Educator Guide: “We Will Rise” Song

Recommended for Grades:

5th grade

Time:

3 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.
- Standard 8: Advocate to promote health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Activity Description:

“We Will Rise” is an inspiring hip hop song written and performed by The Figureheads, that talks about standing up to bullying by encouraging those who have been exposed to bullying to stand up together and share their stories. No one should feel alone. Some find playing the song can be a great way to start each day. The song is played with the lyrics displayed on screen so students can follow and sing along. You may also choose to give each student a copy of the song lyrics to think about what the lyrics mean or even to inspire writing their own song!

The Figureheads is a Parents' Choice Gold Award winning musical act providing powerful and positive messages for youth about lifelong learning, healthy relationships and personal development. For assembly and workshop or artist residency booking, contact Jeremy at figureheadsinc@gmail.com or 414-520-3275 or Facebook.com/figureheadsinc.

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Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the “We Will Rise” Song activity. You may choose to use this list in any way that fits your needs.

- Bully – someone who intentionally tries to hurt another person
- Bullying – when a person hurts another person on purpose (bullying is intentional, usually repeated over time and there is usually an imbalance of power)
- Bystander – someone who observes a bullying situation happen
- Friend – someone who supports you, likes you for who you are and is there to help when you need them
- Victim – the target of bullying behavior

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“We Will Rise” Song Lyrics

We hold these truths to be self-evident
We are all equal and we represent
The rights with which we've been endowed
That's why we say it loud: Yeah, no bullying allowed

With a spring in my step and my swag on togetherness
I climb to the peak with my peeps like Everest
We're braving the weather even when it gets cold
And encouraging each other when one us feels alone
Cuz we’ve all been hurt, rejected and burnt
But through all the struggles there’s something that we can learn
That it doesn't pay to stay lost on our way
That we have to share our pain if we're gonna sustain
So if you've been a victim, or even a bystander
It's time to tell your story. It's time for you to stand up
And not let what someone else has done
To hold you back from what you are to become
And if you've been a bully, it's time to come clean
Start again and make friends instead of enemies
It's time to break the silence, and time to find a balance
So love can overpower verbal and physical violence

Chorus:
We will rise together no matter the weather, we will rise
Our stories are interwoven, enfolded, we will rise
It's time to hold the line
We will rise together no matter the weather
We will rise together no matter the weather, we will rise
Our stories are interwoven, enfolded, we will rise
It's time to hold the line
We will rise, we will rise, we will rise

Now the time has come to undo what's been done
With forgiveness shining like beams of the sun
From within our heart of hearts yeah that's where it starts
Now, let's join together let no one tear us apart
No, not even ourselves, not even our problems
Not even our monsters, goons and goblins

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Don't let hate rob you of your potential
Let it go, and feel the flow of love, it's torrential
Raining on our relationships, till we're soaked in peace
Dripping with joy, with all our pain to release
So don't be afraid to talk about what you've seen
Whatever you've experienced no matter how mean
Cuz bullying keeps happening, yeah it gets repeated
It happens on purpose and hurts worse if it stays secret
So speak it, even if it feels weird to share
Cuz change requires courage yell this into the air

Chorus

We hold these truths to be self-evident
We are all equal and we represent
The rights with which we've been endowed
That's why we say it loud: no bullying allowed
We will rise

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Supplemental Activity: Creative Writing

Objectives:

After completing this activity students will be able to:

- Write a bullying prevention poem, short story or song lyrics.

Time Required:

40 minutes

Materials Needed:

- “We Will Rise” Song Lyrics (found on previous pages of this guide or on the website)

Instructions:

In this activity students will create their own song lyrics, poem or short story. Hand out a copy of the “We Will Rise” Song Lyrics as they may give students an idea of what specifically they want to write about. There may be a line in the song that they want to focus on. Or a verse that catches their attention.

Whatever students choose to write, encourage them to include things like:

- Their opinion of bullying
- Facts about bullying
- Ways to stand up to bullying
- Ways to support those who are bullied

If students are comfortable, and time allows, students can be encouraged to share their writings with the class.

