

There is someone in your class who is in a wheelchair. You are all going to play basketball. How would you change/adapt the game to make sure the person in the wheelchair is included?

POSSIBLE ANSWERS

- Be creative about how everyone can participate. (e.g. Lower the net; Everyone sits in a wheelchair; Pair up with person in wheelchair; Use a softer ball, etc.)
- Remember there is always a way to include someone

CHALLENGE 1, 2 & 3

1

Why would someone who has a disability want to come to your school?

POSSIBLE ANSWERS

- The person lives in the neighbourhood
- The person has a right to go to this school
- It's a good school and we're friendly

Tip: If they are struggling to answer, ask why they go to their school

CHALLENGE 1, 2 & 3

3

What is “bullying”? What can you do if you are being bullied or you see someone being bullied?

(Let the team define bullying)

POSSIBLE ANSWERS

- Tell someone who can help (Elicit suggestions about who could help)
- Move away from the situation
- Stand up for the person and support them afterward

Follow-up questions: Why does bullying happen? Do people get bullied because they are different? Are bullies thinking about people's feelings?

CHALLENGE 1 & 3

2

If you had a person in your class who has a disability, what could you do to ensure that the person is included?

POSSIBLE ANSWERS

- Include them in your activities
- Hang out with them at recess/lunch
- Invite them to your birthday party

CHALLENGE 1, 2 & 3

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What are the inner qualities that make a person popular? What are some ways to learn about a person's inner qualities?

POSSIBLE ANSWERS

- Being kind, helpful, etc. can make a person popular
- Including everyone tells you about a person's attitudes
- Look beyond the outside "face" a person shows others

CHALLENGE 1 & 3

4

What are some of the challenges of getting to know someone who has a disability? How can we overcome the challenges?

POSSIBLE ANSWERS

- Communication, fear, (the more you interact the more you will understand)
- Ask questions
- Find common interests

CHALLENGE 1, 2 & 3

6

If you broke your arm or your leg, how would your daily life be affected?

POSSIBLE ANSWERS

- Positive effect: It makes you be creative about how to get things done
- Would have to adapt how you play, dress, etc
- Ask others for help

CHALLENGE 3

5

Your cousin, who has a disability, is going to join you in shooting baskets with your friends. How can you introduce him so that he is included and accepted?

POSSIBLE ANSWERS

- Look beyond disability
- Consider interests and personality of cousin. Let others get to know him/her.
- Lead by example by being accepting and welcoming

CHALLENGE 1, 2 & 3

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Blindfold Challenge

One team member is blindfolded and his/her teammates, without leaving their seats have to give verbal directions to get a specific object (e.g., water bottle, blackboard eraser, etc.)

(Debrief with team about strategies they used.)

POSSIBLE ANSWERS

- Have to use the abilities of the person e.g. hearing, touch
- Work as a team to help the person
- Adjustments they needed to make
- Empathy – an opportunity to put yourself in someone else's shoes

CHALLENGE 2 & 3

8

There's a new student in your class. What could you do to make that person feel welcomed?

- Focus on the person's abilities
- Think positively & act positively towards any differences
- Include them in your activities

CHALLENGE 1, 2 & 3

Follow-up questions: Is it harder to be the new student during class time or recess time? Why? (New people, don't feel included at recess time.)

10

Communication Challenge

One team member must communicate the following phrase to team mates without using any words.

“I want dessert”

POSSIBLE DEBRIEFING QUESTIONS

- How hard was it to communicate without words?
- How hard was it to understand?

CHALLENGE 1 & 2

9

If your best friend was in a car accident and now has a brain injury, how could you support them as a friend?

(Look for sensitivity about feelings.)

POSSIBLE ANSWERS

- Remember that s/he is still the same person and still likes to do the same things you do
- Spend time with them
- Adapt activities to ensure inclusion

CHALLENGE 1, 2 & 3

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The teacher asks you to buddy up with someone for a school project. That partner is considered by others to be unpopular. How do you successfully complete the assignment together?

POSSIBLE ANSWERS

- Split task according to strengths
- Positive outlook
- Be open minded
- Get to know the person and make up your own mind

CHALLENGE 1 & 2

12

You are having a birthday party at your home and you would like your older sister who has Down Syndrome, to join the party. How can you include her?

