

Diversity



The "Persona-Bird" Program

It Makes LiFe Interesting

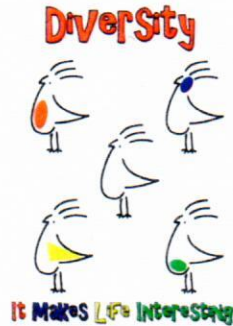
"Diversity" From the "Birds of a Feather Collection" Copyright 2015, Richard Davies / Studio D Graphics and the "Mind of D"

The "Diversity" Poster and Diversity Program Sponsored by: The Office of S. Kyle Hunter, Jefferson County (AR) Prosecutor / Children's Advocacy Center

Additional Support from Chief Richard Wingard and the White Hall Police Department (AR)

“Persona-Bird” Project

Understanding Diversity and You



Richard Davies

Awareness-Prevention-Intervention Group

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Objectives

- The Objective of the “Persona-Bird” Project is to *open lines of communication between adults and young people* using simple, easy to understand and easily reproducible art styles and methods.
- Through this interaction, lessons in diversity, self worth, self expression, and a way to visually demonstrate how life-mistakes can be resolved and re-directed to *create a positive outcome*.

Objectives

- Create a tangible object that helps youth better understand themselves and others.
- To help them better understand that they are not “alone in the world” or the “only ones”.
- To illustrate the differences and similarities between all the peoples and cultures in the world.
- To re-enforce the benefits of diversity.
- To introduce young people to the arts and help them discover and exploit their “possibly unknown” talents.

Goals

- Have *Law Enforcement Officers, Teachers, Members of the Faith Based Community, and others* distribute or Place “Persona-Bird” Diversity Posters in as many schools, churches, children's daycare centers, community centers (etc.) as possible.
- Make available the instructor manual and *original copies of all the materials *Free of Charge*.

*The original copies may be reproduced in quantities needed for each program

Goals

- To have Law Enforcement Officers, Correctional Officers, Teachers, Civic and Religious Organizations present the "Persona-Bird" Program to **as many young people as possible.**
- By helping young people better understand themselves and others through art and discussion we can **reduce bullying, violence, gang involvement and drug use, lower the juvenile incarceration levels and possibly reduce child abuse through self-discovery.**

Material List

- Instructor Manual
- Copies of the blank "Persona-Bird"
- *Depending on the ages of the attendees...one or more of the following the following.*
- Pencils...several
- Colored pencils...several boxes
- Crayons...several boxes
- Sharpies
- Pencil Erasers... *I love the "Moo" eraser from Hobby Lobby.*
Only get a couple of erasers, It is important that the students need to ask you for them.

Getting Started

- Have someone pass out the blank “Persona-Bird” Pictures.
- As they pass out supplies begin telling about the bird and what it represents
- The blank “Persona-Bird” drawing will be used, in this project, to represent each of us as the human-beings we represent.

Getting Started

- Even though we each represent a different human person. Some of us are big, some small, tall, short, with or without color but, we all share some common feelings, wants, physical and emotional needs.
(Physical... food, water, air, shelter / Emotional...Love, respect, belonging, to feel safe)
- We all have had good things and bad things happen to us.
- Did you know that in 2015 there were 7.3 Billion people in the world and that by 2050 there will be 11 Billion. Aren't you glad we are all different?

More Talking Points

There are roughly **6,500** spoken languages in the world today. However, about 2,000 of those languages have fewer than **1,000** speakers.

The most popular language in the world is Mandarin Chinese. There are **1,213,000,000** people in the world that speak that language.

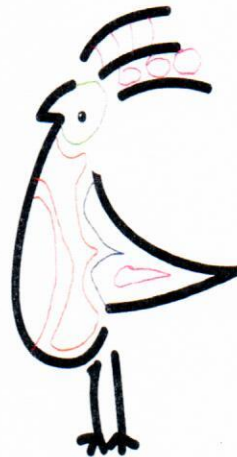
According to some estimates, there are roughly **4,200 religions** in the world. The word religion is sometimes used interchangeably with "faith" or "belief system".

According to scientists there are only **four different races** of humans in the world and that they all share **99.99+% of the same genetic materials**.

I have always said that "People that are hurting...hurt other people" Either by bullying, violent acts, disrespectful behavior, having an I don't care about anything including themselves or anyone else. It is important to understand yourself. What makes you tick and what pushes your buttons. Being able to retreat into your inner-self mentally (without a chill pill) understand your and others feelings is the gateway to a peaceful life.

