



## Understanding Each Other Unit

Grade 7 • Ages 12-14

### TIME FRAME

Preparation: 10 minutes  
Instruction: 30 minutes

### MATERIALS

Videos: Sharlane King, Alaskan Heritage (2 minutes): <http://bit.ly/1dzlv0k>

AshleyYoungRAK.mov (2 min. 8 sec.): <http://bit.ly/178yCnm>

Homecoming Queen (The Foundation for a Better Life DVD) (1 min.): <http://bit.ly/YPPg5Q>

1st World Problems Read by Third World People (1 min.) <http://bit.ly/T8Ei6c>

RAK Journals

Kindness Concept Posters:  
Compassion, Caring, Respect

### LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.7.1, 2; Colorado: Comprehensive Health S.3, GLE.1, EO.a; Reading, Writing and Communicating S.1, GLE.2, EO.b,c

SEL: Self-awareness, Social Awareness

[Learning standards key](#)

## The "R" Word

Students will watch videos to learn about diverse populations of people and how we can respect others through learning about who they are and where they come from.

### Lesson Background for Teachers

Article: Why Focus on Cultural Diversity with the Younger Generation?  
<http://www.teendiversophy.com/pages/focus.html>

### Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

<b>COMPASSION</b>	Being aware when others are sick, sad, or hurt and wanting to help.
<b>RESPECT</b>	Treating people, places, and things with kindness.
<b>CARING</b>	Feeling and showing concern for others.

### TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Using a note catcher or having the questions so they can write down key words and ideas while viewing the clips.
- Watching the clips on classroom computers in small groups and answering the questions together. One option would be to set up stations (different computers in the classroom or the school computer lab) and have groups spend about 10 minutes at each station; make sure to provide a question sheet (without answers) at each station.
- Reviewing RAK definitions or creating classroom definitions for compassion and respect, the two Kindness Concepts being taught in this lesson.
- Being encouraged to pause and use their listening skills while watching the clips and participating in the discussion

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

The **Share** step in the first lesson of each unit is intended to set the tone for teaching kindness.



The RAK paradigm is the framework for teaching and building kindness skills.



## Resources

Article: Promoting Respect for Cultural Diversity in the Classroom  
[http://www.huffingtonpost.com/matthew-lynch-edd/promoting-respect-for-cul\\_b\\_1187683.html](http://www.huffingtonpost.com/matthew-lynch-edd/promoting-respect-for-cul_b_1187683.html)

### Share (3 mins)

Share with the person next to you who the person you feel understand you the best. Model this by sharing the person you feel closest to before having the student's share.

### Inspire

#### The "R" Word Videos (5 mins)

*We are going to talk about the "R" word today. Respect. We are going to watch a few videos about respecting cultures and individuals. As you watch, think about whether the person or people talking make sense to you.*

You can watch as many of the clips as you like and then ask the follow up questions. You could also use the discussion sheet provided and have students discuss the questions in small groups.

**Video 1:** Watch Sharlane King, Alaskan Heritage (2 minutes): <http://bit.ly/1dzlv0k>

Then ask the following questions:

- What does Sharlane say has happened because of ignorance about Native American cultures? (Answer: People have developed negative stereotypes about Native Americans.)
- What has Sharlane learned from working at the heritage center? (Answer: She has learned about Native Alaskans, her own culture, about herself and where she came from. Learning about her heritage has made her more responsible, and has given her respect for her ancestors.)
- Sharlane says that every culture is unique and that there is always something different to learn from every culture. Do you agree with this? Why or why not?
- Do you think learning about other cultures helps us gain respect for ourselves and others? How or why not?

**Video 2:** Watch: AshleyYoungRAK.mov (2 min. 8 sec.): <http://bit.ly/178yCnm>

Then ask the following questions:

- Why did Ashley create a video? (Answer: She wanted people to stop using the word "retarded," explained why they shouldn't say it and how it can offend people.)
- What did she want others to learn about people with disabilities? (Answer: They are like all people: they want to be happy, have friends, play sports. We need to treat people the way we want to be treated, we need to respect those who are different from us.)
- What does Ashley say people have learned from her video? (Answer: Some look at her confused, but then think about what they are saying. Many 8th graders will apologize if they say the word retarded, because they learned from the video that it wasn't the right thing to say.)
- What is the new "R" word? (Answer: Respect)
- How can we treat people with respect in our school or community? Are there specific words we should use or actions we should take?

**Video 3:** Watch: Homecoming Queen (The Foundation for a Better Life DVD) (1 min.): <http://bit.ly/YPPg5Q>

This video is based on the true story of Shellie Eyre, who was born with Down Syndrome. She was optimistic and persevered, which helped her overcome many obstacles. In fact, she was one of the most popular girls in school because of her easy smile and loving heart. When she was a senior in high school, she was selected as Homecoming Queen. Her victory was due in part to an accepting student body that embraced unselfish inclusion, and to Shellie's attitude toward all her classmates. When asked why everyone liked Shellie so much, one of the students said, "It's hard not to love Shellie when you know how much she loves you."

Then ask the following questions:

- Are you comfortable interacting with people who have disabilities or is it challenging for you?
- What can we do to respect those with disabilities or anyone who is different from you?
- How do you think Shellie, the homecoming queen in this video, felt when receiving her crown?

**Video 4:** Watch: First World Problems Read by Third World People (1 min.) <http://bit.ly/T8Ei6c>

Then ask the following questions:

- How did watching this clip make you feel?
- Do you think that we take for granted all the opportunities and things that we have? Is it easy to do?
- How do you think we can have more respect for people in other countries and the challenges they face?
- At the end of the clip, we learn about the campaign for clean water in Haiti. Do you think it is important to help people in other parts of the world who face difficulties?



## Empower

### Discussion (15 mins)

For the empower section of this lesson, please discuss the questions listed below each video above.

### Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

### Evaluation Questions

- What was the theme in these videos?
- What is the "R" word that we talked about in this lesson? Why is it important?
- How do the people in these videos treat themselves and each other? Why?

### Reflection

- Why do you think people made these videos?
- What do you think contributes to people being more **respectful** of each other?
- What is one thing we could do as a class to **respect** others at school, in the community, or in our world?



### Summary

Today we learned some ways of being effective communicators. Communicating clearly limits misunderstandings and strengthens relationships with other people. Being able to say what you mean in a **respectful** way is kind. Sometimes this takes **self-discipline**.



### Act (2 mins)

#### Kindness Minute

We can show kindness to others by respecting who they are, but we also need to show that same respect to ourselves. Speaking positively about ourselves is one way to show that. Tell the person next to you something you like about yourself.

#### Kindness in Action

Find a story that tells a story of respect for people of a different cultural background than yours. It can be something you read, watch or something someone tells you. Write a short version of the story.

