

Program Summary and Benefits

Building Character with Kelso is a powerful and timely tool created to help develop positive character traits in young people. The program philosophy is simple:

Each child is capable of being an ethical, moral, and successful citizen. Building Character with Kelso promotes positive behavior rather than modifying and rewarding specific personality traits.

This program reflects a proven way to:

- **EMPOWER YOUNG PEOPLE** to understand and organize their behavior into core ethical and pro-social behaviors, to develop positive character traits, to develop lifelong skills, and to encourage an internal locus of control.
- **SYSTEMATIZE EXPECTATIONS** of school behavior and provide consistency on a school-wide basis: all students are encouraged to be **RESPECTFUL, CARING, FAIR, RESPONSIBLE, and HONEST** in all aspects of their lives.
- **CREATE A POSITIVE ENVIRONMENT** of caring and respect. Building Character with Kelso is a comprehensive, multifaceted approach that focuses on the entire school culture and builds a positive school climate, which has been proven to help combat bullying.
- **PROVIDE A COGNITIVE STRUCTURE** for determining behavior by modeling and teaching good character and universal values.
- **INCREASE FEELINGS OF PERSONAL COMPETENCE AND SELF-MOTIVATION** as young people effectively learn the importance of building good character, both within the structured lessons and in their own lives.
- **DEVELOP A SENSE OF SCHOOL AND COMMUNITY** that reflects these positive values and internal assets.
- **DEVELOP AN IMPORTANT LINK BETWEEN SCHOOL AND HOME** by helping parents with unique and creative ways to develop positive character traits in their children at home.
- **GIVE STUDENTS A DECISION-MAKING TOOL AND GUIDE** to use in everyday situations at home and at school.
- **PROVIDE OPPORTUNITIES FOR STUDENTS TO DEMONSTRATE MORAL ACTION** using the interactive teaching techniques.
- **DEVELOP PRO-SOCIAL SKILLS** that will positively impact students' lives, prepare them for productive futures, and truly help them become lifelong learners.

- **DEVELOP A PROACTIVE, INTENTIONAL AND COMPREHENSIVE** approach to character education. The lessons are creative, varied, and unique, and are grounded in sound educational design and theory. Additionally, the curriculum addresses the needs of auditory, visual, and kinesthetic learners.

School counselors, teachers, social workers, and administrators can present the lessons and activities to students. The curriculum is easily adapted to a variety of settings: the classroom, small groups, individual counseling, and school-wide. Each lesson is catered to fit into a 30-40 minute class period.

In addition to the Reproducible Masters found at the end of this book, there are also a number of reproducible handouts featured throughout this Leader's Guide. You may either photocopy them directly from the book or print them from the CD attached to the back cover.

NOTE: Although the entire book is included on the enclosed CD, the only pages you are granted permission to reproduce are the Reproducible Masters and those found on the following pages: 37-51, 57, 59-60, 65, 74, 83, 89, 91, 96-98, 127-131, 129, 133, 135, 147, 152-189

VISIT WWW.KELSOSCHOICE.COM

for tips, additional resources, and discussion forums on using all of Kelso's curriculums in schools, small groups, or home settings.

Key Components for Implementation

IN ORDER TO ENSURE FIDELITY, ATTENTION SHOULD BE PAID TO THE FOLLOWING KEY COMPONENTS:

IMPLEMENT BUILDING CHARACTER WITH KELSO ON A SCHOOL-WIDE BASIS

- When your school or agency implements this curriculum, it is critical that the entire staff supports character education.
- The accompanying staff letter can be used to introduce the program and ensure consistency (page 195).
- Staff training can be beneficial to getting everyone committed prior to implementation. For training information and scheduling, contact Diane Hipp at 406-777-3958, dhipp@kelsoschoice.com, or customerservice@kelsoschoice.com.

INFORM PARENTS OR GUARDIANS BEFORE IMPLEMENTATION

- The accompanying parent letter should be sent home when the program is implemented (page 193).
- Parents can support this character education program by using the activities provided to them, thus making a home-school connection.

TEACH CORE LESSONS 1 – 6 IN SEQUENCE (PAGES 19-51 AND 108-122)

- The sequence of the remaining Extension Lessons and Reinforcement Activities is flexible and allows for the age and experience of the students.
- Auditory, visual, and kinesthetic learning activities are provided, as are all levels of learning mastery, from simple identification through synthesis and evaluation.

