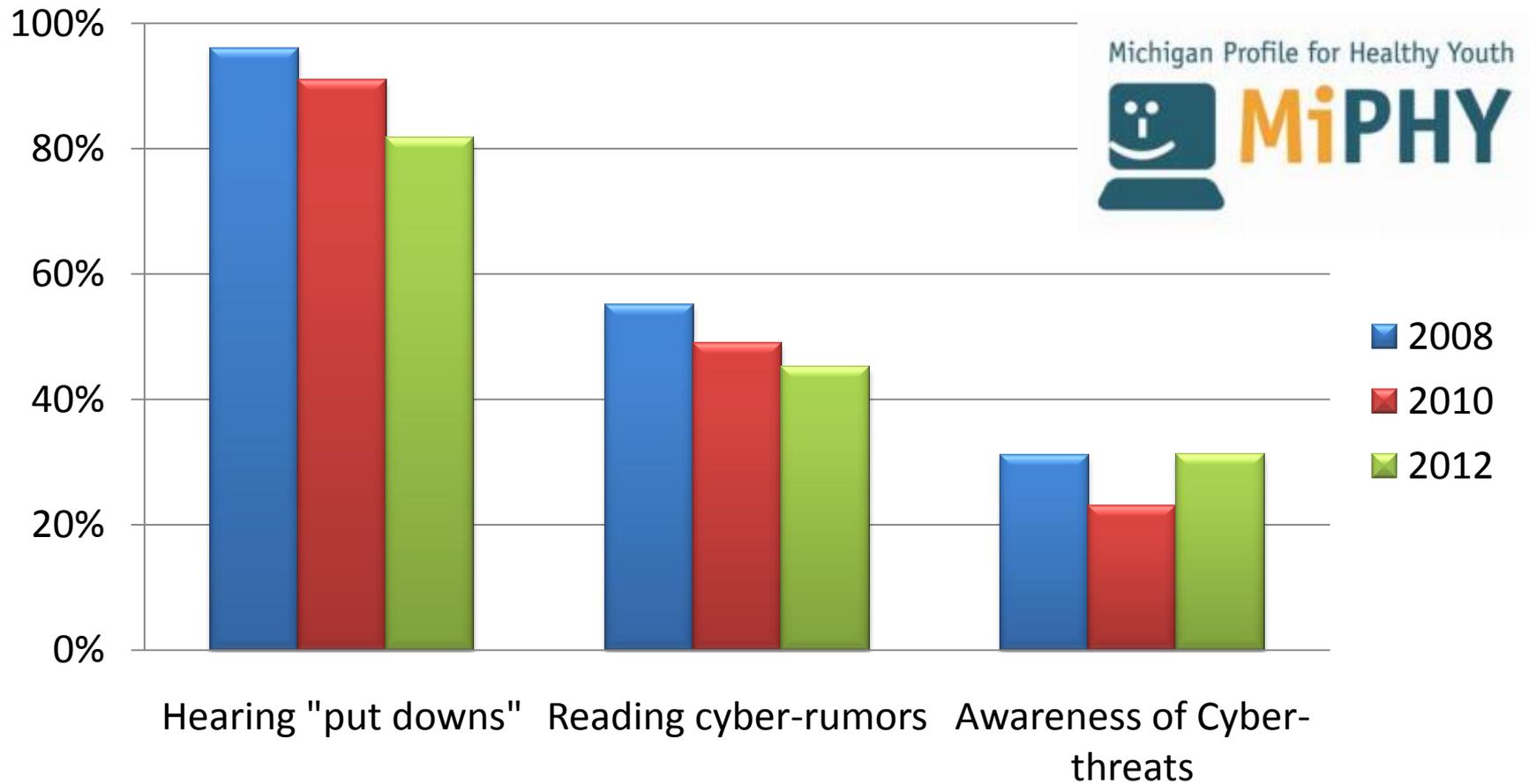
Openly and frequently discussing the issue of bullying serves to diminish the perceived power of the bully while creating a very public and “feel good” support system for the victim.



The results of MiPHY Survey of 9<sup>th</sup> grade CVHS students since 2008 show a significant decline in bullying related issues.



Similar results were indicated in MiPHY Survey of **11<sup>th</sup>** grade CVHS students over the same years.



Anti-bullying programs can be part of PBIS and RTI initiatives.



“Be a Hero, Every Day and Everywhere” is the motto this year. It is important to refresh the program annually.



Starting an anti-bullying program in your school involves planning and commitment. Resources are available on our school's website.

The screenshot shows a Windows Internet Explorer browser window displaying the website for Chippewa Valley High School Guidance & Counseling. The browser's address bar shows the URL <http://cvhsguidance.weebly.com/hero-in-the-hallway.html>. The website has a dark header with the text "Chippewa Valley High School Guidance & Counseling". Below the header is a large, stylized logo consisting of a red and yellow 'H' with blue and white geometric shapes. To the left of the main content is a navigation menu with the following items: Home, School Profile, New Students, Transcripts, Graduation Credits, SENIORS...Class Of 2013, JUNIORS...MME And ACT, Scholarships & Financial Aid, Personal/Social Concerns, Career Planning, College, Military, Vocational Info, and Understanding Your Test Scores...ACT, PLAN, PSAT, SAT. The main content area is titled "Hero in the Hallway" and contains the following text: "In 2008, the Chippewa Valley High School Crisis Team initiated a program entitled Hero in the Hallway. The purpose of the program is to establish a positive and respectful school climate whereby anti-bullying behavior is encouraged, supported and rewarded." "Hero in the Hallway is about hope, power and positive change. It educates the bystander to stand up and speak out against incidents of bullying and harassment." "Hero in the Hallway supports and empowers the victim to know that they are not alone and they can expect the bullying behavior to end." "If you are a victim of bullying, contact your counselor or an adult you trust right away." Below the text is a video player from ANIMOTO showing a scene with a sign that says "Be A Hero". The video player has a play button, a progress bar, and a timestamp of 04:32. The Windows taskbar at the bottom shows the Start button and several open applications: Bullying, Windows Media Player, Microsoft PowerPoint, Chippewa Valley High..., and Hero in the Hallway. The system tray shows the Internet icon, a volume icon, a network icon, and the time 9:41 AM.

Hero in the Hallway is about hope, empowerment, and change.

