



Dignity For All

dfaonline.org

Dignity for All (DFA) is an innovative digital learning tool to prevent bullying and discrimination in school communities and develop remediation skills among students, teachers and parents to help repair the harm caused by bullying incidents.

This quick start guide outlines how to get started using **Dignity For All (DFA) Online**. You will be provided with a username and password to be able to log into the application.

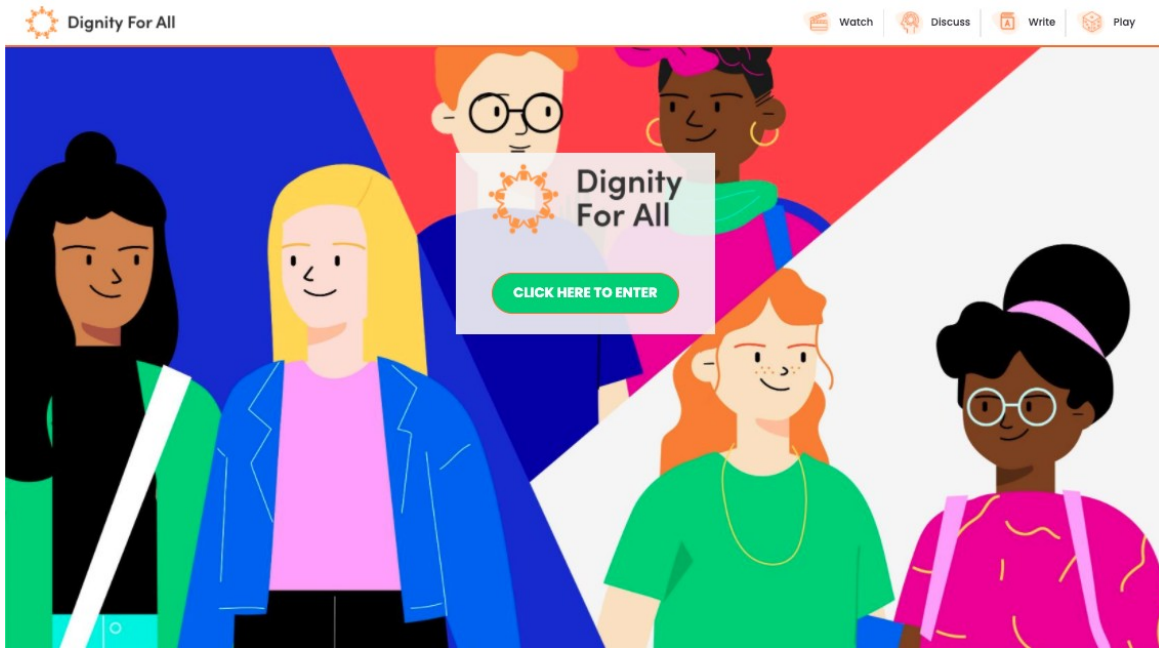
Getting started

All you need is a computer or mobile device with a current web browser and an Internet connection! Some printable resources require Adobe Reader, which you probably already have. For more details about DFA technical requirements, see Appendix A.

NAVIGATION

Upon logging in you will be taken to the applications landing page.

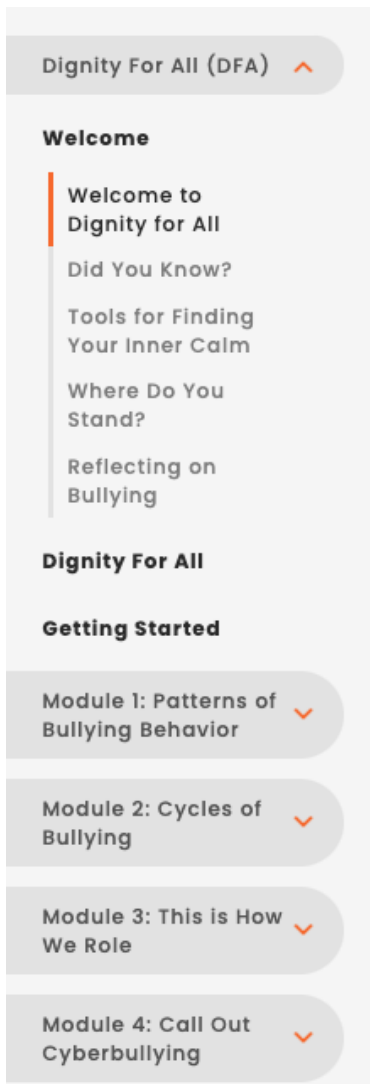
Click on the green button to enter.