REVIEW BUILDING CHARACTER WITH KELSO THROUGHOUT THE SCHOOL YEAR

- When implementing Building Character with Kelso at the beginning of the year, the most optimal review times would be after the winter and spring vacations.
- Extension Lessons and Reinforcement Activities can be scheduled throughout the year.
- (OPTIONAL) All five character traits can be taught in a five-month cycle, each trait being taught over a month's time. The cycle can be restarted as a review for the remaining months of the school year.

CLIPBOARD-SIZED MINI KELSO STAR (GRADES K-3) AND K.C. STAR (GRADES 4-5) POSTERS ARE BENEFICIAL FOR USE OUTSIDE THE CLASSROOM

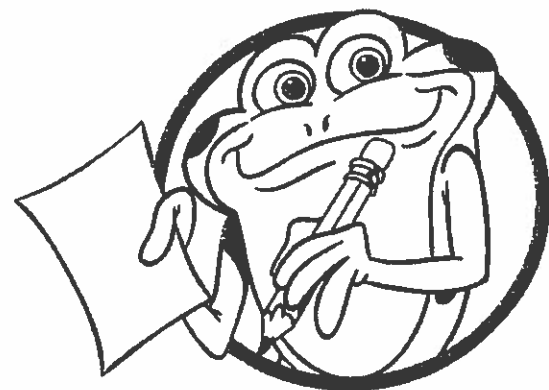
- Duty personnel can refer to the program while working outside with students.
- Mini Kelso and K.C. Star posters can be laminated for durability (pages 199 and 217).

DISPLAY KELSO AND K.C. STAR POSTERS PROMINENTLY AROUND THE SCHOOL

- Display posters in all offices, hallways, the library, the cafeteria, and the playground.
- Insert Kelso and K.C. Stars into student handbooks (pages 197 and 215).

NEED HELP OR WANT TO SHARE?

Visit www.KelsosChoice.com for ideas on how to incorporate lessons or to share what your students have done.



Program Goals and Outcomes

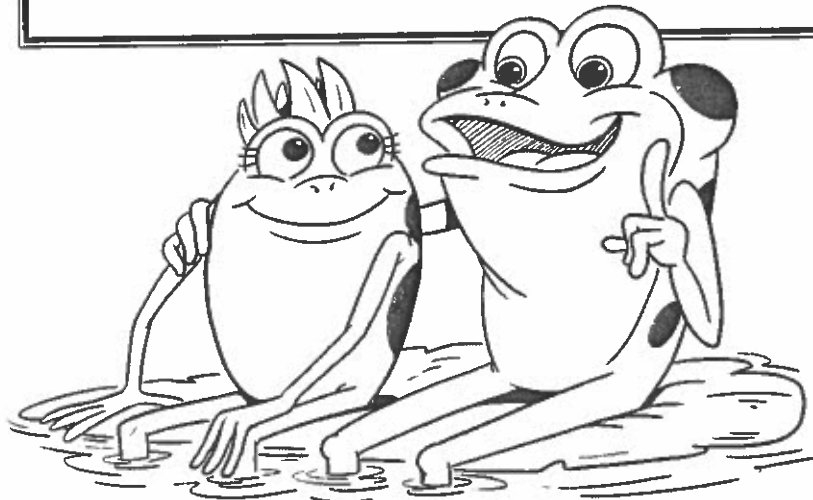
GOALS

- To help young people develop and sustain core moral values/virtues that promote human dignity and serve the common good.
- By working together, parents, instructors, school counselors, and school personnel will have the opportunity to foster ethical, responsible, and caring young people through an emphasis on universal values that we all share.

