

# RACHEL'S STORY PRESENTATION

**Recommended Audience:** Younger Middle School (5th–6th)

**Prerequisite:** None

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

**Program Description:** Rachel's Story introduces younger middle school students to Rachel Scott and her challenge to deliberately reach out to others with kindness. Rachel's Story is told through the eyes of her family, specifically her nephew Noah, brother Mike and sister Bethanee. The Columbine tragedy is introduced at an intensity level appropriate for 5th and 6th graders. Rachel's Story shows the profound positive impact students can have on those around them by simply paying attention to the little things they do and say every day. It is a powerful anti-bullying program for schools.

Rachel's Story encourages participants to consider their own behavior against the following 5 challenges:

**Challenges:**

1. Dream Big and Believe in Yourself
2. Be Kind to Others
3. Practice Positive Gossip
4. Show Appreciation
5. Be the Answer

**Outcomes:**

- Students develop a renewed hope that their life matters and they have a purpose
- Students appreciate the importance of being kind to others for the positive impact it has on both the recipient and on themselves
- Students understand that words have the power to hurt and the power to heal and are inspired to use their words in a positive way
- Participants learn the importance of appreciating the ones they love while they can still show that appreciation
- Finally, students are empowered with the knowledge that they can and do make a difference, that they can be the answer