

**Mean Girls Night w/ Chai and Atz' Chaim BBG**

January 21 6:30-10:30pm(allows time for chapter rides)

Planned by Elaine, Marissa, Rebecca

**To-Do List Before Event**

<b><u>Task</u></b>	<b><u>When will be completed</u></b>	<b><u>Who?</u></b>	<b><u>Done?</u></b>
Brainstorming Call	Jan 12	Planners	Yes
Draft of Event Call	Jan 12	Elaine and Rebecca	Yes
Looking Over Call	1/17 @7pm	Planners&Mica	Yes

**Basic Info****Title:** Mean Girls Night**Chapters Included:** Chai and Atz Chaim**Planner(s):** Elaine, Rebecca, Marissa**Event Begins...****Date:** Jan 28 2012**Time:** 6:30-10:30**Place:** 2079 Fordham Drive, Santa Clara, CA 95051**Who will be staffing?****Programs**

<b>Start Time</b>	<b>End Time</b>	<b>Program Name</b>	<b>Description</b>	<b>Location</b>	<b>Leaders</b>	<b>Supplies (&amp; cost)</b>
6:30	6:55	Mixer	Name, Grade, School, Chapter, A quote you use regularly (From Mean Girls or not)		Elaine	

6:55	7:30	Dinner	Sandwich Bar Encourage the girls to make healthy choices (let's say there are brownies and salad, it's okay to eat a brownie as long as you have some salad). Relate to Mean Girls			Bread, Lettuce, Cheese, Turkey, Mayo, Pesto, Peanut Butter, Jelly, Tomato, lots of Nutella
7:30	7:55	Cheers/Havdallah				
7:55	8:10	Watch the links	<i>Have girls sit and imagine they are sitting with people they tend to hang out with. Then show clips</i> <a href="http://movieclips.com/UiZF-mean-girls-movie-girls-gone-wild/">http://movieclips.com/UiZF-mean-girls-movie-girls-gone-wild/</a> <a href="http://movieclips.com/V9H7-mean-girls-movie-a-lot-of-feelings/">http://movieclips.com/V9H7-mean-girls-movie-a-lot-of-feelings/</a>		Elaine	computer/TV connected to laptop
8:10	8:25	Make Bingo boards	<i>You will be making your own Bingo board with 4x4. We are going to give you a list of words and you will choose 16 that describe who you are or what you believe in. (Maybe split into groups)</i> <b>List of words:</b> Confident, Cheerful, Strong, Independent, Unique, Courageous, Ambitious, Clever, Caring, Creative, Outgoing, Funny, Opinionated, Shy, Easy going, Intelligent, Role model, Excited, Honest, Curious, Compassionate, Nervous, Helpful, Adventurous, Loyal		Elaine, Rachel, Elana	4 pre-prepared lists of ALL the words so everyone can pick and choose which they will use. 1 list already cut up and folded per word in a hat, that we use for playing bingo
8:25	8:45	Play Bingo				

8:45	9:10	Make your own "warm fuzzy"	<p><i>While making your "warm fuzzy."</i></p> <p><i>Sometimes everyone feels insecure, but there's always something everyone likes about themselves.</i></p> <p><i>The warm fuzzy represents that special something that makes you unique, the thing that you most like about yourself.</i></p> <p><b>Remove? No compliment program.</b></p> <p><b>Think of compliments you've received. Also think of things that you could compliment another girl on.</b></p>		Elaine, Rachel, Elana	"poof balls," googly eyes, glue
9:10	9:20	CLEAN UP	Clean up the supplies!			
9:20	9:25	Intro to Bullying Program	<p><i>Girls will be instructed to close their eyes and take a seat.</i></p> <p>Raise your hand if a friend has ever talked behind your back before. Open your eyes.</p> <p>Raise your hand if you have ever talked about someone behind their back before. Open your eyes.</p> <p>Raise your hand if you have ever taken a criticism personally. Open your eyes.</p> <p>Raise your hand if you have ever been the victim of a hurtful rumor. Open your eyes.</p> <p>Raise your hand if you have ever spread a hurtful rumor. Open your eyes.</p>		Elaine	