POSSIBLE ANSWERS

- Play a game that she likes
- Introduce her to everyone
- Give her some responsibility like choosing the music

CHALLENGE 1, 2 & 3

14

If you are visually impaired, what kind of job could you have? What adaptations would be needed? Be specific.

POSSIBLE ANSWERS

- E.g. radio announcer, teacher, actor, artist

(Look at how jobs can be adapted)

CHALLENGE 1, 2 & 3

13

Someone in your class has epilepsy and has regular seizures (describe). People are making fun of her in the halls at school. What can you do?

POSSIBLE ANSWERS

- Think about how the person must feel: ask them how would they feel?
- Educate people about epilepsy
- Include her in your activities

CHALLENGE 1 & 3

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You are going to have lunch with a student who has a disability. How can you include them with your friends and your activities?

POSSIBLE ANSWERS

- Teach the person the games you play with your friends
- Invite the person to sit with you and your friends
- Ask the person what s/he likes to do

CHALLENGE 1 & 2

16

Someone in your group has cancer and has lost all his/her hair. How can you be supportive?

POSSIBLE ANSWERS

- Shave your head in support
- Buy cool hats
- Do things with your friend

CHALLENGE 1, 2 & 3

18

All your friends have been invited to a party, but not your best friend. What would you do?

POSSIBLE ANSWERS

- Consider person's feelings
- talk to the friend who is having the party about inviting your best friend
- do something special with your best friend
- host a party and invite everyone to come so they get to know each other

CHALLENGE 1, 2 & 3

17

Name one thing about each of your team members that is unique/different.

Facilitator Tip: This question takes a long time to answer, so only use if you have extra time

(Look for the team to come up with different answers about each other and then present the information about each other)

CHALLENGE 1 & 2

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How you can make someone feel better about him/herself?

POSSIBLE ANSWERS

- Include them in your activities
- Introduce them to your friends
- Point out their strengths

CHALLENGE 1, 2 & 3

20

Describe a situation when you felt excluded or left out. How did you overcome it?

(Hear the story and then ask for ideas that would have been helpful in that situation)

CHALLENGE 3

22

You meet up with your friends at the movies. They are making fun of a person your age who has a disability and who wants to sit with them. How could you help to resolve this situation?

POSSIBLE ANSWERS

- Be accepting
- Don't let someone's disability get in the way
- Think about the person's feelings
- Take the initiative and invite the person to sit with you and your friends

CHALLENGE 1 & 3

21

Tell how you can make someone feel better about him/herself.

POSSIBLE ANSWERS

- Include them in your activities
- Introduce them to your friends
- Point out their strengths

CHALLENGE 1, 2 & 3

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Everyone on your street plays ball hockey together every Saturday morning. The same person always gets picked last. How can you avoid this?

POSSIBLE ANSWERS

- Make them the captain
- Pick teams in a different way
- Choose teams in a random way e.g. split large group in half, number off people and that's the team they're on, coloured vs. white shirts

CHALLENGE 3

Follow-up questions: What does it feel like to be picked last all of the time? How does it affect a person's confidence? Remember this question when you are next choosing teams)

24

A good friend of yours is being mean to one of your other friends. How might you stop him/her?

POSSIBLE ANSWERS

- Talk to the friend who is being mean
- Tell that friend why you like the other person
- Do an activity that you all like

CHALLENGE 2 & 3

26

Why do you think others might respect you if you sit at the same table in the cafeteria with the person who always sits alone? What does it show about you?

POSSIBLE ANSWERS

- Doing something different can make you stand out in a positive way & earn you respect
- Implications in the future: think for yourself
- You will stand out from others
- Earn people's respect

CHALLENGE 1 & 3

Follow-up questions: What might happen if you sit with the person? (e.g. Your friends will come too; You will find out that you have things in common; The person will make new friends and not have to sit alone anymore.)

25

Why do you think it is important for people with a disability and people without a disability to do things together?

