“Mixing it up”

Ideas For Breaking the Barriers of Cliques

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“Clique: a small, exclusive group of people”
(Random House 1978)

In every school and in every classroom there is segregation. Boundaries have been made, some can be seen, while others are invisible. Segregation by beliefs, race, style, or any classification can have a disruptive impact on school environments. Stereotypes and cliques create barriers and can perpetuate negativity. Teaching tolerance gives students and teachers non-aggressive ways to address and prevent, teasing, bullying and the habit of segregation. “Fight hate and promote tolerance with Mix It Up activities.” (www.Tolerance.org)

What is “Mix It Up?”

“Mix It Up is a project that supports efforts of students and teachers who are seeking to identify, question and cross boundaries in their schools and communities.” (www.Tolerance.org)

Ideas for Teachers to “Mix it Up” with students.

*Support and plan a “Mixing it Up Lunch” For more details see, (www.Tolerance.org)

*Use The Personal Survey or create your own on school climate and give students time to discuss their thoughts in class (www.Tolerance.org)

*Contract on Bullying, classroom activity (www.Tolerance.org)

*Be an advisor for a “Mix it Up Dialogue Group” (www.Tolerance.org)
*Promote and support a Tolerance essay contest in your school or class

*Develop a peer mediation group  (www.jamc.org/ peer/ pm-links.htm)

*Analyze literature, television and pop culture to discuss clique issues

**Practice What You Preach - “Mix it Up” Ideas for Modeling Tolerance**

*Eat lunch somewhere different than you usually do

*Introduce yourself to students you do not have in class

*Sit with different staff members at meetings

*Visit other classrooms during your prep

*Trade classes for one period and teach another teacher’s class/ other subject area

*Park in a new spot (Small steps to mixing it up)

*Encourage staff members to make and reach measurable goals

*Create a dialogue group with other staff members to discuss these goals and school climate (For more information email: emily_pratt@gsbd.gresham.k12.or.us)

**Websites to Explore**

http:// www.Tolerance.org

http:// www.personal.psu.edu/ faculty/ j/ g/ jgp4/ teach/ 497/ populars.htm
Book resources

Simmons, Rachel, *Odd girl out: The hidden culture of aggression in girls.*

Wiseman, Rosalind, *Queen bees and wannabees: Helping your daughter survive cliques, gossip, boyfriend, and other realities of adolescence.*