9:25	9:55	<b>Bullying Program</b>	<p><b>Elaine:</b> When entering high school, most freshman picture a school full of divisive cliques.</p> <p><b>Mackenzie:</b> They imagine crowds of jocks, nerds, drama freaks, and populars. But what if high school was an environment free of stereotypes?</p> <p><b>Coral:</b> What if everyone was equal and no one was defined by labels?</p> <p><b>Elaine:</b> half of all high school students in the United States have identified as a bully, admit to being bullied, or both. Bullying can be verbal or non-verbal, physical or non-physical.</p> <p><b>Mackenzie:</b> Bullying can be direct, like hitting, teasing or making threats. It can also be indirect, like rumors, manipulation, isolation and exclusion.</p> <p><b>Coral:</b> A bully might be one person acting out independently, or a clique or group of people picking on someone out of a need to increase their popularity or to seem more cool.</p> <p><b>Elaine:</b> Take a moment to reflect on your experiences with intolerance, isolation and bullying. This could be something you caused or something you were a victim of. <i>(continue with script below)</i></p>		Elaine, Rachel, Elana	Rocks for everyone, paper, pens, boot
9:55	10:15	Paper Airplanes	<i>Have girls write down a problem in life that they want to get rid of. Form a paper air plane, and throw.</i>	Inside for writing. Outside to "throw them away" <i>*Have Rachel recycle them discreetly</i>	Elaine	paper, pens, recycling bin(for later)

Rest of the time...		Chill time/Clean Up				
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**What Folds are Covered?**

Recreation      Jewish Heritage  
 Creativity      Community Service  
 Sisterhood      Social Action

Total estimated cost of event:  
 Total cost per person:

Additional Notes/Questions:

Total:

Maximum Amount Of the Total For Food:

Big Events (like Kallah or Board Retreat/Overnight)-Depending on Size \$50-65 or under  
 Small Events (like weekly):Depending on Size \$30-45 or under

Overnight- \$45  
 Big Event (Not Overnight) \$25-30  
 Small Event- \$20-\$30

**Bullying Program Script**

**ELAINE:** We want to start this program with a few words from people that none of us know *personally*, but can certainly relate to.

**CORAL:** *It began when I was about 13 years old I suppose. On the first day of school, I was so scared of all the people I began to cry, all the other kids laughed and from then on everyone seemed to hate me. I've never fully understood why, the only reason was that I was shy. I don't understand how people can be so cruel to someone just because they are shy. Of course there were other reasons, "I wasn't as fashionable" or "pretty" or "skinny" as the other girls. During the first few years of school I never really had a friend and people just left me out of things. Sometimes they would call me horrible names behind my back, thinking that I wouldn't hear it. When I saw them enjoying themselves at my dispense, I wanted to die. I never understood how people could be so mean!*

Rose, 15

**PAUSE**

**MACKENZIE:** *I hate this world. I hate the people in it .I hate the way people live. They are so cruel. At every chance they have, they ridicule and torment me. Because of this, I trust no one. I hate god. I hate the deceivers. I hate betrayers. I hate religious zealots. I hate everything. Look what this wretched world has done to me. But most of all, I hate me.*

- Chris, 18

**ELAINE:** *I still remember the days; they are forever unforgettable. They stick in my mind like glue on paper. My best friends at the time IMed me in outrage, all in a group, as if ganging up on me, writing "how could you?! You dirty slut! I can't believe what you did!!" Astonished and confused with what they were accusing me of, I replied, "what did I do?! I'm so sorry for whatever I did. How can I fix it!" They replied with a mere, "You know what you did! I can't believe you would do that! Its unforgivable," I'd never felt so prohibited to talk. Their false, made-up accusations of me, just so they could use it as an excuse to hate me, made me not trust myself. From then, the daily bantering and accusations did not end. Day by day, my abundance of friends would dissipate. Nobody wanted to be my friend. At one point, I didn't even want to be my friend. I was so lonely. I would come home from school every day that year, crying, begging my mom to not make me go back. For, I dreaded the moments when I had to walk down the hall every morning alone, with everyone staring, knowing that they were talking about me, coming up with the next best rumor, and I still had to hold my head high. I was a victim of social suicide. I not only lost all of my friends, but I lost a part of who I truly was. Till this day, I have yet to find her. I find myself putting up a front, acting how I think people want me to act, and saying what I think people want to be told. I'm sick of having to lie to people, having to lie to myself. I want to be normal again. I want to be happy.*

Jemma, 16

**CORAL:** We may not have been in the exact situation as these kids, but most of us, at least once in our lives, have felt isolated, been judged or bullied, or just unhappy with our lives and ourselves.

