

## SESSION OUTLINE

### *True Colors: Rx for Bullying Behaviors*

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#### ***Session Description:***

The repeated malicious tormenting and intimidation of a person: bullying. Bullying and its consequences are universal. Few go through life free from exposure to this experience. Bullies, bullied, and bystanders exist in the sandbox, schoolhouse and the workplace. Drawing upon your True Colors knowledge, this interactive session will craft a ***True Colors: Rx for Bullying Behaviors*** with practical strategies to reclaim motivation, self-worth and self-esteem for the bullied, the bullies and bystanders. True Colors just may be the perfect prescription for reducing bullying behaviors.

#### ***Intro:***

1. Welcome & Introductions
2. Session Outcomes
3. Definitions: Bully, Bullied, Bystander

#### ***Brightening Color Activities:***

1. Esteem
  - Out of esteem when...
  - Into esteem by...
2. Bully, Bullied, Bystander: Look Like – Sound Like
3. Extravert / Introvert Learning Application Overlay
4. Bright Color Application Activity

#### ***Transition:***

1. From Schoolhouse to Workplace
  - Definitions & Statistics

#### ***Blended Color Activities:***

1. *Rx Strategies for schools & the workplace*
2. *Discuss & Share*

#### ***Closing:***

1. IALAC: *I Am Loveable and Capable* story
2. Call to Action: What's Your E.C.H.O.?

#### ***Supplies:***

- IALAC: *I Am Loveable and Capable* story
- 3 x 5 cards: What's Your ECHO?
- Flip charts
- Markers