Instructions to the Class #1

- With your pencil divide the "Persona-Bird" into sections. Draw any kind of shapes you want. You can add more as you go.
- Take your time.
- Think about it.
- This is you



example #1... shapes

Add More Sections As You Progress



You can add sections outside the bird if you like but, do the inside first.

Each of the sections in your bird should be filled with different designs.

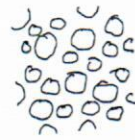
Within the shape draw any design to illustrate **who you are**, how you feel about yourself, etc.



Example #2... plain, flamboyant, etc.

Simple Art Fill Examples

Pick one
of these or....
Make up your
own unique design



Bubbles



Complex



Lines



checker



flowers



Hearts



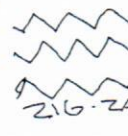
Grids - cross



Smiley



Squares



ZIG-ZAG



Stars



Bumps

Instructions to the Class #2



- Did you know using colors can help illustrate who you are, how you feel.

Happy, sad, mad,
depressed, excited etc.

Instructions to the Class #3

- Ask for help if you make a mistake... In Ink.

If the design is in ink...the instructor should show the student how to change the design pattern or how to create another shape to be filled with a positive design. Explaining...just because a mistake was made it doesn't mean the piece (life) is ruined. It can be altered to become a positive.

- Ask for help if you make a mistake... In Pencil.

If the design is in pencil...while helping erase the instructor should explain that mistakes can be corrected and that everyone, even great artists, famous people, and ordinary people make mistakes. **The trick is LEARNING FROM THEM!**

If this project is in an ART CLASS

Embellishing the Moment

The instructor can teach art techniques (shading, blending etc.) to embellish the students bird.

- Compare these skills (the ability to shade, blend etc.) to continuing their education, practicing, hard work, and good choices etc. All of which will embellish their lives.

(show example... #5 next slide ...misc. shaded, colored doodles)

Examples of Embellishing Your Art



Examples of Embellishing Your Art



Amazing what a little patience, practice, color, and skills can do. And, it can be so relaxing.

Here are some of my bird
examples

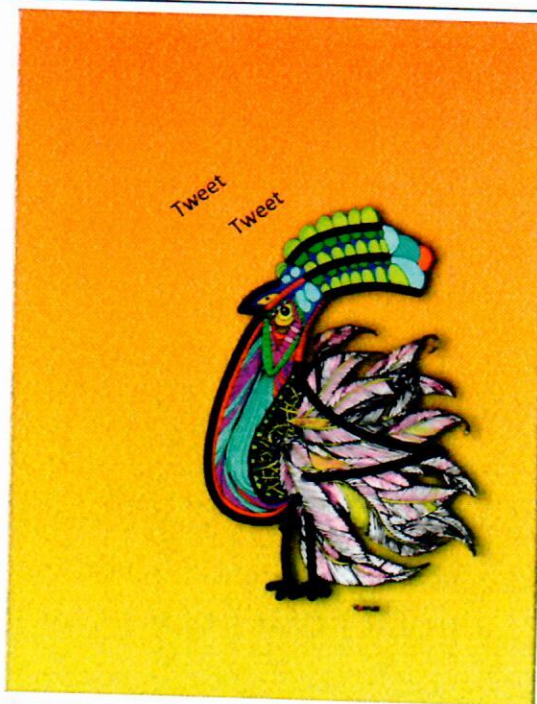


I called them
"Party Birds"



I Know you did
a great on your
bird.

How do you
think you did?



Discussion Questions

- What do you think of your "Persona-Bird" life portrait?
- What makes you / your "Persona-Bird" special?
- If you had to ask for help while drawing...was that a good or bad thing? (a sign of weakness or strength?... strength)
- Are there ways to continue to improve your "Persona-Bird"?

See Class Instruction Slide #2 "Embellishing"



About the Artist Project Developer

From inside the "Mind of D"

Pen and Ink
 Pen and Ink...will help you think,
 about the world around you.
Draw a picture or write a poem
 what's inside you...will astound you!

R. Davies



Whimsical, serious, abstract, done in ink, watercolor, acrylics, oil or enamel, on a board, a scratch pad or a canvas... "What it is... is, when it is...it just falls out of my mind to the pen".

