



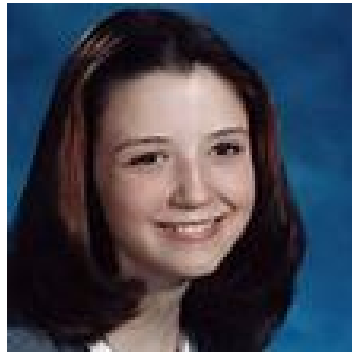
RACHEL'S CHALLENGE

May 8, 2018

Rachel Scott

 Share

Author



Rachel Joy Scott was an American student, author and the first victim of the Columbine High School massacre, in which eleven other students and a teacher were also murdered before both perpetrators committed suicide.



Official
website



Wikipedia

Lived: Aug 05, 1981 - Apr 20, 1999 (age 17)

Height: 5' 1" (1.55 m)

160,000 STUDENTS SKIP SCHOOL EVERY DAY FOR FEAR OF BEING BULLIED.

National Center for School Engagement

It doesn't have to be this way. Creating a school climate less susceptible to harassment, bullying and violence is possible. We see it happening in socioeconomically and demographically diverse schools across North America every day.

For us it started when Rachel Joy Scott was the first person killed in the Columbine High School shooting on April 20, 1999. But that was only the beginning of the story. After her death, many students that Rachel reached out to shared stories with the Scotts about the profound impact her simple acts of kindness had on their lives; even preventing one young man from taking his own life. They soon realized the transformational effect of Rachel's story and started the non-profit organization that is Rachel's Challenge today.

In the nineteen years since we lost twelve innocent lives, including Rachel, her legacy has touched 25 million people and is the foundation for creating programs that promote a positive climate in K-12 schools. Her vision to start a chain reaction of kindness and compassion is the basis for our mission: **Making schools safer, more connected places where bullying and violence are replaced with kindness and respect; and where learning and teaching are awakened to their fullest.** And it works!