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Handouts

Included on the following pages are additional resources that you and your students' families may find useful.

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Effects of Bullying

Bullying Hurts Everyone.

Children who are bullied may:

- Feel insecure
- Avoid school
- Have trouble learning

As they grow up, children who have been bullied may:

- Be depressed
- Have low self-esteem
- Have health problems
- Get poor grades
- Think about killing themselves

Those who have observed bullying may feel:

- Afraid
- Powerless to help
- Guilty for not helping
- Pressure to join in

Children who bully are more likely to:

- Get into fights
- Damage property
- Drop out of school

Children who bully often get involved in other behaviors like:

- Breaking rules
- Stealing
- Carrying a weapon
- Drinking alcohol and smoking at young ages

Repurposed from http://www.stopbullying.gov *and* http://www.olweus.org/public/effects-bullying.page

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How to Tell if Your Child May Be Involved in Bullying

What Is Bullying?

Bullying is when someone hurts someone else on purpose. A lot of the time it happens more than once. Some things to know about bullying are:

- **There is a difference in power:** Kids who bully use their power to control or hurt someone's body or feelings. Their power might be strength or being more popular than others.
- **It is repeated:** Most of the time bullying happens more than once.
- **It is done on purpose:** Bullying happens when someone means to do it. If a child doesn't mean to bump into another child in the hall, that is not bullying.

Bullying includes actions like:

- Making threats
- Spreading rumors
- Hurting someone
- Not letting someone join a group

Bullying is learned, and respect must also be learned. Children copy what they see other children and adults doing. Try to set a good example.

Signs Your Child Is Being Bullied

Look for changes in your child. Some children who are bullied may not show warning signs. Some signs that bullying might be a problem are:

- Unexplained injuries or bruises
- Lost or ruined clothes, books, school work, art or toys
- Headaches or stomachaches, feeling sick or faking illness to avoid school
- Changes in eating, like skipping meals or eating a lot
- Lower grades, loss of interest in school or not wanting to go to school
- Loss of friends or being left out
- More angry words or actions after seeing certain classmates or coming home from school
- Nervous behaviors like chewing nails or pulling out hair
- Becoming more withdrawn or fearful

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Why Don't Kids Ask for Help?

Many times, kids don't tell an adult that someone is hurting or scaring them. Kids don't tell adults for many reasons:

- Bullying can make a child feel helpless.
- They might not want to be seen as a tattletale.
- They may be afraid of the child who bullied them.
- They may be afraid they will get in trouble.
- They may fear losing friends.

How can You Find Out if Your Child Is Being Bullied?

Ask your child:

- Is something or someone scaring you or making you upset?
- Are you ever afraid to go to school? Why?
- Does anyone make you sad at school? Why?

What can You Do to Get Your Child Help?

If you think your child needs help, don't ignore the problem. To deal with bullying at school, work with teachers and other school staff.

Always start with the classroom teacher. If the problem continues, the next step is to go to other administrators (counselor, principal or superintendent). If the bullying is happening outside of school, talk with the adult in charge. This may be a coach, club advisor or group leader.

Signs a Child May Be Bullying Others

A child may be bullying others if they:

- Are being bullied by someone at home, in the neighborhood or at school
- Get into physical or verbal fights
- Have friends who bully others
- Blame others for their problems and make excuses for their actions
- Test limits or break rules
- Need to control others and situations

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How to Tell if Your Child Is Showing Bullying Behaviors

You can:

- Attend parent teacher meetings.
- Ask your child how school is going.
- Ask your child about their friends.
- Watch your child play with others.

If Your Child Needs to Talk to Someone

If your child is a victim or is showing bullying behaviors, they may need to talk to someone. Start with your child's school and see what resources they have. Check with your health care providers to see if they can share where you can find help.

Repurposed from http://www.stopbullying.gov. More information for parents and caregivers, children and educators may be found at this site.

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Contact us:

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