Richard Davies has been a writer, artist and musician most of his 65 years. Though very eclectic in his median, each is used to create a tangible representation of an important moment, event or thought from the minutest everyday occurrence to the earth shattering event that numbs the mind. Married for 45 years to his wife Debby, father of two boys and grandfather of five; Richard is a retired law enforcement officer who specialized in working with troubled youth, gangs, drugs and violence in our schools.

Richard currently, is a Part-Time One Officer at the White Hall Police Department (AR), and is owner of the Awareness - Prevention - Intervention Group (A.P.I.G). He conducts contracted trainings all over the state for Law Enforcement Agencies and Schools. In addition to the Persona-Bird Diversity Project he is also the creator and presenter of the S.H.O.T. Program (See it, Hear it, Tell it)... a program that focuses on responsibility and doing the right thing. The program, to date, it has been presented to more than 50,000... 2nd thru 7th graders around the state.

A cancer survivor, Richard's art, stories and poetry are his personal "buffer zone" while at the same time, they provide a communications "tool" to reach and maintain a common, shareable connection with people of all ages.

Bonus Section:
Discussion Topics
Empower Me
Safety Tips

Empower Me

My Safety Rules:

1. **Check First** with a parent, guardian or babysitter before
 - Accepting a ride
 - Accepting a gift
 - Going into a house
 - Having your photo taken
2. **Use the buddy system!** Play and stay with friends.
3. **Find 5 trusted adults** to talk to about any problem or worry. They could be your parents, grandparents, teachers, coaches, neighbors, or any safe adult.
4. **Trust your gut!** Pay attention to your "uh-oh" feeling. If any person acts in a way that makes your "uh-oh" feeling go off, get away from that person and tell a trusted adult. It doesn't matter how you know them; it only matters how they make you feel. Pay attention to that same feeling when you are online! Talk to a trusted adult about anything in-person or online that doesn't feel right in your gut.
5. **No secrets!** There is never a good reason to keep a secret from your mom, dad, or caregiver. Surprises are okay. Talk about the difference!
6. **Your private areas are private** and different from the rest of your body. You are allowed to say, "NO!" to any person trying to touch or show your private parts or their private parts. "NO!" is a complete sentence. If you ever have questions about touches, talk to a trusted adult. If the first person you talk to doesn't know how to help you, keep telling until someone does help. If someone tricks you into a touch or you don't say "NO!" it still isn't your fault. You can tell, even a long time after the touching happened.
7. **Say "NO!" get away, and tell an adult if someone tries to get you to break a safety rule.**
 - Remember that you are far more valuable than any of your stuff. Drop anything making it hard to get away.
 - Yelling is different than screaming. Yelling for help from your belly with words like, "Call 911!" will alert others that you are in danger. Screaming can sometimes sound like playing.
 - Have a family password to use in case you are in over your head.
8. **You are special and deserve to be safe!**

Be Empowered—For Teens

Trust your gut! Your body has a warning system to tell you when you are in a potentially dangerous situation or if you feel uncomfortable—use it. If your gut instinct is triggered, get out of the situation if at all possible. Sometimes our gut works faster than our brain, so let it lead you to a different, hopefully safer, space.

Expect respect. Anyone who pressures you into doing something you don't want to do or doesn't honor the boundaries you've set, either in person or online, is not respecting you. Surround yourself with people who can help encourage you as you work to be your own best advocate.

Use the buddy system. There is power in numbers. Know who's got your back. Have a friend (or two or three) with you when you go out and make sure you all get home safely. Develop a password with your friend(s) to use in emergency situations to signal that you need help.

Know your five trusted adults. Who can you go to no matter what? There are plenty of problems you can solve on your own, but when you are being hurt or someone else is being hurt find trusted adults to help. This support network can be made up of your parents, your friends' parents, your grandparents, a teacher, a coach, an aunt or any adult who is invested in your well-being. If the first adult can't help or is a part of the problem, you can go to one of your others. Additionally, it is important to have a trusted friend you can go to if you need help in talking to one of your trusted adults.

Set boundaries. Know what your boundaries are, understanding that they may change over time. For example:

- Only “friend” people online that you know in real life. Don't talk about sex online. Save those questions for in-person conversations.
- Only post photos and words online that you would also feel comfortable seeing on a billboard.
- Think through your decisions about sexual activity and alcohol/drug use BEFORE you are in a situation where you need to make a choice. Find people who can help encourage you as you take your own stand.