OUTCOMES

STUDENTS WILL:

- Become aware of, and sensitive to, information about the various character traits (*Receiving*)
- Be able to take action and demonstrate behaviors associated with each of the five character traits in structured lessons (*Responding*)
- Understand, appreciate, and support the value of each of the five character traits (*Valuing*)
- Be able to examine and apply the five character education skills in a variety of situations at home and at school (*Organizing*)
- Internalize the five character traits and act consistently with these values, and encourage others to behave in a similar manner (*Characterization*)
- Have the opportunity to create a positive school climate that enhances learning for all students



PROGRAM SUMMARY AND BENEFITS

KELSO'S CHOICE: CONFLICT MANAGEMENT

is a powerful and timely tool to build a vital life skill for young people in today's world. The program philosophy is simple:

Each child is smart enough and strong enough to resolve conflict. Unlike some programs that tout peer mediators who are trained to intervene as conflict managers, Kelso's Choice assumes that all young people are capable of becoming peacemakers. Developed in 1992 and revised in 2004, 2007 and 2011 the program reflects a proven way to:

- **EMPOWER YOUNG PEOPLE** with the ability to determine their own behavior, encouraging an internal locus of control and appropriate problem ownership. Statements such as "He made me do it!" and "She did it first!" become obsolete as students become accountable for their own choices.
- **REDUCE TATTLING** through a proactive, preventative approach that keeps minor problems from escalating and prevents negative attention-getting mechanisms from occurring.
- **SYSTEMATIZE EXPECTATIONS** of student behavior and provide consistency in rules and discipline on a school-wide basis.
- **PROVIDE A COGNITIVE STRUCTURE** for discriminating between "small" or "minor" problems young people can resolve and "BIG" or "SERIOUS" problems that require adult intervention.
- **INCREASE FEELINGS OF PERSONAL COMPETENCE** as young people successfully resolve conflicts, both within the structured lessons and in their own lives.
- **DEVELOP AN IMPORTANT LINKAGE BETWEEN HOME AND SCHOOL** as the program is shared with parents.
- **GIVE YOUNG PEOPLE AN IMPORTANT CONFLICT RESOLUTION TOOL** they can use when adults are not available or readily accessible. These situations might include riding bikes around the neighborhood, waiting at the bus stop, or playing games in the far corner of school grounds.

School counselors, teachers, and administrators can present the lessons and activities to students. The curriculum is easily adapted to a variety of settings: classrooms, small groups, individual counseling, and school-wide programs. Each lesson is catered to fit into a 30 minute class period. Each lesson encompasses all three learning styles: Auditory, Visual and Kinesthetic.

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VISIT WWW.KELSOSCHOICE.COM FOR TIPS, ADDITIONAL RESOURCES AND DISCUSSION FORUMS ON USING KELSO'S CURRICULUM IN A SCHOOL, SMALL GROUP OR HOME SETTING.

KEY COMPONENTS FOR IMPLEMENTATION

ATTENTION TO THESE KEY COMPONENTS BEFORE IMPLEMENTING KELSO'S CHOICE WILL ENSURE FIDELITY

IMPLEMENT KELSO'S CHOICE ON A SCHOOL-WIDE BASIS

- When your school or agency implements this program, it is critical that the entire staff is trained in the assumptions and model of Kelso's Choice. Make sure to include educational assistants, parent volunteers, cafeteria workers, and bus drivers. For additional training, contact Diane Hipp at 406.777.3958, dhipp@kelsoschoice.com or customerservice@kelsoschoice.com
- When all adults have consistent expectations for students involved in conflict situations, students will be empowered to solve their minor problems.
- If staff members do not consistently use this approach to solving minor conflicts, they may be inundated with students seeking negative attention.
- The accompanying staff letter can be used to introduce the program and ensure consistency (See page 113).

INFORM PARENTS OR GUARDIANS BEFORE IMPLEMENTATION

- The accompanying parent letter should be sent home when the program is implemented (See page 111).
- Parents need to understand that school supervision and discipline improve through conflict management, which frees teachers from minor distractions and enables them to prevent covert activities from escalating.

TEACH CORE LESSONS 1-3 IN SEQUENCE

- The sequence of the remaining Extension Lessons and Reinforcement Activities is flexible and allows for the age and experience of the students.
- Auditory, visual and kinesthetic learning activities are provided, as are all levels of learning mastery from simple identification through synthesis and evaluation.

REVIEW KELSO'S CHOICE SKILLS THROUGHOUT THE SCHOOL YEAR

- When implementing Kelso's Choice at the beginning of the year, the most optimal review times would be after winter and spring vacations.
- Extension Lessons and Reinforcement Activities can be scheduled throughout the year.
- Students new to the school must be informed of the program during orientation and registration.

