

Ambassadors for Respect

A Program to Reduce Bullying and Build Community

The **Ambassadors for Respect (A4R) Program**, started in 2013, brings individuals with developmental disabilities, called Ambassadors, into 4th grade classrooms to teach students to **include others**, to **use Person First Language**, and to **advocate for themselves and others**. A collaboration with the Minnesota Governor's Council on Developmental Disabilities, the purpose of the program is to develop the self-advocacy of individuals with developmental disabilities and to **initiate or strengthen schools' bullying prevention efforts**.

A4R Training is:

- **Free to Schools:** The Governor's Council on Developmental Disabilities is the main funder.
- **Interactive:** Ambassadors (trainers) engage students in discussion and hands-on activities.
- **Engaging:** Ambassadors share their personal stories of being bullied, helping students connect and stay engaged.
- **Relevant:** Data shows bullying is a significant issue in Minnesota schools. Most Ambassadors are 18–21 years old, an age group 4th graders often look up to.
- **Award-winning:** A4R received a State Government Innovation Award in 2019.

Benefits of A4R Training:

- **Clear training objectives:** Following the training, 4th graders will be able to list 3 ways to include others, use Person First Language, and list 3 ways to advocate for themselves and others.
- **Supports Social Emotional Learning:** A4R Training supports SEL curriculum by developing empathy.
- **Comes right to your classroom:** 4th grade classmates get to know each other better, and build community.
- **Equips you and your school with a recipe to reduce bullying:** Elementary school is the most effective time to change the trajectory of bullying.
- **Free Resource Guide for teachers:** Following the training, teachers receive a guide with tools and ideas to help them continue anti-bullying lessons.

16%
of 5th grade boys and
15% of 5th grade girls
report being excluded
during the last 30 days.
2019 Minnesota Student Survey.

"We look forward to your visit every year. It is so good for our students to hear these stories and the effects of bullying."

—4th grade teacher

"I was truly inspired to be kind and make a difference. so awesome!" —4th grade student

2 of the top 4

most common forms of bullying are name-calling and exclusion.

National Center for Education Statistics.

How the A4R Training Works:

Training time: One classroom period (45-60 minutes)

Pre-training Set up: Ambassadors and their Coach (adult staff member) arrive in advance to set up for the training.

Introduction and Inclusion: Ambassadors review the definition of inclusion, and share personal experiences of being excluded. Students engage in a hands-on activity to learn the importance of inclusion.

Power of Language & Person First Language:

Ambassadors engage students in discussion about how words can hurt. Students learn how to use Person First Language, like saying, “person with autism,” rather than “autistic,” and put hurtful words through a paper shredder.

Advocating for Oneself and Others: Ambassadors review the definition of an advocate, provide examples of advocacy, and show a video. Students write down an act of kindness they will commit to on a star, which is hung in the classroom.

Conclusion: Students are asked to make an anti-bullying promise, and to complete a survey. A group photo is taken of the students with the Ambassadors (if possible.)

Getting Ready for the Training:

- Please ensure each student has a **pen or pencil** to write with, and **equipment** is available to show a PowerPoint presentation and video.

Day of Training:

- Ambassadors will need approximately 5 to 10 minutes to set up the classroom. Please tell them where the exits and restrooms are located.
- Allow one classroom period (45-60 minutes) for the training.
- A group photo (Ambassadors and students) will be taken (if possible.)

After the Training:

- Students and teachers will receive evaluations to provide feedback on the training.
- Teachers will receive a free Teacher Resource Guide with tools and ideas to further anti-bullying lessons in their classrooms.

Questions?

Contact:

Phone:

Email:



To learn more about the program,
watch this video:
www.youtube.com/watch?v=gmtSo0zEwAc



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