



Kindness Tip

How can you be supportive to someone who feels left out or different?

Possible Answers:

- Be an ally
- Support the things they like
- Join activities they like
- Include them in activities



Kindness Tip

What can you do to have kindness and inclusion in your day?

Possible Answers:

- Say "Hello" to people
- Be nice to someone who is having a tough day
- Invite someone to join an activity



Kindness Tip

How could you learn more about someone's disability?

Possible Answers:

- Ask the person if they are comfortable telling you more
- Do some research
- Ask an adult



Kindness Tip

What can you do if you hear someone using a hurtful word?

Possible Answers:

- Comfort the person. Tell them you understand that the word is hurtful.
- Do not use the word yourself and encourage others not to use it.
- People may say they are not calling anyone the “R” word, but they still use it to describe something negative (e.g., “That movie was so ‘R’”). This 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!



Quick Think

Why do you think it's important to know and use the pronouns someone shares with you?

Possible Answers:

- Show respect
- Demonstrate value for people
- Avoid making assumptions about someone's gender
- Demonstrates allyship
- Help build a strong relationship



Quick Think

How does everyone benefit from diversity?

Possible Answers:

- Facilitates learning how to be more flexible and adaptable
- Encourages youth to be more welcoming of diversity
- Encourages creativity with problem solving
- Supports teamwork based on people's strengths



Quick Think

Why do you think it can be helpful to understand someone's disability?

Possible Answers:

- Most people know people with a disability
- Can be a better ally
- You can get to know the person by spending time with them and learn how they communicate



Quick Think

Why might you not know that someone has a disability?

Possible Answers:

- Some disabilities are not visible
- Mental health conditions, autism, and learning disabilities may not be visible, but they can still impact a person's daily life





Quick Think

**Someone in your class is non-speaking.
How might they communicate?**

Possible Answers:

- PECS/ASL
- Communication boards
- Gestures
- Actions – move away if they don't want to do something



Quick Think

Describe a situation where someone could be excluded or left out. How could you include them?

- Hear the story and then ask for ideas about what would have been helpful in that situation



Quick Think

A student shares a meme/reel making fun of people with disabilities. Some students laugh, and other students appear uncomfortable. Why is this a problem?

Possible Answers:

- It's making fun of people for something they can't control, which is mean and disrespectful
- It can hurt people in the room, especially if they have a disability or know someone who does
- Even if it's meant as a joke, it spreads harmful messages and makes it seem like bullying is okay



Quick Think

How can negative labels or stereotypes hurt people?

Possible Answers:

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

An example of a stereotype would be adults thinking all teenagers are “disrespectful” or “lazy”. A stereotype is a fixed general image or set of characteristics, usually negative, that some people believe represents a particular type of person or thing.



Quick Think

Give an example of a visible and an invisible disability.

Possible Answers:

Visible

- Someone in a wheelchair
- Someone who is blind

Invisible

- Mental health
- Learning disability



Quick Think

What is bullying?

Possible Answer:

- Repeatedly and intentionally using words or actions to hurt someone, either as an individual or as a group



Quick Think

How could you learn more about activities and celebrations in other countries?

Possible Answers:

- Ask your friends
- Do research
- Go to multicultural festivals



Quick Think

What responsibility do you have if you like or share hurtful or mean content on social media?

Possible Answers:

- Liking, following, or sharing gives attention to the account
- It tells the person running it that this kind of bullying is okay, even if we're "just watching"
- It can make the people being targeted feel worse, like the whole school is laughing at them
- Report the account so that action can be taken



What Would You Do?

What would you do if you were working on a project and found it hard, but your friends seemed to find it much easier?

Possible Answers:

- Ask your friends for help or to explain things in a way that makes more sense to you
- Talk to your teacher or a trusted adult to get extra support or advice
- Take breaks when you feel stuck and try again with a fresh mind, knowing it's okay to find things hard sometimes



What Would You Do?

What would you do if someone was sitting by themselves at lunch time?

Possible Answers:

- Go and ask if you can sit with them or join their table
- Invite them to join you and your friends to help them feel included
- Say hello and start a conversation to make them feel welcome and less alone



What Would You Do?

What would you do if a good friend of yours was being mean to one of your other friends?

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
- Think about if your good friend is a good friend to have



What Would You Do?

What would you do if someone in your class posted selfies with confident captions, and a few people in your group mocked them, saying “they think they’re famous” or “they’re so full of themselves”?

