

## Point Break is a day long 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 empowering adults and relevant discussion (regarding bullying, painful life experiences and emotional expression), Point Break 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 improvement in the behaviors, attitudes and values of students.

Students who participate in Point Break and Point Break Part 2 develop resilient character traits. Through meaningful participation with caring adults, high expectations and opportunities to practice new relational skills, students make behavioral changes which result in the elimination of educational barriers such as:

- Intolerance
- Social anxiety
- Fear of bullying
- Suicidal ideation

*"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."*

*-Student, Oak Ridge High School*



### Point Break Endorsements

"Point Break is the most important activity I've done in my 25 years of educating."

-Judi Daniels, Vice Principal, Roseville High School

"I was shocked by the amount of personal pain many students shared at the Point Break 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 Point Break runs follow-up activities. Point Break is making a difference on our campus and for our community."

-Brent Mattix, Assistant Principal, Granite Bay High School

## Point Break Purpose Statement

The purpose of Point Break 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.

Point Break teaches skills to help students and teachers solve these issues. Participants are moved through a variety of high energy games, small groups, and personal reflection, all of which call for introspection. Students who have been silent in the past find opportunity to share and trust their peers. **Transparency, trust and respect are the pulse of Point Break.**

## Point Break Goal:

Serve high school/middle school campuses across the nation. Included in the Point Break experience are the following:

- Promotional introduction materials mailed to Principals and Vice-Principals
- Meetings with interested school faculty and administrators and Point Break Coach
- Identification of venue for Point Break within 10 miles of campus
- Facilitation of Point Break Workshop
- Curriculum (Agenda for Point Break Workshop is attached)
- Printed material (Name tags, Small Group materials, etc)
- Multimedia presentation
- Follow-Up Curriculum
- Point Break Motivational Speakers



### Point Break Sample High School Agenda\*

Each activity listed below 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:

- **The Power of Words**
- **The Power of Connecting**
- **The Power of Coming Clean**

<b>Activity</b>
Venue and Workshop Setup
Adult Leaders' and Facilitators' Meeting
Tsunami/Guidelines
Groups of 4
Birdie on a Perch
Knee 2 Knee
The Power of Words
Back in Pairs/Knee to Knee
Break
Small Group Warmup
Lifeboats
The Power of Connecting
Groups of 6-7 (If You Really Knew Me)
Lunch
Musical Chairs
Hula Hoop Activity
The Power of Coming Clean
Cross the Line Exercise
Small Groups with Adult Volunteers
Change Cards and R&A's
Got Your Back
Adult Volunteer Report-Back to School Counselors

\*Sample Middle School Agenda available upon request.

## **Point Break Sample High School Agenda with Descriptions**

### **Venue Set Up**

- Approximately 60 minutes
- Set chairs in one large circle
- 8' table for sound system and supplies
- 2' x 8' tables for donuts, napkins and water
- 2' x 8' tables at entry door for nametags and Point Break Numbered Bracelets

### **Adult Volunteers and Coaches Meeting**

- See Directions for Adult Volunteers
- Review directions and answer any questions
- Identify the school representative who will gather reports from adult volunteers at end of day

### **Tsunami**

- High-energy interactive game designed to get students moving and end up sitting next to someone new

### **Groups of Four**

- Participants link up with 3 participants (students and adults) they do NOT know in order to accomplish assignment

### **Birdie on a Perch**

- Participants link up in pairs: one is the “birdie” and one is the “perch”. They will be separated and then race to find each other so as not to be the last “birdie on a perch”. This activity pushes social boundaries but is played quickly so participants feel awkward for a moment but then get caught up in the fun competition

### **Knee-to-Knee**

- One on one exercise in which partners sit so close together that their knees touch. Focuses on eye contact and listening skills

### **Teaching Segment 1 - The Power of Words**

- Focus on a culture of negative trash talk, bullying and the power of a well-placed word

### **Knee-to-Knee 2**

- A second time through the listening exercise

### **Break**

### **Small Group Warm Up**

- Adult Volunteers have the opportunity to meet their small group and begin building relationships with small group members

### **Life Boats**

- Activity in which small group has to work together to accomplish task

### **Teaching Segment 2 - The Power of Connecting**

- Focus on getting students to talk about the culture on their campus: is there bullying? Is there kindness/empathy? What happens when students don't connect? Fun and practical application: “How to Hand Shake”.

**Small Groups with Adult Volunteers for if you really knew me...**

- Each small group member takes 60 seconds to share part of his/her personal story

**Lunch with Small Group****Break****Musical Chairs**

- Gathers students back together for a familiar, fast rendition of childhood game

**Hula Hoop Hoopla**

- Forces students to maintain hand-to-hand contact to survive activity

**Teaching Segment 3 The Power of Coming Clean**

- Focuses on wearing masks to cover up personal pain, anger, and past hurt. Invites students into Cross the Line questions.

**Cross the Line**

- Several questions are asked. If the question applies to participants, they silently step across line and consider their feelings.

**Small Groups with Adult Volunteers**

- Debriefing and processing the Cross the Line Experience

**Change Cards**

- Business cards asking "What will I change based on today?"

**Reconciliation and Affirmation in Large Group**

- Provides participants the opportunity to apologize to others or thank others in room

**Got Your Back (On cards or on T-Shirts)**

- Students write encouraging notes to each other on provided cards or Point Break T-Shirts

**Students Dismissed****Adult Volunteers Report to School Counselor**

- Adult Volunteers record any important notes about student needs on clipboards and hand them into school counselor (See Directions for Adult Volunteers)

**24 Hour reporting done by school if necessary****Post Point Break Gathering for Students**



### **These UNEDITED Student Comments about Point Break were collected 6-8 Weeks after participation in Point Break**

**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.



## Students Are Talking...

Point Break Workshops

- ♦ 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.

Point Break Workshops  
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# FAX

*For more information about Point Break Workshops,  
please complete this form and fax it back to (916) 857-0668.*

Name: \_\_\_\_\_

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

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

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

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

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

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