The DFA application interface has four main parts. The **MAIN BODY**, and for navigation the **TOP**, **LEFT**, and **BOTTOM**.



The **TOP PANEL** provides you with a quick access to references and activities from each lesson.



The **LEFT PANEL** acts as a table of contents that shows where you are within the application. Your current location is highlighted by a thin vertical orange line..

< Previous

Next >

The orange colored **BOTTOM PANEL** enables you to move forwards and backwards. Keep an eye on the orange vertical line marker on the left panel as you press Next & Previous buttons.

Quick access to references and activities from each lesson

Table of contents

The screenshot displays the Dignity For All (DFA) user interface. At the top, a 'TOP PANEL' contains the 'Dignity For All' logo and navigation icons for 'Watch', 'Discuss', 'Write', and 'Play'. On the left, a 'LEFT PANEL' serves as a 'Table of contents', listing sections such as 'Welcome', 'Dignity For All', 'Getting Started', and 'Patterns of Bullying Behavior'. The central 'MAINBODY' features a large illustration of a diverse group of children and the text: 'Welcome to Dignity For All! Learn how you can create a safer, more supportive and caring culture in your school and classroom.' At the bottom, a 'BOTTOM PANEL' includes 'Previous' and 'Next' navigation buttons. Blue arrows point to these key interface elements.

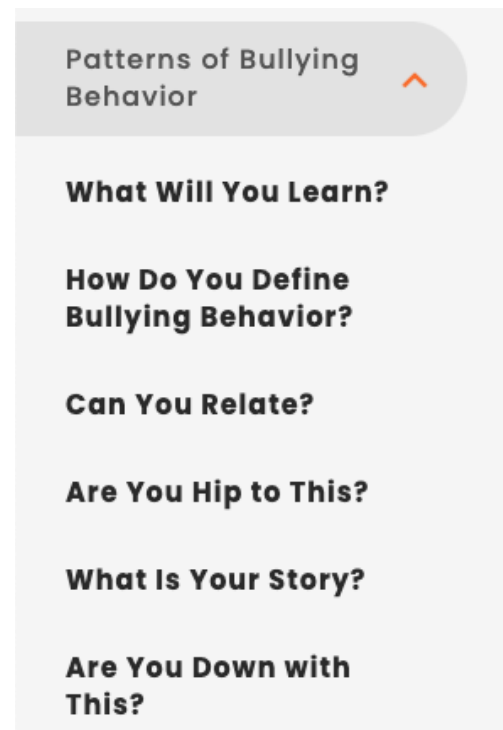
You are now ready to use DFA!

MODULES

All elements in the video are divided into four Modules: **Patterns of Bullying Behavior**, **Cycles of Bullying**, **This is How We Role**, and **Call Out Cyberbullying**. You can click on each module to reveal the activities in the drop down menu on the left.

ACTIVITIES

Each module includes activities and clicking on each activity will either take you to the respective page or reveal more sections.



APPENDIX:

DIGNITY FOR ALL (DFA)

Welcome

Welcome to Dignity For All

Did You Know?

Tools for Finding Your Inner Calm

Where Do You Stand?

Reflecting on Bullying

Dignity For All

What is Dignity For All?

Knowledge Check

Your DFA Journey

Bystander to Upstander

Identify Your Goals

Getting Started

DFA Curriculum

Standing Together

MODULE 1: PATTERNS OF BULLYING BEHAVIOR

What Will You Learn? – Students will be equipped with learning goals.