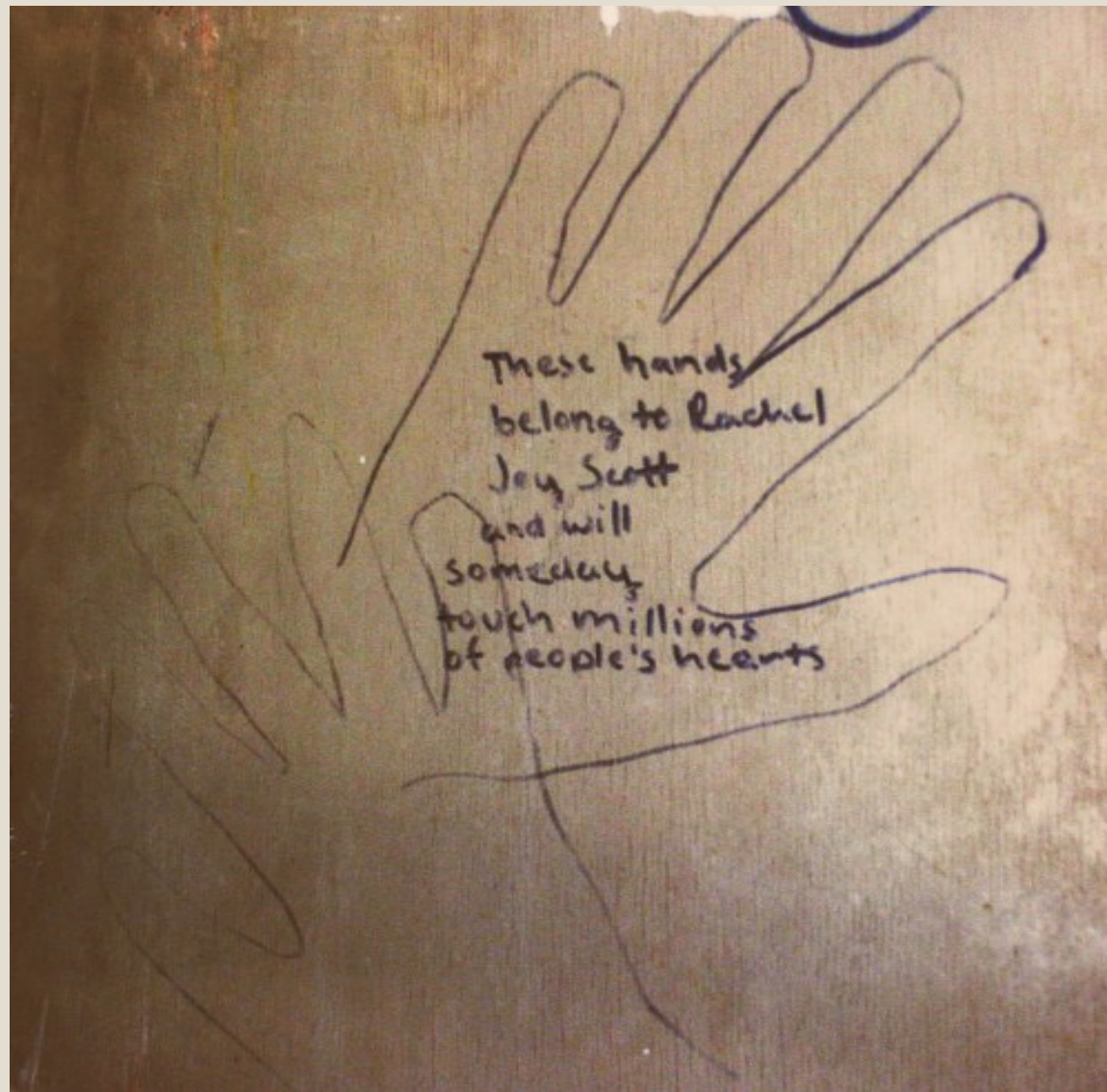
Rachel was energized by people. This love expressed itself in an outgoing personality; but also in a heartfelt compassion for people in pain. Rachel learned the power of simple compliments and acts of kindness at an early age. In high school she deliberately reached out to three groups of people and wrote about it in her diary. She said, ***“I want to reach out to those with special needs because they are often overlooked. I want to reach out to those who are new in school because they don’t have any friends yet. And I want to reach out to those who are picked on or put down by others.”*** Rachel didn’t just write about it, she lived it.

“COMPASSION IS THE GREATEST FORM OF LOVE HUMANS
HAVE TO OFFER.”

Rachel Joy Scott

Rachel also understood the power of peer pressure and the need to know, love and be true to herself. It was this understanding that helped her respect and appreciate the people around her; especially those who were in pain or different from her. She did this by looking deeper than the surface into the relatedness we all share. Rachel wrote, ***“Look hard enough and you will always find a light, and you can even help that light grow.”*** Being comfortable in her own skin allowed her to fight injustice for others. The understanding that we are all uniquely important was so central to Rachel’s life that in an undated letter to her cousin she wrote:

“DON’T LET YOUR CHARACTER CHANGE COLOR WITH YOUR ENVIRONMENT. FIND OUT WHO YOU ARE AND LET IT STAY ITS TRUE COLOR.”



“These hands belong to Rachel Joy Scott and will someday touch millions of people’s hearts.” She knew her life mattered. Her message to you would be that, no matter your history or circumstances, your life matters too. She’d ask you to have the courage to do what is right, even if it isn’t easy or popular. She’d encourage you to intentionally reach out to those in need; and would remind you, as she wrote in her final essay,

“COMPASSION IS THE GREATEST FORM OF LOVE HUMANS HAVE TO OFFER. I HAVE THIS THEORY THAT IF ONE PERSON CAN GO OUT OF THEIR WAY TO SHOW COMPASSION, THEN IT WILL START A CHAIN REACTION OF THE SAME. PEOPLE WILL NEVER KNOW HOW FAR A LITTLE KINDNESS CAN GO.”