**ELAINE:** We have provided you with pens and paper and a rock. Please pick up your pen and paper and write about a time you have been judged or bullied, or you have judged someone. We have all been judged or picked on at some point that has affected us. If you're brave, you'll even admit you've passed judgments on other people. If you can't think of a time you have been judged or have judged someone, write about a time you have felt unhappy with yourself or with others. Take as much time as you need, be as detailed as you wish. You will not be sharing these. *(allow 15ish minutes for everyone to write)*

**MACKENZIE:**

*I was what one would call popular until I broke up with a boy with a disability. Not seeing the good that I did for him in his life, people were quick to judge, and they all dropped me. I couldn't walk into the cafeteria to eat without someone moving away from me. It's like I had a disease. I was sent death threats and I was teased beyond belief. I was called a liar, a lesbian, a fat whore. I was constantly brought down. School bullying is a form of abuse. I was not able to walk through the halls without being talked about. Being bullied changed me as a person forever; it's changed how I see different situations and how I treat people. And, for that, I am thankful.*

**CORAL:** It is estimated that every day, 160,000 children miss school because they fear being harassed or intimidated by other students.

**ELAINE:** It is said that 80% of bullies have admitted to harassing people because they think it is funny.

**MACKENZIE:** It is estimated that 56% of students have personally witnessed some type of bullying at school.

**CORAL:** and 71% of students report incidents of bullying as a major problem at their school.

**ELAINE:** My sister BBGs, I ask you this, if bullying has been recorded to of happened in the majority of schools, then why will no one **DO** something about it? Harassment is a vicious cycle, and unless we take the time to do something about it, it will just continue.

**MACKENZE:** Just like a fictitious rumor, which first develops, then spreads rapid like a contagious disease, bullying will continue its' vicious cycle and, ultimately affects one's life, unless someone puts a stop to it. Well, my fellow BBGs, today is the day we will do something about rumors, judgment, bullying, and self-hate. Today is the day **we** will put a stop to it.

**CORAL:** Let us now vouch to live by these rules; to end bullying and judgment in our lives forever.

**ELAINE, CORAL, MACKENZIE:** Repeat after us:

*I will not judge people without knowing what they have been through.*

*I will take the time to listen to all people.*

*I will not believe everything I hear.*

*I will not speak negatively about people.*

*I will give everyone a chance.*

**CORAL:** Not only should we remember to live by these rules, but we should learn to not take the negative things people say about us to heart.

**MACKENZIE:** On most of our papers we will have written down a time when we were bullied or made fun of, because *those* moments are the ones that hit us the worst. Forget about those times. But don't forget about how those times have shaped you. Letting people affect how you think is ultimately a waste of time. Let the bullies say what they want, just know in your hearts that you all are amazing and special individuals. Keep your heads up girls.

PAUSE

**ELAINE:** Until you have walked the same path as someone, how do you know what they are going through? Don't judge someone until you take a walk in their shoes. Now, please place your folded papers and rocks in the boot in the middle of the circle. (*once everyone is done, pick up the boot and randomly give it to someone*). Please hold this boot, feel its weight, and pass it on.

**CORAL:** As you all can see, by passing the boot down the circle, the boot is weighed down by all of your rocks; by all of your experiences with judgment and bullying. It can be hard to carry the weight of your negative feelings or experiences inside. So, after writing it down and getting it all off your chest, hopefully you are all ready for a new beginning.

**MACKENZIE:** Before we end this program, and start our new beginnings, we want to reassure all of you that if you ever want to talk, your fellow sisters are here for you. We have a unique bond; we are all friends, but most of all, we are sisters... Sisters who care.