CLIPBOARD-SIZED KELSO'S AND K.C.'S WHEELS ARE BENEFICIAL FOR PLAYGROUND USE

- Duty personnel can refer to the program while working outside (See page 115 and 117).
- Mini wheels can be laminated for durability (See page 121 and 147).

DISPLAY KELSO'S CHOICE AND K.C.'S CHOICE POSTERS PROMINENTLY

- Display posters throughout the school, in all offices, the hallways, library, cafeteria, and on the playground.
- Insert a Kelso's or K.C.'s Wheel into student handbook (See page 119 and 145).

BE SENSITIVE TO DISTRAUGHT OR OUT-OF-CONTROL STUDENTS

- This state of mind can override the ability to identify and try two of the program techniques.
- Reflective listening will assist students in identifying their feelings and selecting the most appropriate problem-solving technique.

REMEMBER TO EMPOWER YOUNG PEOPLE

- The program encourages students to try two choices from Kelso's or K.C.'s Wheel. It is not mandated that specific minor problems must be handled in exactly the same way.
- Remind students of these important messages:
 1. Every student can make good choices.
 2. All students can make choices that work for them.

NEED HELP OR WANT TO SHARE?

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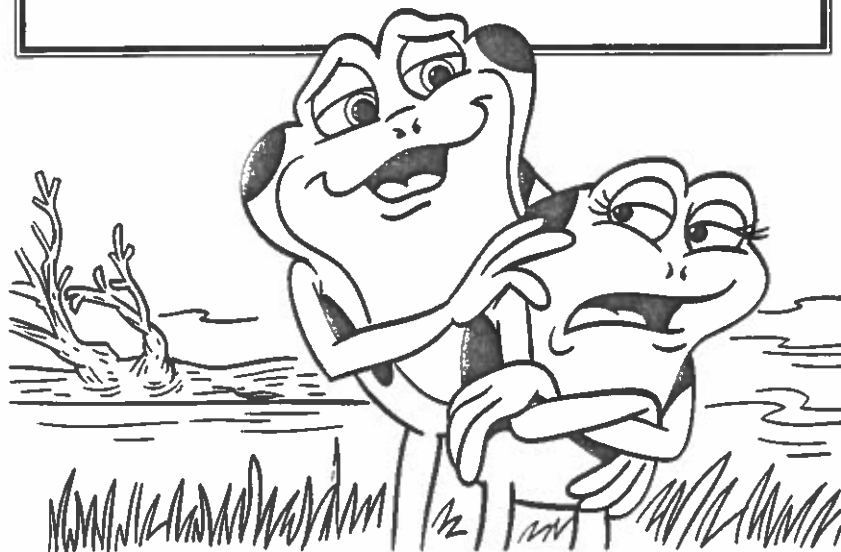
PROGRAM GOALS AND OUTCOMES

GOALS

- To help young people learn a lifelong conflict resolution tool.
- To help young people develop and sustain the belief that they are strong enough and smart enough to resolve their own minor problems.

OUTCOMES

- Students will differentiate between situations in which to use or not use the program, based on their understanding of minor and serious problems.
- Students will be able to understand the source of conflict when they are experiencing a minor problem.
- Students will be able to describe their personal reaction to conflict.
- Students will develop the skills necessary to solve minor problems.
- Students will understand which of the choices works best for them and identify those choices that need further development and practice.
- Students will be able to identify adults who are in their personal safety support system.
- Schools will have the opportunity to integrate conflict management policies and effective guidance into a cohesive, integrated system.
- Schools will have the opportunity to create a positive school climate that enhances learning for all students.



Gerald Adams Kelso Star Award



This certificate is awarded to

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**In recognition of good character and
skills in Respect**



School Counselor

Date

Principal

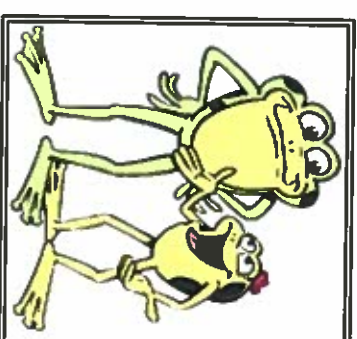
Date

Congratulations



Made especially for you by:

Ms. Sorrentino, School Counselor



**YOUR STUDENT IS
A KELSO STAR!**



**Please Join us in celebrating your child's
good character in the cafeteria on
January 10th at 8:45 AM.**

We will be offering refreshments.