Rachel Joy Scott



INTRODUCING **AWAKEN THE LEARNER** BY RACHEL'S CHALLENGE. THE DIFFERENCE IN *THIS* PROGRAM IS THAT **THE PROCESS IS THE ANSWER.**

Inspired by Rachel Scott's vision to create a chain reaction of kindness and compassion, this program **enhances the caring and supportive learning environment of schools, essential for academic achievement.** *Awaken the Learner* motivates and inspires every learner in the educational community.

We believe that school culture and its social relationship with its students and educational community are foundational to academic achievement. It gives the students and educators what they need to collaborate, grow, learn and support one another. Said another way, ***Awaken the Learner* gives your school the tools and the process road map to get there; making this *your* process to get to *your* answer.**

THE ELEMENTARY PRESENTATION

[Recommended for K-6th grade]

The 40-minute Elementary Presentation introduces elementary students to Rachel Scott and her challenge to reach out to others with deliberate acts of kindness. The presentation is a fun, energetic, interactive assembly that mixes music, video and activities to tell her story. Students will learn about a young girl named Rachel; however they will not hear nor see footage related to the Columbine tragedy or her death. The program includes the Kindness & Compassion Program Guide and can be used to kickoff the school year, as a mid-year boost or as a celebration of what has happened throughout the year. Although appropriate for K-6th, the presentation is most effective with K-5th students.

Rachel's Challenge presentations have been deployed in over **5000 schools** in the last 3 years with a **98% approval rating**

PROGRAM THEMES:

- Use kind words & do kind things
- Accept & include others
- Choose & be a positive influence
- Set goals & keep a journal
- Continue the chain reaction

STUDENT OUTCOMES:

- Students understand that treating others with respect is fun and should not just be what they do—but who they are
- Students understand issues of bullying and destructive behavior and receive permission to be kind
- Students leave excited about treating others with respect and wanting to start their own chain reaction of kindness—both figuratively and literally with the paper chain of kindness exercise and activity



THE STORY PRESENTATION

[Recommended for 5th & 6th grade]

The 60-minute Story Presentation introduces younger middle school students to Rachel Scott's story and her challenge to deliberately reach out to others with kindness. Rachel's story is told through the eyes of her family. The Columbine tragedy is introduced at an intensity level appropriate for 5th and 6th graders. Her story shows the profound positive impact students can have on those around them by simply paying attention to the little things they do and say every day. Rachel's story encourages participants to consider their own behavior.

PROGRAM THEMES:

- Dream big & believe in yourself
- Be kind to others
- Practice positive gossip
- Show appreciation to those you love
- Be the answer



STUDENT OUTCOMES:

- Students have a renewed hope that their life matters and they have a purpose
- Participants are inspired to use their words in a positive way because they understand that words have the power to hurt AND the power to heal
- Help students understand that they too can start a chain reaction of kindness & compassion
- The importance of appreciating others, and to express appreciation to the ones that they love
- Students are empowered with the knowledge that they can be the answer by making a personal difference at their school
- Friends Of Rachel (FOR) Club training to equip them to create positive changes

Schools report up to a **90% reduction in disciplinary referrals** and out-of-school suspensions.



THE CHALLENGE PRESENTATION

[Recommended for 7th-12th grade]

This 60-minute Challenge Presentation is the inspiring story of Rachel Scott whose example of kindness and acceptance was brought to light when she became the first victim of the Columbine High School tragedy. Conveyed through stories from Rachel's life and writings, the Challenge Presentation shows the profound positive impact we can have on those around us. It demonstrates to the listener the power of deliberately reaching out in word and action to others to start what Rachel called "a chain reaction of kindness and compassion."

Supplemented with the Friends Of Rachel (FOR) Club training and materials

Student surveys showed a **123% increase in number of students that would intervene in a bullying situation** after seeing the Challenge Presentation.