Skills You Can Use

What Is Bullying Behavior? – Students will learn new concepts related to bullying.

A Definition

Acid Test

How Do You See It? – Students will be asked to identify bullying behaviors within the video.

Replay

Discuss with Your Peers

Can You Relate? – Empathy building activity to discover a character's background.

Step Into Rebecca's Shoes

Empathize with Rebecca

Are You Hip to This? – Students and teachers discover new information and understanding around bullying.

Ask Yourself This

What the Experts Say

Analyze Roles and Behavior

Build Your Knowledge

What Is Your Story? – Students write their stories and experiences with guided prompts.

Describe What Happened

Are You Down with This? – Students test out their knowledge in interactive games and

collaborate in groups to practice their skills in critical reflection and evidence-based reasoning.

Reflect and Rephrase – You will learn to communicate with others effectively without having a negative outcome. Click on the examples to learn about words and phrases you should avoid (in the color red) and how you could rephrase them to more effectively communicate your needs and feelings (in the color green).

MODULE 2: CYCLES OF BULLYING

What Will You Learn?

Learning Goals

Discuss With Your Peers

Can You Relate?

Step Into Kevin's Shoes

Empathize with Kevin

Are You Hip to This?

Define Bullying Incidents

What the Experts Say

Analyze Roles and Behavior

Build Your Knowledge

What Is Your Story?

Tell Your Story

Are You Down With This?

Perpetrating Rhymes

MODULE 3: THIS IS HOW WE ROLE

What Will You Learn?

Learning Goals

Discuss With Your Peers

Can You Relate?

Step Into Lori's Shoes

Empathize with Lori

Are You Hip to This?

Define Labels and Stereotypes

What the Experts Say

Analyze Roles and Behavior

Build Your Knowledge

What Is Your Story?

Tell your Story

Are You Down With This?

Choose to Defuse

MODULE 4: CALL OUT CYBERBULLYING

What Will You Learn?

Learning Goals

Discuss with Your Peers

Can You Relate?

Step into Kimberly's Shoes

Empathize with Kimberly

Are You Hip to This?

Define Cyberbullying

What the Experts Say

Analyze Roles and Behavior

Build Your Knowledge

What is Your Story?

Tell Your Story

Are You Down With This?

Fact or Fiction

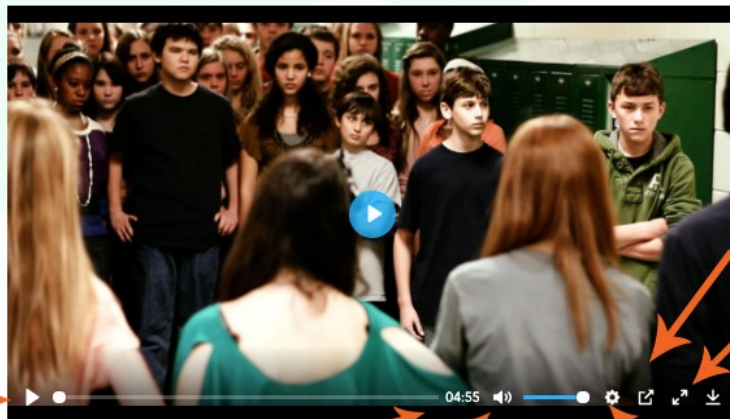
VIDEO CONTROLS

STANDING TOGETHER

The Dignity For All (DFA) curriculum is based on “Standing Together” a music video that shows a story of a middle school with their varying characteristics and roles within the cycle of bullying. Students will watch the video in its entirety and discuss their initial impressions and elements in the story.

Standing Together

As you watch the video, think about how the story relates to things you’ve experienced. Make sure to pay special attention to the bystanders in the video. Do they take action? Do they show compassion?