POSSIBLE ANSWERS

- Everyone learns from each other
- We learn to appreciate differences
- We all need friends

CHALLENGE 1

Facilitator Tip: Ask students to think of the question from the perspective of the person who has a disability and from the perspective of the person who does not have a disability

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Why do you think it is hurtful for someone who has a disability to hear the word “retard”? What can you do if you hear someone using it?

POSSIBLE ANSWERS

- Comfort the person. Tell them you understand that the word is hurtful.
- Don't use the word yourself and encourage others not to use it.
- Tell friends about the “Lose It Don't Use It” campaign.

People may say they are not calling anyone the “R” word, but they still use it to describe something negative (eg. That movie was so “R”...) It is still hurtful, even when used out of context.

You can make a connection to the use of “That is so gay”. In both cases the word is used in a derogatory/negative way to put a whole group of people down. It is also hurtful for people who hear it who have a family member with a disability or who is gay. You never know who might be hearing you!

CHALLENGE 3

28

There's a new girl in your class who wears a hijab (head scarf). Some of the kids are teasing her in the school yard. The girl is upset. What would you do?

POSSIBLE ANSWERS

- Stand up for her
- Include her with your friends
- Ask her if she is okay and wants to talk
- Propose organizing a multicultural/interfaith day at school

CHALLENGE 1 & 3

30

You have a new student in your class who has just moved here from a different country. Some kids are making fun of him at lunch time because of the food he is eating. What would you do?

POSSIBLE ANSWERS

- Tell the other kids to stop teasing
- Ask about his food or try it
- Talk about food from other cultures
- Share something about your own culture or food

CHALLENGE 1 & 3

29

Your teacher asks you to work in pairs, and your partner speaks a language you don't understand. What will you do?

POSSIBLE ANSWERS

- Find someone who speaks the language
- Divide the work and find things she/he can do that don't need verbal communication
- Use pictures/drawing or gestures to communicate

CHALLENGE 1 & 2

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You and your friends are playing basketball at lunch-time. You notice a group of kids standing at the door who are all from the same cultural background. The kids are hesitating about joining you. Why do you think they are hesitating? What could you do?

POSSIBLE ANSWERS

- Feeling shy, nervous, unsure they would be accepted.
- Make them feel comfortable, gesture and smile.
- Invite them in, offer them a ball and play together

CHALLENGE 1 & 3

32

You would like to invite your friend to your birthday but she is not allowed to come because it's Ramadan and she can't eat during the day. What would you do?

POSSIBLE ANSWERS

- Have the party in the evening instead
- Ask her if she can still come even though she can't eat
- Ask her what she and you can do that will not affect her fast
- Consider changing the day of your party this year (Ramadan falls on different times each year).

CHALLENGE 1, 2 & 3

34

There's a leadership club at your school. You are interested in participating but your friend is discouraging you by saying that most of the kids in the group are from one cultural background. What would you do?

POSSIBLE ANSWERS

- Check it out and make your own decision
- Invite your friend to go with you
- Learn about that culture

CHALLENGE 1 & 2

33

What are some activities that you and your friends do that someone who is new to Canada may not be familiar with? What could you do to support him or her in these activities?

POSSIBLE ANSWERS

- Swimming, skating, skateboarding, video games
- Show your friend how to do the activity
- Spend time together learning how to do it
- Help them get to know the city better, give them a tour of places you like/familiar with.

CHALLENGE 1, 2, 3

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The student council is planning the school's annual Christmas Party before holidays begin in December. Not everyone at your school celebrates Christmas. How can you make sure the party is inclusive of everyone at your school?

POSSIBLE ANSWERS

- Find out more about the cultural diversity within your school
- Put together a planning committee made up of culturally-diverse students
- Call it "Winter Holidays Celebration" and use decorations and posters that reflect diversity within the school.

CHALLENGE 1 & 3

36

How can stereotypes hurt people? An example of a stereotype would be adults thinking all teenagers are "disrespectful" or "lazy." Stereotype is a fixed general image or set of characteristics, usually negative, that some people believe represent a particular type of person or thing.

POSSIBLE ANSWERS

- Stereotypes are usually negative and based on misinformation and lack of understanding.
- Reduce the rich identity of people to very narrow list of caricature-like characteristics.
- Are often used to support intolerance and discrimination.