Possible Answers:

- Confidence isn't a reason to make fun of someone
- We should support people for being proud of themselves
— not tear them down



What Would You Do?

What would you do if you noticed your friend “liked” or made a mean comment on a hateful social media post?

Possible Answers:

- Talk to your friend and tell them why this is hurtful
- Spend time with good people



What Would You Do?

What would you do if you want to join a club, but your friend discouraged you by saying it was weird?

Possible Answers:

- Try it
- Check it out and make your own decision
- Invite your friend to go with you
- Learn more about the club



What Would You Do?

What would you do if you were invited to a group chat for your soccer team and you noticed that they intentionally excluded a few members?

Possible Answers:

- Ask why those teammates weren't included and remind others they're part of the team too
- Choose not to join or participate in the chat until everyone is included
- Tell a coach or trusted adult about what's happening to help make sure no one is left out



What Would You Do?

What would you do if an anonymous Instagram account started posting memes and gossip about students at your school? Some people thought it was funny, but others got hurt by what was shared.

Possible Answers:

- Tell your friends that it is hurtful
- Do not like or share the memes
- Report it
- Talk to a trusted adult



What Would You Do?

What would you do if you were scrolling social media at home after dinner, and you saw a post making fun of a person in your class?

Possible Answers:

- Tell an adult
- Report it on the social media platform
- Check in with your friend to see if they are okay



Inclusion Scenario

Your class is going on a field trip, and your classmate, who has low vision, will be coming. You want to help make sure everyone has fun. What can you consider?

Possible Answers:

- Ask if they need help. If they agree, ask how you can assist them (like guiding or describing things)
- Include them in conversations and activities so they feel part of the group
- Be aware that your classmate may not need assistance



Inclusion Scenario

**Your teammate has a sprained ankle.
How might they join in a basketball game?**

Possible Answers:

- Be creative about how they can participate (e.g. lower the net, everyone sits in a wheelchair, pair up with a person in a wheelchair, use a softer ball, etc.)
- Remember that there is always a way to include someone and make them feel welcome
- Look beyond the disability to the person's abilities





Inclusion Scenario

There is a student at school who is non-speaking, how might you learn more about them?

Possible Answers:

- Ask about their preferred way of communicating
- Find common interests



Inclusion Scenario

The teacher asks you to buddy up with someone for a school project. You do not know them. 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



Inclusion Scenario

Everyone on your street plays a game together on Saturday morning. How can you make sure everyone feels welcome and included when making teams or groups?

Possible Answers:

- Choose teams in a random way (e.g. split a large group in half, number off the people and that's the team they're on, use coloured vs. white shirts, etc.)

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



Inclusion Scenario

Some kids are making fun of another student at lunch time because of the food they are eating. How could you encourage a more positive lunch time for everyone?

Possible Answers:

- Ask about their food or try it
- Talk about food from other cultures
- Share something about your own culture or food
- Ask for diverse options for lunch



Inclusion Scenario

Your classmate wears a religious piece of clothing. Some of the kids are teasing them and they are upset. How could you encourage everyone to be inclusive of everyone's faith?

Possible Answers:

- Stand up for your classmate
- Include them with your friends
- Ask them if they are okay and want to talk
- Propose organizing a multicultural/interfaith day at school



Inclusion Scenario

Your teacher asks you and someone else to work in pairs, and there is a language barrier. How could you work together to get the project done?

Possible Answers:

- Google Translate
- Divide the work and find things they can do that don't need verbal communication
- Use pictures, drawing or gestures to communicate





Inclusion Scenario

You would like to invite your friend to your birthday, but they are not allowed to come because it is during a religious celebration where they do not eat during the day. What would you do?

Possible Answers:

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



Inclusion Scenario

The student council is planning the school's annual party before holidays begin in December. Not everyone at your school celebrates Christmas. What might you do to include everyone in your celebration?

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



Inclusion Scenario

You have come back from your Winter Break. You ask your friend what they got for Christmas. Your friend says they don't celebrate Christmas. What kinds of questions can you ask to learn more about their culture and celebrations?

Possible Answers:

- Ask your friend what holiday is coming up in their culture/religion
- Ask how they and their 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.



Inclusion Scenario

You are hanging out with your friend, who is the same gender as you. You are heterosexual or “straight”. Your friend tells you that they have a crush on you. How would you respond?

Possible Answers:

- Tell them 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

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”.



Inclusion Scenario

A gay 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 (e.g. teacher or principal) what is happening
- See if the couple is alright
- Stand up for them
- Invite them to hang out with your friends