



San Juan Island  
**Prevention Coalition**  
Islanders Making Healthy Choices



**ROCK  SOLID**

## A Role to Play

Reducing Stress and Bullying Behaviors  
through Performance

# Inspiration found at the WA. State Prevention Summit 2016



## Tucker Turtle Takes Time to Tuck and Think

A scripted story to assist with teaching  
the “Turtle Technique”

By Rochelle Lentini

March 2005

# Innovation

Local Prevention Youth Club: Rock Solid teams up with local International Thespian Society members sharing their time and talents...

Take a prevention story and write a script for a play...

Working with our Elementary School with older Middle and High School students presenting the material, kids teaching kids positive messaging and skills...





# Sustainability

Build in a program in our Local Int'l Thespian Chapter, that offers the next upper class a chance to give back to the younger students at our local Elementary school. We have a strong drama program in our school, about 20-30 actors every year, so tapping into these youth to be creative with a cause...

Rock Solid Youth make it cool to share prevention messages through performance...

Our School District and their Administrators all support this idea and make space in their busy school schedule for this experience and exchange between the students.

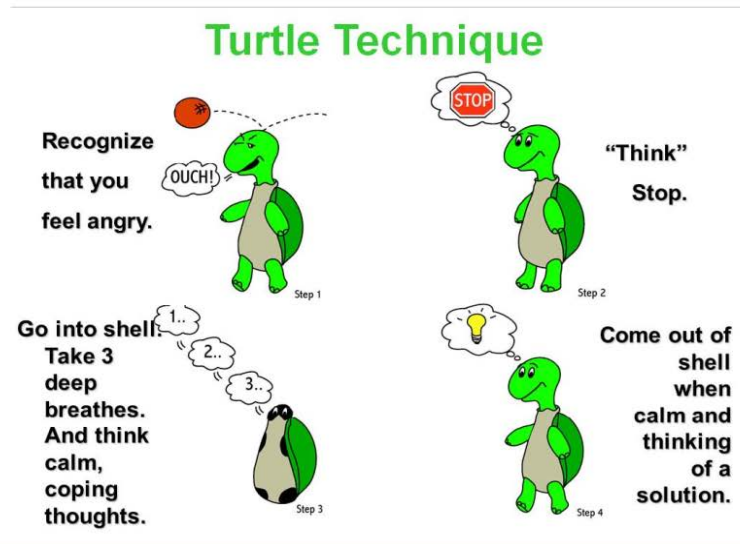


# Resources:

Created for teachers, students  
and parents

Posters,  
Brochures,  
On-Line  
Website  
[sjipc.org](http://sjipc.org)

## TUCKER THE TURTLE TAKES TIME TO TUCK AND THINK



**REMEMBER:** If you need help with a bully or dealing with bullying behaviors, use these techniques.

1. Ask a trusted adult
2. Walk away
3. Form an agreement



## Build Capacity...

Any effort being made to improve the skills, expertise and abilities of Educators and Childcare Providers...

Brochure for Teachers and Parents.

Provided on-line, too!

[sjipc.org](http://sjipc.org)

Promoted in:

FHES PTO  
Newsletter

Local Media Outlets



How are you feeling?

ADDITIONAL RESOURCES:  
TOOLKIT: Preventing Bullying  
<https://www.sdsu.edu/ehc/ehc2014/toolkit/>  
<https://www.sdsu.edu/ehc/ehc2014/toolkit/>  
TUCKER the TURTLE Technique  
<http://www.sjipc.org/bullying-the-turtle-takes-time-to-tuck-and-think>  
<http://www.sjipc.org/bullying-the-turtle-takes-time-to-tuck-and-think>

## 5 Tips for teaching tolerance in kids.

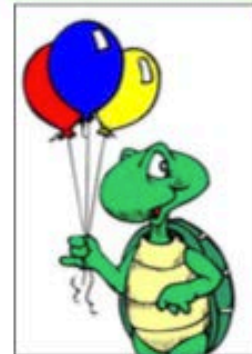
1. Model it.
2. Acknowledge Differences.
3. Challenge Intolerances.
4. Seize teachable moments.
5. Emphasis the positive.

Play adapted from Tucker the Turtle Takes Time to Tuck and Think, by R. Lantieri March 2005

Community Project by Zach Fincher and Prevention Team, Rock Solid, Cherie Prewer and Luke Fincher, April 2017

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[www.sjipc.org](http://www.sjipc.org) Like us on Facebook, too!

