

R.I.T.E.

Assembly

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R.I.T.E.

Assembly

Respect, Integrity, Trust, and Experience

- *Freshman Assembly, led by selected staff and senior students*
- *6th year running this program*
- *Helps freshman learn the culture of our school, always held in the fall (October)*

R.I.T.E.

Assembly

7:50 am – 8:20 am

Small Group in Classrooms

What is R.I.T.E. ?



- Ever been lied to? Ever been disrespected? Has it ever been you who did the lying, the betrayal or the disrespect? We are here today to take part in an assembly known as the R.I.T.E. program. The assembly will focus on the values of Respect, Integrity, and Trust. Thus, the R.I.T.
- The E stands for “Experience.” The levels at which Respect, Integrity, and Trust are practiced and/or demonstrated in our lives determine our own experiences.
- Character issues matter to everyone. No one wants to be treated poorly. The best way to promote being treated with respect, integrity, and trust is to practice those values towards others.



Ice Breaker

- No risk activity
- Ex:
 - Rock - Paper – Scissors
 - Name Game
 - Pipeline
 - Human Safari
 - Stand Ups
 - Name that Tune

Ground Rules

- C.O.U.G.A.R.S.



R.I.T.E.

Assembly

8:30 am – 10:15 am

Large Group in the Auditorium

Mike Donahue



• www.r5online.com •

Senior Panel

- Senior students are chosen to be leaders or 1 of the 5 Senior Speakers
- Speakers are selected at the 1st of 2 trainings leading up to the assembly
- Senior panel speaker, *Megan Dorsey*, was unable to join us today, due to a college visit, but here's a clip of her story she shared...





Open Mic



- Freshmen students are invited to share their own story.
- Students are screened with a counselor before sharing their story with the entire group.
 - Don't mention names
 - End with how you are moving forward
- Topics – divorce, bullying, drugs, social media cyber bullying, cutting, family

R.I.T.E.

Assembly

10:20 am – 11:35 am

Small Groups in Classroom

Ground Rules – Lobster Story

- Review Ground Rules
- Lobster Story



When lobsters grow to be about one pound, they instinctively know they are facing a crisis. They have lived in a hard shell that protects them, but inhibits their growth

To become mature, the lobsters must shed their old shell and grow a new one, a process that takes about one full day. This isn't such a long time but during this time, they are left naked and vulnerable. Other creatures may eat the lobster, or waves could slam it against a rock. Yet, there is no alternative if it is to grow.

The lobster must endure one day of risk to grow a new shell and mature. Humans often have to do that, too.

I'm sure you can see the analogy. You will be at Today's R.I.T.E. program for one half day. In that time, if you are to grow, you must be vulnerable. Your shell needs to be left behind, and you must be willing to let others see your thoughts and feelings. You must be willing to meet new people, to listen carefully, and to risk new experiences.

Ice Breaker

- A “riskier” ice breaker activity done
- Ex:
 - Stand Ups
 - Spider Web
 - Balloon
 - Listening Lines
 - Acronym

Personal Reflection Sheet

- A time I built it ...
 - What was the impact ...
- A time I destroyed it ...
 - What was the impact ...

R.I.T.E.
REFLECTION
My stories of Respect, Integrity or Trust

Example 1	A time I destroyed it ...	What was the impact?
Example 2	A time I built it ...	What was the impact?

Small Group Closing

- Pledge Sheet
- Student Survey of the day

1. I enjoyed the assembly today and would recommend it for future classes.

Disagree: 1

Strongly Disagree: 6

365 Agree or Strongly Agree

2. I will be more aware of my actions in relation to Respect, Integrity, and Trust.

Disagree: 0

Strongly Disagree: 3

370 Agree or Strongly Agree

3. Today has changed my perspective on my responsibility to myself and others.

Disagree: 5

Strongly Disagree: 5

359 Agree or Strongly Agree

4. Do you think this would be a good program for future freshman classes?

Disagree: 1

Strongly Disagree: 3

364 Agree or Strongly Agree

- Remind students of confidentiality/ground rules

RITE Assembly

My Pledge to Myself....

As a result of this assembly I will commit to being a person of respect, integrity, and trust. To show my commitment, I will do the following:

1. _____

2. _____

3. _____

Name: _____

Be mindful of your thoughts as they will become your words.
Be mindful of your words as they will become your actions.
Be mindful of your actions as they will become your habits.
Be mindful of your habits as they will become your character.

Your true character is demonstrated by what you do when no one is watching.

R.I.T.E.

Assembly

11:40 am – 11:55 am

Large Group in the Auditorium

Program Closing

2014



RITE

Transition follow up

- Second semester follow up
 - **Day 1-** small group discussions in the Transition Program, review of Pledge Sheet, and evaluation
 - **Day 2-** Video Presentation & PowerPoint

Comments from this Year's Evaluation -March 20

- "Made me realize I don't know others story or background"
- "I plan to be more mindful of my words"
- "I will try to show more respect because I am only seeing a small part of someone's life"
- "Mike was so real"
- "I admired the courage of my friends to share their story in the big group"
- "I became more aware of my actions"
- "Never judge someone"
- "Great start to the school year, feeling supported"

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Thank You!