



## Middle School Heart Smart Program

*"Actions are the real indicator of character."*

-John Maxwell

### Goal:

We believe every student at Providence is a potential leader. The middle years are tumultuous times as these young people transition from children to teens. The goal of the Heart Smart Program is to help students mediate conflict in a biblical way and in turn love and respect one another as the bible commands.

### Objectives of the Program:

1. Every student in the middle school will be a "Heart Smart Leader" for one month during the school year.
2. Every student will be trained in peer mediation.
3. Every student will understand the importance of respecting others.
4. Every student will grow in leadership ability as they lead the Heart Smart Program.
5. Every student will understand the importance of serving others and of holding other's accountable to right actions.

### Benefits:

Middle school students will be empowered to be leaders as they serve in the Heart Smart Program. Students will understand the basic concepts of conflict resolution, peer mediation, and how to identify the causes of conflict. Students will learn how to deal with conflict as Jesus did seasoning their words with love. The program also offers accountability to every student. Character is a choice and the foundation on which to build lasting success. As students learn this concept, and know that their peers are watching and holding them accountable, they will make wiser choices.

### How it Works:

- \*Three students from every A/A class will be chosen at the beginning of each month to serve as Heart Smart Leaders.
- \*Students will be trained on peer mediation in three sessions by Ashley Brooks, the Academic Advisor. Students will also discuss the character trait of the month during these meetings. (character traits are selected from Fruits of the Spirit)
- \*Leaders present character trait to A/A class and encourage peers to exemplify that trait throughout the month.
- \*Character trait of the month is posted around school and is integrated into classroom teaching as well.
- \*Character trait of the month will be the topic of the monthly middle school chapel.
- \* Heart Smart Leaders will wear a badge signifying their role for the month.
- \*Heart Smart Leaders will approach students who are engaged in conflict and attempt to resolve the conflict.
- \* If a Heart Smart Leader faces opposition, he will find another leader and take him with him to confront and solve the conflict.