

# Rachel's Challenge Description

**Recommended Audience:** Late Middle School (7-8th) and High School (9th-12th)

**Prerequisite:** None. This is our foundational program.

**Logistics:** A 60-minute assembly delivered by one certified Rachel's Challenge presenter at your site.

**Program Description:** The inspiring story of Rachel Scott, whose example of kindness and acceptance came to light after she became the first victim in the Columbine High School tragedy. Conveyed through stories from Rachel's life and writings, Rachel's Challenge shows the profound positive impact we can have on those around us. Rachel's Challenge demonstrates to the listener the power of deliberately reaching out in word and action, to start what Rachel called "a chain reaction of kindness and compassion". This program to stop school violence provides simple, positive actions students can take to create a positive, inclusive culture in their school.

Rachel's Challenge encourages participants to examine their own lives in the light of the following 5 challenges:

## **Challenges:**

1. Look for the Best in Others
2. Dream Big
3. Choose Positive Influences
4. Speak with Kindness
5. Start your own Chain Reaction

## **Outcomes:**

- Students develop motivation to consider where they are personally in relation to the five challenges
- Students understand the importance of becoming a listener and reflect on their relationship with – and impact on – the people around them
- Students develop a renewed hope that their lives have purpose through service to others
- Rachel's story gives participants permission to start their own chain reaction of kindness and compassion, which positively affects school climate