## Freedom 4 Change

Freedom 4 Change is a program that has a goal of breaking down barriers between students and trying to give students a chance to look below the surface of themselves and others and finally to accept the difference of others. This program is designed for students to work with other students to achieve our goal. We accomplish this through various activities on campus:

\*Freedom 4 Change Classroom Events

\*Quote of the Week

\*T.R.U.E. Conference

## **Freedom 4 Change Classroom Events:**

Our goal is to present in every classroom during our Leadership period. We have presentations that range from 15 mins. to an entire class period (88mins.) to a half-day and a full-day. In the beginning of the year, we have training days for those that are interested in being part of Freedom 4 Change. This is an example of an agenda:

Settle in and Welcome (3mins.)

Introduction(2mins.) – What and Why we are here

Who we are and the rules that everyone must agree to follow.

<u>Iceberg Analogy</u> (3mins.) – A visual of why we are here and the challenge goes out

<u>Heart to Heart Activity</u> (5mins.) – Students are given an auditorial and visual image of how negative words and stereotyping can leave scars on our hearts forever and even with positive words, they can never truly heal.

<u>Debrief</u> (2mins.) – Review why we are here and have everyone commit to the challenge of Freedom 4 Change.

Our program also has a follow-up piece to check in with the teacher and with the class. We also keep the dialogue going with follow-up notes, quotes, posters, etc..

## **Quote of the week:**

Part of the responsibility of the Freedom 4 Change Commissioners is to remind students to keep focused on their challenge.

Once a week, we have an encouraging quote of the week that is read on the daily announcements. Posters and flyers are posted around campus of the quote. We also have a box that students can place positive quotes that they would like to see around campus as well.

## T.R.U.E. Conference:

The Major event that Freedom 4 Change leads on campus is our Tolerance Respect Unity and Equality Conference. Our clubs on campus create and present workshops on one or all of the themes for this conference. For example, our Be The Change Club presents on "Eliminate Prejudice and Welcome Unity" and our GSA presents on "Combating Homophobic Violence and Discrimination". While, our Power of Unity presented on "Stereotypes and Judgment". We are able to have 300-400 students participate in this day and again our goal is to lessen our stereotyping and negative behavior in the classroom, on campus and on social networking.