CHALLENGE 1, 2, 3

38

You have come back from a Christmas break. You ask your friend who has just moved here from a different country about what he got for Christmas. Your friend says he doesn't celebrate Christmas. What kinds of questions can you ask to learn more about his culture and celebrations?

POSSIBLE ANSWERS

- Ask your friend what holiday is coming up in his culture/religion
- Ask about how he and his family celebrate.

Note: Children from newcomer communities who are also ethno-culturally diverse may not get gifts (or less) due to economic status more than a cultural difference.

CHALLENGE 3

37

You are planning a party for a Friday night but one of your best friends has told you that she cannot go because Friday is Shabbat. How can you be inclusive of your friend? (Shabbat is a day of religious observance for the Jewish community.)

POSSIBLE ANSWERS

- Hold the party Saturday evening when Shabbat ends.
- Ask she what she would like to do
- Do something special together when she can

CHALLENGE 1 & 3

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You are hanging out with your friend who is the same sex as you. You are heterosexual or “straight”. Your friend tells you that he/she has a crush on you. How would you respond in a respectful way without hurting your friend’s feelings?

POSSIBLE ANSWERS

- Tell them that you are flattered
- Compliment them on their honesty
- Tell them that you like them as a friend but not in a romantic way and that you want to be friends

CHALLENGE 1 & 3

Heterosexual/“Straight”: A term used to describe a person who is attracted to people of the opposite gender. Heterosexual people are often referred to as “straight”.

40

A same-sex couple enters the school dance. Everyone at the dance is staring and whispering about the couple. A few students begin to make fun of the couple by calling them names. You notice that the couple is becoming uncomfortable and upset. What can you do in this situation?

POSSIBLE ANSWERS

- Tell a trusted adult (i.e. teacher, principal) what is happening
- See if the couple are alright
- Stand up for them
- Invite them to hang out with your friends

CHALLENGE 1 & 3

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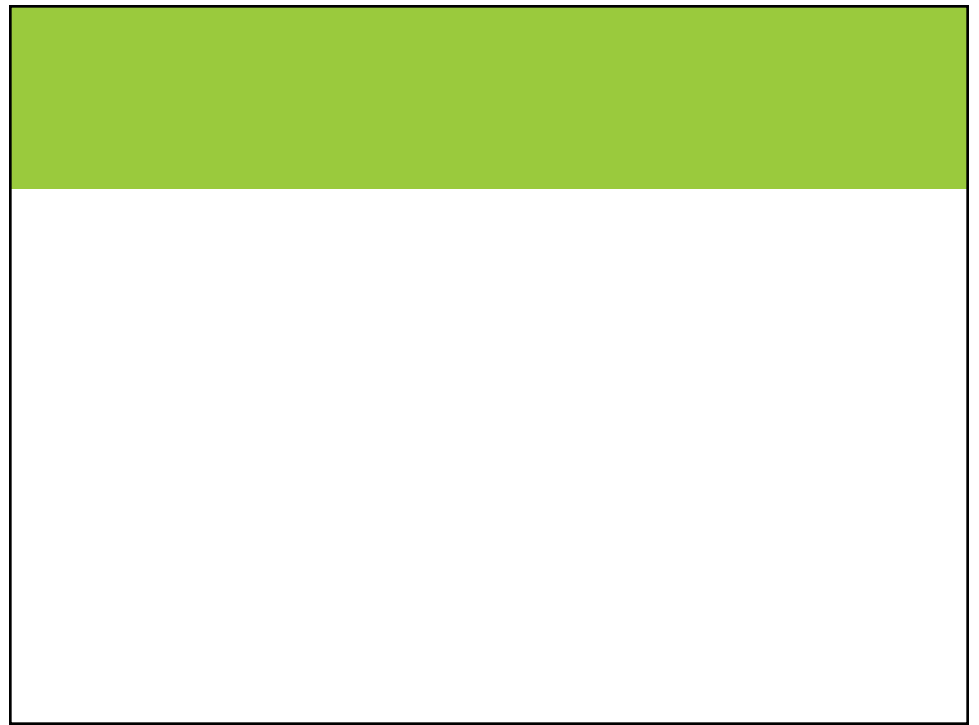


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