PROGRAM THEMES:

- Look for the best in others
- Dream big
- Choose positive influences
- Speak with kindness
- Start your own chain reaction

STUDENT OUTCOMES:

- Motivates the individual to consider where they are personally in relationship to the Five Challenges
- Prompts the listener to reflect on the relationship with – and impact on – the people around them
- Renews hope that their life has purpose through service to others
- Gives permission to start their own chain reaction of kindness and compassion, which positively affects their school climate



- Research indicates that schools implementing Rachel's Challenge as designed achieve outstanding results. In 2013, Rachel's Challenge commissioned Multi-Dimensional Education (MDed) to conduct an independent third-party assessment to validate the results of its programs.
- The assessment concluded in March, 2014, and MDed's findings are summarized in the following statement from their report:
- ***Rachel's Challenge provides a sustainable evidence-based, evidence-driven improvement process that meets SAMHSA requirements. Their partner schools achieve statistically significant gains in community engagement, faculty/student relationships, leadership potential, and school climate, along with reductions in bullying, alcohol/tobacco and other drug use.***

In 2012, Rachel's Challenge conducted its own research by sending surveys to 20,000 students across North America that were involved in its programs the previous school-year. 9,881 surveys were returned. What students said about the effect of Rachel's Challenge on their own attitudes and behaviors is summarized in the chart below:

Behavior	Before RC	After RC	% Change
<i>Participate in School Activities</i>	2,931	7,189	+145%
<i>Intervene in Bullying Situation</i>	3,456	7,704	+123%
<i>Would Not Bully</i>	5,953	8,182	+37%
<i>Reach Out to Others</i>	3,972	8,602	+117%
<i>School a Safe Place</i>	1,464	5,589	+282%

Finally, Rachel's Challenge receives thousands of unsolicited emails, letters and phone calls annually from students, parents, social and mental health professionals, and educators. Some of the recent highlights are:

- More than 150 suicides or other violent acts averted annually
- 123,000 documented acts of kindness in 12 elementary schools in one year
- Over 1 million meals prepared for Haiti in one day by one district
- Over 480,000 Facebook friends with positive posts daily
- Thousands of Friends of Rachel service clubs (FOR Clubs) serving their schools and communities
- Seven known school shootings averted since the program started
- Thousands of testimonials from students, parents, social workers and educators

QTY	ITEM #	DESCRIPTION
1.00	HSRC - S	Awaken the Learner Day - High School
		1 or 2 Student Assemblies (60 min each)
		1 FOR Training (90 min for 100 students and 10-15 staff)
		1 FOR Support Materials (Club Curriculum)
		1 Awaken the Learner Assessment by Marzano Research Institute
		4 On-Demand Professional Development Videos by Brad Nye and Darrell Scott
		1 Teacher's Kit
		1 Evening Community Event
1.00	MSRC - A	Awaken the Learner Day - Middle School
		1 or 2 Student Assemblies (60 min each)
		1 FOR Training (90 min for 100 students and 10-15 staff)
		1 FOR Support Materials (Club Curriculum)
3.00	ELRC - A	Awaken the Learner Day (PER ELEMENTARY SCHOOL)
		2 Student Assemblies (30 minutes each)
		Year 1 and Year 2 Program Materials
		Video Community Event
		Add'l Materials for 2nd Campus
1.00	K12RC - A	Awaken the Learner Day (K-12 Surrounding Schools)
5.00	HSCR	Chain Reaction Day (PER 100 Sophomores Students and 25 Adults)
1.00	PD - FOR	Staff Orientation
		1 Hour Keynote for ALL LHUSD Staff
		2 Hour Secondary Live Staff Training - FOR Club & Materials Overview
		2 Hour Elementary Live Staff Training - Elem Program & Materials Overview

Rachel's Challenge

August 1, 2018

Staff Orientation

- One Hour Keynote – All Staff
- Two Hour Staff Training
 - Secondary site staff – 7-12
 - Elementary site staff – K-6

August 27, 2018 (Monday)

Awaken the Learner Day

- LHHS / TMS
 - One Hour Assemblies (2)
- Elementary Schools – AM / PM schedule
 - Two 30 minute Assemblies
 - K - 4
 - 5 – 6
- Evening Community Event
 - Gym

- September 17, 2018 – September 21, 2018

Chain Reaction

- All 10th grade students
 - Full Day – 100 students – 25 Adults (4:1)
- FOR – Friends of Rachel Clubs