## Tucker Turtle's Troublesome Time with the Troublesome Teddies



Are you feeling mad?  
**STOP!**  
And take 3 deep breaths to calm down.

Choosing to create a positive learning environment at FHES...  
**Everyone has a role to play.**

**KINDNESS STARTS WITH YOU!**

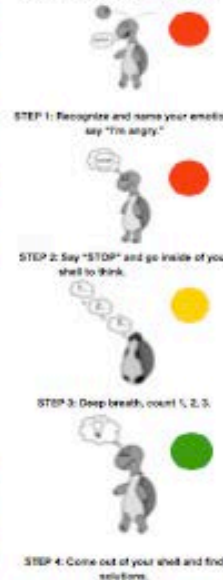
Read more about Tucker the Turtle's Techniques on Taking Time to Tuck and Think.  
A book has been added to your school library, as part of this community project.

**USE THESE 3 Techniques when Dealing with a Bully or Bullying Behaviors.**

1. Find a trusted adult.
2. Walk away.
3. Form an agreement.



Support the Turtle & Take Time, Yachtclub.org







Connecting

# Impact

Offering a Pre and Post Survey around our performance helped us to measure the learning by the students, based on our messages.

Using Emojis, we were able to tap into something they all knew and felt comfortable using to assess what they learned.



**The Survey and the Results are in....**



# Pre and Post Survey

WHAT EMOJI WOULD YOU USE TO SHOW HOW YOU FEEL IN EACH SITUATION?

**CIRCLE YOUR ANSWER** for EACH QUESTION

1. I know a technique for dealing with bullies or bullying behaviors.



YES



NOT SURE



NO

2. I have heard of Tucker the Turtle and his Turtle Techniques for dealing with bullies or bullying behavior.



YES



NOT SURE



NO

3. THREE Techniques for dealing with bullies or bullying behaviors are:

1. Tell A Trusted Adult 2. Walk Away 3. Form an Agreement



YES



NOT SURE



NO

4. I know I have a role to play, in making our school a safe learning environment. I can choose to be kind to others.



YES



NOT SURE



NO

**Thank You for your help with our Community Project!**

# Measured results

1. I know a technique for dealing with bullies or bullying behaviors.



YES POST  
1-48% 1-79%  
2-29% 2-78%  
3-38% 3-84%



NOT SURE POST  
1-13% 1-19%  
2-12% 2-13%  
3-10% 3-11%



NO POST  
1-19% 1-2%  
2-49% 2-9%  
3-44% 3-5%

2. I have heard of Tucker the Turtle and his Turtle Techniques for dealing with bullies or bullying behavior.

YES	POST	NOT SURE	POST	NO	POST
1-56%	1-75%	1-21%	1-17%	1-19%	1-8%
2-79%	2-82%	2-12%	2-9%	2-6%	2-9%
3-65%	3-92%	3-15%	3-5%	3-18%	3-3%

3. THREE Techniques for dealing with bullies or bullying behaviors are: 1. Tell A Trusted Adult 2. Walk Away 3. Form an Agreement



YES	POST	NOT SURE	POST	NO	POST
1-17%	1-87%	1-13%	1-10%	1-62%	1-3%
2-80%	2-94%	2-8%	2-3%	2-10%	2-3%
3-68%	3-92%	3-13%	3-8%	3-18%	3-0%

4. I know I have a role to play, in making our school a safe learning environment. I can choose to be kind to others

YES	POST	NOT SURE	POST	NO	POST
1-87%	1-79%	1-4%	1-17%	1-2%	1-4%
2-80%	2-91%	2-8%	2-5%	2-10%	2-4%
3-75%	3-89%	3-8%	3-8%	3-9%	3-3%





# Our Video on You Tube

+ <https://youtu.be/IOIPfIWDrLo>



**Never  
Underestimate...  
The Power of  
Kindness,  
The Good  
Feelings of Being  
Included and the  
Ability to Manage  
One's Own  
Stress...**

# Collaboration

San Juan Island Prevention Coalition

San Juan Community Theatre

International Thespian Society of Friday Harbor

Local Media Outlets

Friday Harbor Drama Club

SJC EMS Education Director

San Juan Island School District

Business Owners

San Juan Island School Superintendent

SJCT Costume Shop

Friday Harbor Elementary School Principal

Parents

Friday Harbor Elementary School Counselors

FHES PTO

Friday Harbor Elementary School Teachers K-3 Grades

San Juan County Health Director

San Juan County Sheriff's Office

**180 STUDENTS from FHES!**

# THANK YOU

How are you feeling about learning about our project?



We're happy to answer any questions.