PLAY BUTTON

ELAPSED TIME

VOLUME CONTROL

SPEED CONTROL

PICTURE IN PICTURE

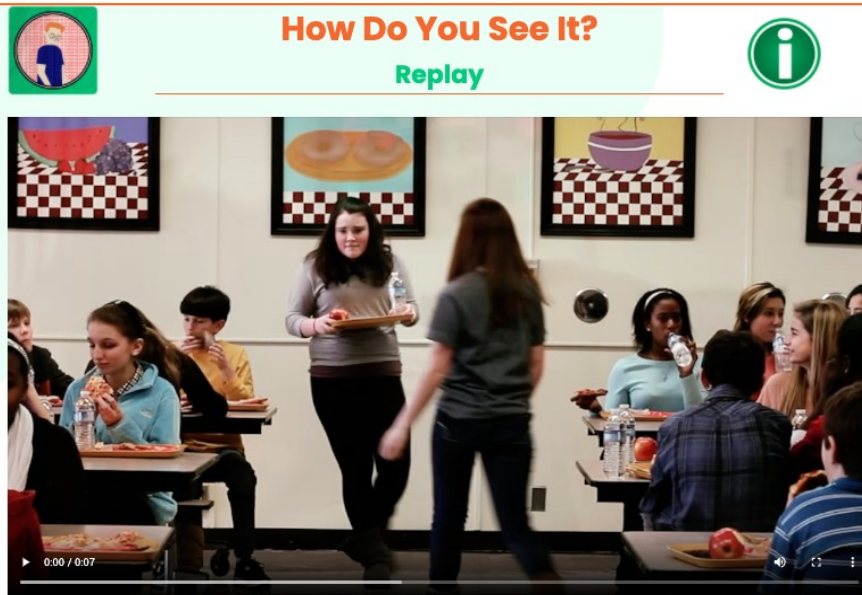
WIDESCREEN

DOWNLOAD


For the following activities: **How Do You See It?** & **Are You Hip To This?**

An embedded video player will be available for students to revisit a scene from *Standing Together*.

All video players have the same intuitive controls.



In **Are you Hip To This?** videos are set as thumbnails.

You can play the clip by clicking  on the lower left corner of the thumbnail.

A screenshot of a video player interface. At the top, there is a circular thumbnail on the left and a circular information icon on the right. The title "Are You Hip to This?" is centered in orange, with a green "Analyze Roles and Behavior" button below it. To the right of the title is an orange "Download" button. Below the title, there is a paragraph of text: "Pick a segment of the music video. As you watch it again, think about what the experts say. As you analyze the characters' behaviors, note down your comments in the worksheet:". Below this are two numbered questions: "1. Does the behavior of the characters in the video resonate with any of the definitions, concepts or roles described in your worksheet?" and "2. Which ones, and how so?". At the bottom, there are four small video thumbnails showing different scenes from a music video.

The iButton



Keep an eye out for the iButton for further instructions.

Worksheet Button



The Worksheet button allows you to download activity worksheets.

Activity Sheets

Activity sheets, in the form of PDF's, are made available. Click on the orange colored button in case you want to download and/or print.

Download

The PDF's are available for documents, as well as writing activities and reflections.