Protect your online footprint. We all make mistakes and do things we regret. The problem with doing those things online is that it creates an online history that can open or close doors. Messages and pictures sent while sexting are often shared and go viral. People online sometimes aren't who they say they are. If you are embarrassed about past choices you have made online, you can start making better choices to rebuild your online footprint. It can be harder to make choices when you're angry or upset, so step away from technology when you are feeling emotional. It may be a good time to write in a journal or talk with a good friend.

Family password. Just like you have with your friend, develop a code word you can use with your parent or guardian that means you need help or need to be picked up, no questions asked in that moment.

Saying “no” is always a complete sentence. There is no need for “if,” “and,” “but” or “because...”

Privacy. There is power in having a private life. In a culture where there is pressure to share all of our personal information with everyone else, it can be refreshing to know that you can choose parts of your in-person and online life that you don't want to share. Personal and emotional information can wait until you find a person who has earned your trust. You can always make new choices about who is in your trusted circle based on how they treat you and other important people in your life.

Secrets can lead down a dangerous path. If someone is asking you to keep a secret from your friends and/or your parents, they may not have your best interest in mind. Proceed with caution! If they are triggering your “uh-oh” feeling or gut instinct, this is a signal that you should tell someone.

Be your own advocate. Practice selfawareness— you know yourself best. Understand your behaviors and emotions, and you will make healthier choices for yourself. Do an online search of yourself— know what others can find out about you from your current online footprint. Know there is always power in making new choices. It is okay to ask for help, it is a sign of strength.

Prevention Tips - Ways to Reduce Risk of Sexual Assault/Rape

1. Educate your family/children about Sexual Assault/Rape. Rape and/or sexual assault generally refers to any involuntary sexual act in which a person is threatened, coerced or forced to engage against her or his will.
2. Establish a safety plan when going out with friends
3. Establish family rules and boundaries. Know whereabouts and establish safety of child when child is not with you and not at home. Discuss what Child Sexual Abuse, Sexual Assault and Rape is. Teach your children about proper names of body parts.
4. Internet safety. Think about posting images of self that you wouldn't want everyone to see, being pressured to talk with an adult or someone you don't know. Remember that anyone who tries to get you to do something you are uncomfortable with, is probably not trustworthy. Careful with posting Personal information on the internet where others may learn about you and your location.
5. Be in charge of your body. You can say no. Shouting/Screaming NO, so someone in close proximity can hear. Tell that person you know they can get into trouble if that person tries to kiss or touch you in a manner that makes you feel uncomfortable.
6. No one should touch you in your private areas. Nor should anyone make you touch their private areas.
7. No one should make you take pictures or videos without your clothes on.
8. Children under 14 years of age by law are unable to give consent. It's okay to withdraw consent at any time before or during the incident.
9. It's NOT okay to hold a secret or withhold information as directed by perpetrator.
10. Avoid getting isolated with people you do not know or do not trust.
11. Stay away from deserted areas.
12. Keep some form of communication with you to request for help. Keep your cell phone charged and always with you.
13. Always be aware of your surroundings and how to get away. Try to appear strong, confident, aware, and secure in your surroundings.
14. Always have keys, whistle or an object when walking by yourself.
15. Be aware of where you are and what is around you. Do not cover both ears with music headphones.
16. Keep door and windows of your home locked. If you have a license to drive, keep car doors locked while driving, check the back of your car for intruders before getting in and park in open, well-lit areas.
17. Alcohol/Drug Safety Tips. Alcohol/Drugs may make it easier for a perpetrator to commit sexual assault and can even prevent someone from remembering that the assault occurred.
18. Immediately inform someone you trust for help.

Online Safety Tips



For children

- **Talk to your parents about the internet.** Learn together! Sites like netismartz.org are wonderful places to start.
- **Be kind.** Don't post things online that are mean or will hurt other people. Don't respond to people using the internet to be mean or rude, but do talk to a parent or trusted adult.
- If you see messages or pictures that give you an "uh-oh" feeling, tell a trusted adult right away.

