



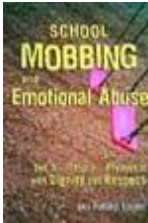
Innovations "Training With a Can-Do Attitude"®

Teaching dignity and respect, insight and awareness since 1998.



"Be a Beacon of Light. All people want and have the right to be treated with Dignity and Respect. No Exceptions."

Gail Pursell Elliott, *The Dignity and Respect Lady*



This book is for every school, counselor, teacher, parent. It has been included in K. Oakland's Human Relations in Education class at the University of Northern Iowa. Get this book and share it with your school, student teachers, teachers, and community.

"I learned many new ways to have respect for myself, my students, and my classroom. Remembering to separate the individual from their behavior is a great way to give students a fresh start and treat all students equally."

"I learned so much about feelings, attitudes, and victims when it comes to abuse. I plan to re-read your book throughout my teaching career to help me set an example to my students on how to act."

Food For Thought

"As a society, we have come to a point where people too often treat one another as objects and opportunities, rather than as fellow human beings. Respecting one another as individuals or not doing so, seriously impacts the future – for all of us."



TASHI DELAY

is a greeting people use in Tibet.

Translated, it means I HONOR THE GREATNESS IN YOU

* The Power of Dignity and Respect- Session Overview

"Tashi Delay" is the way people greet each other in Tibet. It means "I honor the greatness in you."

"All people want and have the right to be treated with Dignity and Respect, No Exceptions. But just what is Dignity? What is Respect? This process starts with becoming aware of our personal power, defining who we are, and being true to that vision regardless of circumstances.

This fun and interactive session builds self esteem and personal dignity. Learn how treating others with dignity and respect benefits us! Think you can't change the world? You already have!

* Students and Self-Actualization - Session Overview

Student performance is impacted by motivating and demotivating factors that occur both in the classroom and school environment as a whole.

This session includes Personal Motivation Principles; Goal Setting; Process vs Outcome; Present Moment Awareness; Personal Dignity; the Power of Choice; and more.

The principles are presented in an easy to incorporate format for educators. This session is also available as a Personal Motivation Assembly program for students.

*** School Mobbing and Emotional Abuse - Session Overview**

Bullying and Violence are outcomes. Mobbing is the process that gets you there. Mobbing is subtle emotional abuse. This term may be new to you but you will quickly recognize the behavior. Mobbing involves spreading rumors, making cruel jokes, ridiculing, isolation, intimidation, and humiliation. One or more people can participate.

Mobbing causes anguish, depression, feelings of isolation and fear and can contribute to self-destructive and violent behavior as well as impacting student performance. This status blind form of emotional abuse puts everyone at risk Awareness is the key to prevention.

An Introduction To School Mobbing and Emotional Abuse

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Mobbing is group bullying. It is a ganging up on someone using the tactics of rumor, innuendo, discrediting, isolating, intimidating, and above all, making it look as if the targeted person is responsible. As is typical of many abusive situations, the perpetrators maintain that the victim deserved it.

This term may be new to you but I m sure you quickly recognize the behavior. If you are familiar with Stephen King's "Carrie", Arthur Miller s "The Crucible", or if you saw the movie "Dead Poet s Society", you have seen examples of mobbing and what it can do.

Though the subject of books, plays, and movies, mobbing behavior is not fictional. This is real. Mobbing has a devastating effect on everyone it touches and has a ripple effect upon other people, their families, their communities and society at large. It contributes to isolation, physical or mental illness, depression, violent or self-destructive behavior, and mistrust. The targeted person may act inappropriately due to prolonged extreme stress.

Everyone saw bullies picking on kids in the school yard while we were growing up. This behavior has contributed to many acts of school violence, yet no one in the United States really paid much attention to it until recently. Though mobbing and bullying in schools has been going on for many years, children were not bringing weapons to school and murdering each other. It is amazing that we have been in such denial that we had to be told the obvious out loud before anyone would take

action. In this case, someone had to die and a finger directly pointed at this type of behavior before anyone would pay real attention to this issue.

The response to potential violence is often more reactive than proactive. Instead of creating awareness and promoting dignity and respect for all people, security systems and surveillance cameras are installed. Stiffer gun control laws are suggested. The plain truth is that many people are walking around with a deep anger inside of them and don't know why. I believe that one of the reasons is because so many have been treated like objects rather than as unique human beings for too long.

We don't have to wait until violence erupts to take action. The violence that is showcased in the media is extreme. What isn't reported is much more pervasive. Some are afraid of riding the school bus. Some are afraid to say something because they fear retaliation. Some are excluded and humiliated. Just because a person isn't beaten up & doesn't mean they aren't beaten up inside.

All you have to do is open the newspaper or turn on the evening news to know that we're on a collision course with something extremely unpleasant if we don't start changing the way we treat each other. Our children follow and expand upon the example we set for them.

Insight and awareness play a major role in change. So many people engage in this type of behavior without thinking. Prevention includes paying attention not only to what we are doing but also to what is going on around us. Most people don't intentionally abuse someone.

I invite you to join me in an effort to spread awareness and to help our young people. Treating others with dignity and respect .. or not doing so, impacts the future for all of us.

