



## Point Break is a daylong workshop designed to:

PROMOTE resiliency among students. Resilient students display social competence, problem solving skills, personal responsibility and a sense of purpose and future.

REDUCE campus violence as students choose conflict resolution & respect for others.

Point Break is a six-hour workshop designed to break down educational and social barriers that exist between students on Middle and High School campuses. Through high-energy activities, interaction with caring adults and relevant discussion (regarding bullying, painful life experiences and emotional expression), PointBreak draws students together, focusing on empathy and respect. Students respond to the day's challenges with self-reflection and the acknowledgement of personal responsibility. The end result is students who begin the pursuit of behavioral change. PointBreak's continuing effectiveness takes place in PointBreak Part 2 follow-up sessions which include:

- Goal Setting
- How to listen well
- How to make measurable change

It is the belief of the Point Break Staff that students who participate in PointBreak and PointBreak Part 2 develop resilient character traits. Through meaningful participation with caring adults, high expectations and the opportunity to practice new relational skills in a safe environment, students decide to make both internal and behavioral changes which result in the elimination of educational barriers like:

- Intolerance
- Social anxiety
- Fear of bullying

### Student Response to Point Break

"I had no idea so many of my friends had considered suicide as a way of dealing with the pain in their lives. I want to help my friends stay alive."

"I didn't realize that my words could be so painful to others. I'm not going to tease people so much."

"I'm sorry for saying the stuff I've said to you. I didn't mean it."

### Point Break Endorsements

"You can't imagine the impact PointBreak has had on our kids, our school and even our community. I get calls daily from grateful parents who say their son or daughter is a changed person and the school has a kinder, gentler feel. Of course, everyone is asking to have you back next year."

-Bea Landing, Vice Principal, Bishop Union High School

"I have never seen such a powerful interaction between students. The level of sharing and disclosure was intense, and the support that the PointBreak staff provided for our students was exceptional. I recommend this program without reservation."

-Dr. Marco A. Sanchez, Vice Principal, Elk Grove High School

"I was shocked by the amount of personal pain many students shared at the PointBreak workshop. Many students revealed anguish and hurt they carry; it was a very emotional day. Our experience at the workshop underscores the importance of making sure students are connected to outlets that help them deal with their stresses in a positive manner. The fast pace of modern society, the many expectations placed upon students to perform, and personal challenges are stressing our young adults like never before. I am inspired by the way students come together to support one another, and I continue to be impressed with the manner in which PointBreak runs follow-up activities. PointBreak is making a difference on our campus and for our community."

-Brent Mattix, Assistant Principal, Granite Bay High School



## PointBreak Purpose Statement

The purpose of PointBreak is to improve the behaviors, values and attitudes of high school students on their campuses and in their communities, intervening before acts of hatred or violence occur. Better learning environments are created as a result.

After serving students for more than sixty years, we at Campus Life have seen the increasing need for values and ethics training on school campuses. In addition to higher educational standards, busier personal schedules and social issues such as harassment, prejudice, bullying and suicide, students are also dealing with over-crowding in the classroom, hallways and shared quad areas. All of these create an atmosphere of conflict or complete self-reliance in which students and faculty often survive rather than thrive.

PointBreak offers skills to help students and teachers manage and solve these issues. Participants are moved through a variety of high energy games, small group discussions, and personal reflection, all of which call for honest introspection. Through this process, students who have been silent in the past find opportunity to share and trust their peers. Transparency, trust and respect are the pulse of PointBreak.

## Point Break Goal:

The goal of PointBreak is to serve high school campuses throughout Washington and the nation by offering and providing this affordable workshop to every interested high school. Included in this PointBreak experience are the following:

- Promotional introduction materials mailed to Principals and Vice-Principals
- Meetings with interested faculty and administrators
- Identification of venue for PointBreak within 20 miles of campus
- Facilitation of PointBreak Workshop (6-7 hour field-trip style)
- Curriculum (sample Agenda for a PointBreak Workshop is attached)
- Printed material (Name tags, Small Group Questions, Accountability cards, Affirmation Cards, Follow-up Invitations)
- Point Break Speakers/Teachers
- Supplies for games and activities
- Small Group Adult Community Volunteers
- 6-8 weeks of Follow-Up Curriculum
- Local Community Adult Staff to lead follow up on campus



## PointBreak Sample Agenda

This is a sample timeline we follow for each workshop. Each activity serves a specific purpose, such as drawing students away from their usual peer group or challenging students to make and hold eye contact during a listening exercise. There are three teaching segments which focus on:

- **The Power of Words.** Many people become comfortable with put-downs and sarcasm, not realizing the damage these can do. Foul language and name calling have become normal on campuses and while we often say, “I was just kidding”, we may not be aware of the power of the put-down. This teaching segment challenges students and adults to manage their words wisely.
- **The Power of Connection.** (Appropriate Physical Touch) We encourage students to develop a comfortable hand-shake or high-five greeting and talk about how these actions make others feel value and respect.
- **The Power of Coming Clean.** (Emotional Strength/Self Confidence) A discussion about self-protection (people who wear “masks” or build “walls”) inspires participants to be honest with themselves and others about life experiences, hopes and pain.