For teens

- **Don't give out personal or emotionally private information online.** If you would feel uncomfortable seeing what you are typing or posting on a billboard, don't put it on the information highway.
- **Remember that you are responsible for your online footprint.** Things that you post today can impact your future academic, personal or professional life.
- **Listen to your gut instinct.** If something seems too good to be true, it may be just that. Don't agree to meet people from online in the real world without your parents' involvement and permission.
- **Do your part to create safe online experiences for others by not sending or forwarding along disturbing, harassing or provocative emails.** If you are on the receiving end of cyberbullying, do not respond. Instead, report the situation to an adult who can help. This kind of behavior is not only vicious, it can also be illegal.
- **Adults who have your best intentions in mind want to be a mentor and not a significant other.** If an adult is attempting to start a romantic relationship with you, online or in real life, leave the situation. Follow up by talking to your parent or another mentor about what happened.

Online Safety Tips



For parents and adults

- **The Internet isn't all bad.** Even though online threats can feel overwhelming, remember that being an involved parent can be a huge protective factor in helping to keep your children safe online. Keep the computer in a public room with well understood expectations and guidelines for your family. Consider using filtering or blocking software to help reduce inappropriate online messages or pictures. But filters can never be trusted to catch all inappropriate material. Parental involvement is essential to keeping kids safe online.
- **Sit down with your child or teen and learn together.** Seeing your youth's online experience from their perspective helps you to understand how they interact with others online. You should have the email addresses, screen names and passwords for your children's online accounts. If you have given permission for your teen to use a social networking site, sit down with them for periodic checks of their page and friend lists.
- **Good communication is key – at any age.** Younger children may stumble upon unwanted pictures while teens are at higher risk and are more likely to get involved in chat room discussions, receive solicitations and/or have issues with cyberbullying. If you find out your child or teen has encountered something inappropriate while on the Web, discuss it with them and establish boundaries. Show them the best way to react to an unwanted situation, which may include closing out of a site and informing a parent of what they saw or found.
- **Report illegal online behavior.** Let your child know that their safety is important to you both online and in the real world. Just as you would report a real world danger to the police, use the Cybertipline at (800) 843-5678 to report online threats to your children.

Cyberbullying Prevention

Cyberbullying is when youth use technology, such as computers, cell phones and other electronic devices, to willfully and repeatedly cause someone harm. Cyberbullying can be even more destructive than bullying in that the person using bullying behavior can work to keep their identity hidden, be crueler, reach a limitless audience and try to avoid consequences. Additionally, it is difficult for those who care about the recipient of the cyberbullying to identify and comprehend what is happening, leaving the target possibly even more isolated and subject to being hurt.

Some examples of cyberbullying include:

- A group of friends setting up a fake Facebook account to contact one of their classmates via this account with the intent to get this person to say things they can then share with the rest of the school to humiliate this classmate
- Someone sending out a text to all of their friends with gossip that could be true, exaggerated or a lie
- Using someone else's user name and password to log-in to their account and send messages from their account
- Starting a rumor about someone and spreading it electronically, causing it to go "viral"
- Texting someone a message threatening to "out" their private information

What are some signs that someone is being cyberbullied?

- Secrecy, uneasiness and hesitancy around technology
- Not wanting to use technology at all
- Not wanting to go to school, skipping school and drop in grades
- Withdrawal from friends, family and activities



Consequences of cyberbullying can include: Anger, frustration, fear, sadness, depression, suicidal ideation, lack of confidence, low self-esteem, family problems, poor school attendance, academic problems, violence and delinquency

What do I do if I'm experiencing cyberbullying?

- Tell a trusted adult: a parent, a caregiver, a teacher, a coach-just keep on telling until you get help
- Save the evidence and document all instances
- Block the messages, don't engage in the cyberbullying
- Report cyberbullying to the appropriate source: cell/internet service providers, law enforcement and/or school officials

What do I do if I know someone is experiencing cyberbullying?

- Help the person get help
- Do not forward or spread the message
- Stand up and speak out against cyberbullying behavior
- Be an in-person friend

What are some things I can do to keep myself safer?

- Protect your passwords, always log out of your accounts and secure your privacy settings
- Be intentional with your posting, texting, emailing, pictures, etc....once it's out there, it can't be taken back
- Never open unidentified messages or "friend" unknown people

What can parents do about cyberbullying?

- Talk to their youth about the dangers of the internet, with use of examples
- Keep computers in public areas of the house
- Stay updated on technology and your child's online activities
- Create opportunities away from the computer and other technology
- If your child is being cyberbullied, talk to them about their safety and give them unconditional support

My "Persona-Bird"



Created _____ By: _____