Drop-down and Expand

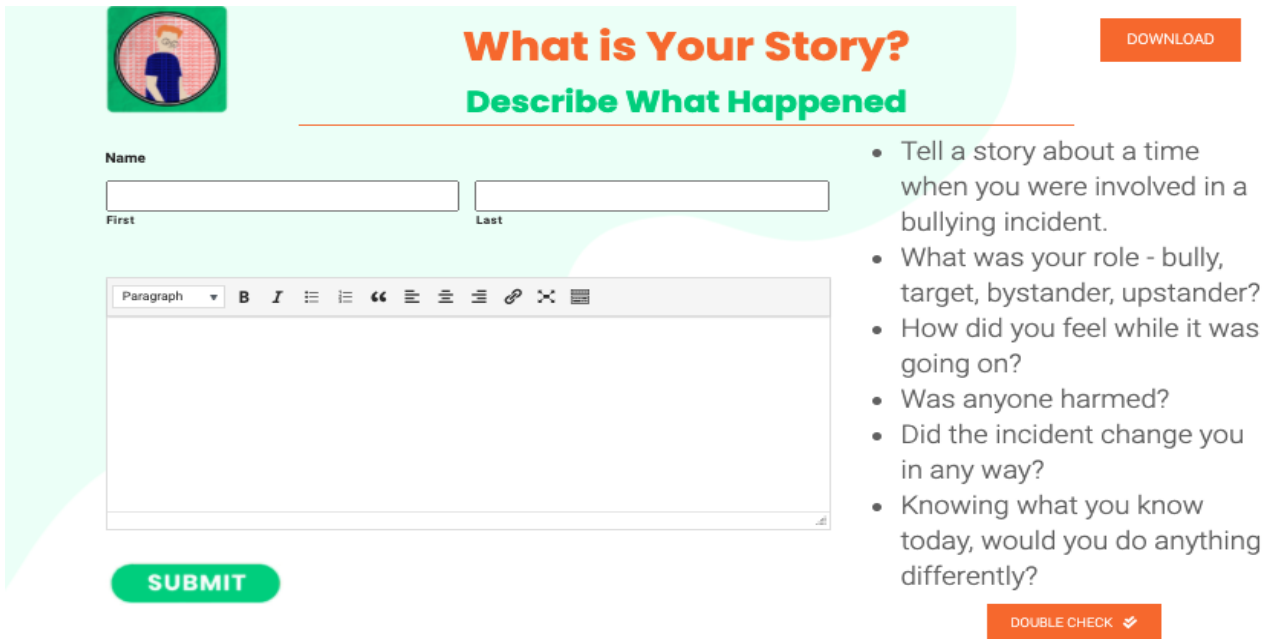
Occasionally, there will be a drop-down control that will enable you to expand pertinent questions and information.



The screenshot shows a web page with a light green background. At the top left is a circular profile picture of a person. To its right is the title "Are You Hip to This?" in orange, with the subtitle "What the Experts Say" in green below it. A "Download" button is in the top right. Below the title is an orange bar with the text "You May Not Know..." and a minus sign on the right. Underneath, there is a paragraph of text: "Bullying is NOT 'just part of growing up.'" followed by "Bullying can have harmful effects on everyone involved, even people who may feel like they are not involved." Below this are five expandable sections, each with a title and a plus sign on the right: "Bullying vs. Conflict", "Imbalance of Power", "Examples of Power Imbalances", "Long Term Effects of Bullying", and "What are the Statistics?".

Click on the (+) sign to expand or (-) to contract.

Writing



What is Your Story?
Describe What Happened

DOWNLOAD

Name

First Last

Paragraph **B** *I*

SUBMIT

- Tell a story about a time when you were involved in a bullying incident.
- What was your role - bully, target, bystander, upstander?
- How did you feel while it was going on?
- Was anyone harmed?
- Did the incident change you in any way?
- Knowing what you know today, would you do anything differently?

DOUBLE CHECK ✓

What Is Your Story?

Use guiding prompts that are rooted in the concepts of DFA to reflect and journal about your own experiences.

DOUBLE CHECK ✓

Double Check button reminds basic grammar, spelling, and formatting norms. The text field on the right functions like a word document with writing tools, click submit.

GAMES

Games are tucked under the activity **Are You Down With This?** You can also

access all of them on the **Top Panel** (refer to pg. 4) by clicking on **PLAY**



GAMES

Click on items below to launch a game or activity



Appendix A

Technical requirements:

- Windows or Mac OS/iOS
- An up-to-date version of Chrome, Firefox, Safari, Edge, or Internet Explorer 2
256 MB of installed RAM (at the minimum)
- Resolution of 1024X768 with 32-bit color depth If you'd like to use any of the audio available on DFA, you'll need a sound card and speakers or headphones.
- Some printable resources require additional software that is likely installed on your computer. If not, no problem. You can download Adobe Reader <https://adobe.ly/2JSCgix> for free.
- An Internet connection speed of at least 128Kbps is recommended. If you want to connect via a proxy device, it must obey the HTTP/1.1. protocol, including all caching and anti-caching directives.