### Time Elapsed Activity

	Adult Leaders and Facilitators Meeting
5	Loud and Proud
5	WipeOut / Guidelines
25	Groups of Four
10	Birdie on a Perch
10	Knee to Knee
20	Large Group Listening Exercise
5	Back in Pairs / Knee to Knee
10	Break
10	Crab Volleyball Game
10	Shark Attack
25	Physical Touch Talk & Hug Demo
25	Groups of 6-7 with Community Facilitators
10	Poop Deck
35	Lunch
10	Vicious Musical Chairs
10	Hula Hoop Activity
15	Pain Talk
35	Cross the Line Exercise
20	Groups of 6-7 with Community Facilitators
5	Ripple Effect
25	Whole Group Share
20	Got Your Back / T-Shirts

## These UNEDITED Student Comments about PointBreak were collected 6-8 Weeks after participation in PointBreak

Students respond to: "In your own words, tell us how Point break has affected you."

- It has affected me to open up to people and listen to their problems.
- PB has helped me to open my eyes and see that it is not just me and my family and friends in the world. Other people are going through the same stuff I am.
- PB helped me realize how many other people have the same issues going on that I do. I also noticed how talking on others or teasing can lead to serious problems and make someone depressed.
- I no longer gossip and tease people and I never worry about what people think.
- PB has taught me many things. It has taught me that behind every smile there's an unbelievable story that has made that person who they are now. And teasing or talking about them isn't gonna make anything better. You're just causing more hate in yourself and others.
- Hate isn't healthy. I've had more respect for others since PB. Thank You!
- I have now treated girls with equal respect and don't judge or gossip.
- I don't make fun of a lot of people anymore. I am aware of how much people hurt inside and I learned that listening to other people can really change your life and their life.
- It made me never give up in what I do. I'm also nice to my friends and family. I'm also trying to do something with my life and forget about what other people think of me.
- It made me feel for others around me. It helped me find more out about myself. It showed me that others around me can relate to the issues I've been through in the past.
- It has made me a better person and I know that I'm not the only one with similar problems. I value more people and their feelings. I listen to what they got to say and help out.
- Many adults never talk to me as an equal or share their past with me and at PB, not only did the adults open up but so did some of my fellow students. It helped me realize that people still have some good in them buried deep down somewhere inside of them. The past is filled with mistakes. The future is strong if you learn from those mistakes.
- It has taught me that even when I'm playing around and call people names that I can hurt them. After PB I became friends with a lot of the people I used to mess with. It opened up an opportunity to have better and more relationships with people. Thank you guys so much for the experience.
- PB helped me a lot because I get to see other peoples' views and the way they live life, and learn that most everyone has the same problems.
- It affected me by letting my emotions out and telling people how I really feel.
- It affected me to get more active and respectful of people I know and I don't know.
- PB changed me as a person, making me care more about others than I already did. I am not judgmental at all.

- Somehow PB really made me feel like I can really open up now. It was sort of a forceful way to make me express myself.
- I changed being mean to others. I like helping people.
- PB was an awesome experience and whenever I begin to gossip I stop and remember PB so I just stay quiet and listen.
- My experience with PB made me realize everyone around you can be hurting and you don't know it. This allowed me to open up to others.
- It affected me a lot. I now try opening up to my parents. However, they still don't really get what I am trying to tell them. I open up to my friends because they really understand.
- PB has taught me and opened my eyes to how much stereotyping and bullying goes on around high school. It has taught me how to watch what I say and how to stop and control my words and how they (my words) affect people.
- PB has helped me to respect other people and not judge them so fast; and to not judge them so fast. Respect how I act around people also. It was a great experience and I'm glad I went.
- It gave me a lot of insight into others lives.
- I have been talking to others not in my friend group and have been trying to respect more people.
- I loved it. It was fun and really got people closer together. It made me realize more about others, besides what's just on the outside.
- It taught me not to judge anyone. People who I would've never thought share the same problems I do. I think it is a very effective program.
- PB was amazing. I realize that people aren't always what they seem to be like. I got to know people that I would have never talked to before and I realized that people have harder times than I do. Thanks PB!
- I think before I speak. I also have learned to forgive some people in my life.
- PB showed me a new side of people, and how much they share the same problems as me even though we are different on the outside.
- PB was a very good experience. I learned a lot from it. I see now how many people have problems.
- It showed me that there are a lot of other people with different problems.
- (PB affected me) by not seeing through people, but seeing into them.
- It was life changing!



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Title: \_\_\_\_\_ School: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Comments/Questions: \_\_\_\_\_

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