



Standing Strong Together™

COMMUNITY BUILDING LEADERSHIP TRAINING CERTIFICATION

Session 1 - The Blue Ribbon Foundation



Contents

The Blue Ribbon Foundation

1 Billion Dreams	3
Gandhi – You Must Be the Change	4
The Power of Acknowledgment	5
Statistics	6
5-Star Foundation	7
How You Can Bring Love to the World	8
Blue Ribbon Movie Exercise	9
Blue Ribbon Impact	10
Giving Youth A Voice to Unite Humanity	11
Blue Ribbon Teens in Action	12
Soul Work	13



ONE CHILD... ONE COMMUNITY... ONE COUNTRY AT A TIME

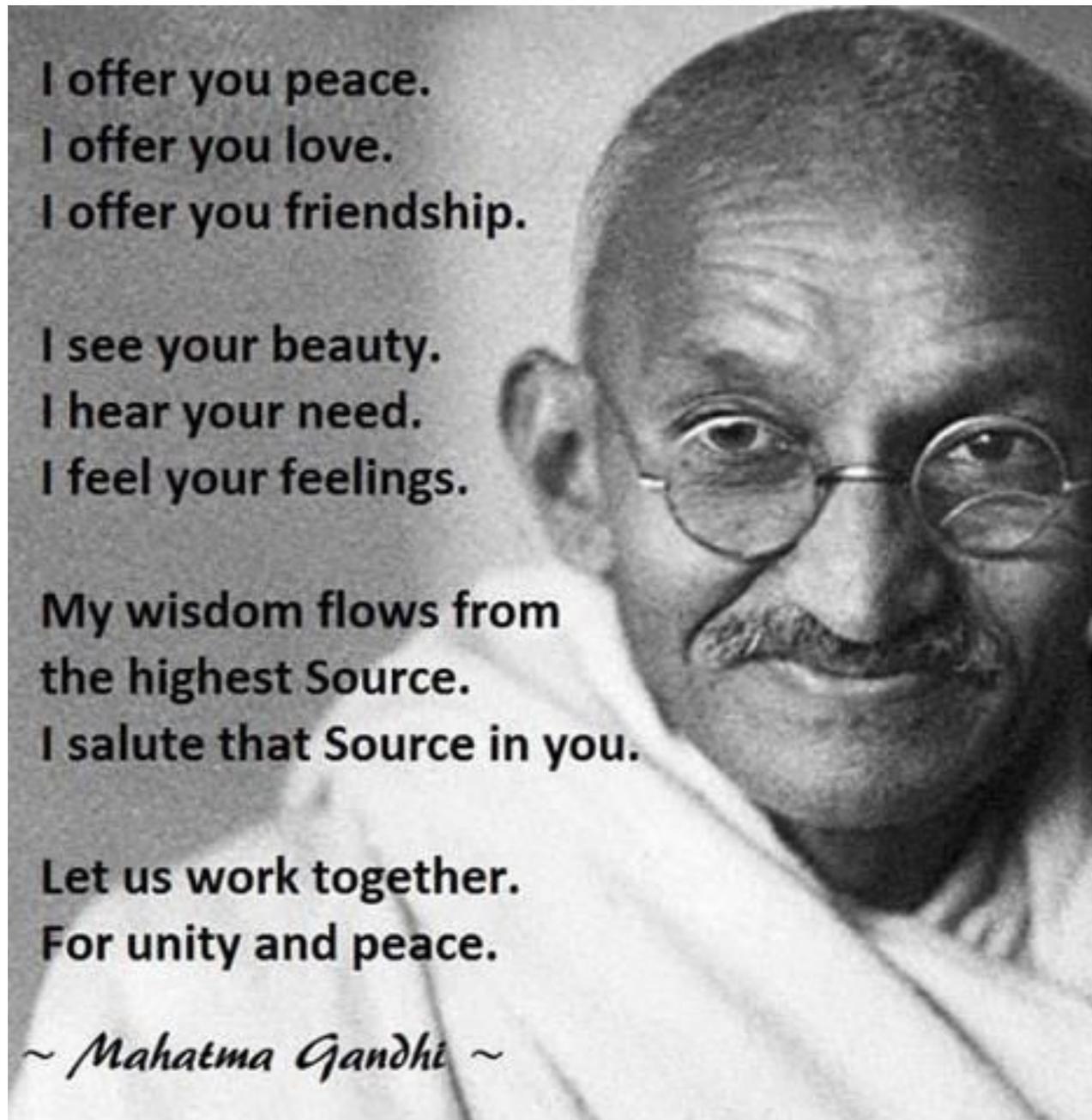
1 BILLION DREAMS

One Billion People Acknowledged by Year 2021
One Billion Dreams Come True

THE FORMULA TO CREATE POSITIVE SOCIAL CHANGE

- ✓ Raise Self-Esteem
- ✓ Stop Bullying
- ✓ Inspire Appreciation, Respect & Love
- ✓ Empower & Support Dreams
- ✓ Make a Difference in Your Community, Country, and World

"You must be the change you wish
to see in the world." ~ Gandhi



THE POWER OF ACKNOWLEDGEMENT

“Who I Am Makes A Difference”[®]

Blue Ribbon Acknowledgment Ceremony

The tool that changes lives in a minute or less.



THE BLUE RIBBON CEREMONY

- 1. Honor someone:** Say; *I have a Blue Ribbon that says "Who I Am Makes A Difference" and I want to honor you for... (Tell them the reason they make a difference for you.)*
- 2. Ask:** *Will you accept my gift?*
- 3. Ask:** *May I have permission to put it on you?*
- 4. Place:** *Affix the Blue Ribbon above their heart pointing upward toward all their dreams coming true. Important: Do not affix to silk or leather.*
- 5. Cheer:** *Say; In order to get the cheerleaders in the ribbon jumping for your dreams, I'm going to point to them and shout BING!*
- 6. BING!** *This is the sound that helps make dreams come true!*
- 7. Gift:** *Gift them two extra Blue Ribbons to honor others.*

You are now part of a global movement One billion people honored by the year 2021
Helping make 1 billion dreams come true!

blueribbons.org sparky@blueribbons.org

BLUE RIBBON = LOVE - PEACE - UNITY

THE STATISTICS

- **Suicide is the 2nd leading cause of death between ages 10-24.**

According to the Centers for Disease Control and Prevention (CDC) WISQARS Leading Causes of Death Reports, in 2018. Suicide was the second leading cause of death among individuals between the ages of 10 and 34, and the fourth leading cause of death among individuals between the ages of 35 and 54.

- **2 out of 3 Americans have low self-worth.**

The Gallup Poll conducted a survey across America to see what percentage of people had high self-esteem and low self-esteem. The survey concluded that 2 out of every 3 Americans have low self-esteem.

- **80% of people are hurt by words.**

Many of the names and nicknames that parents, teachers, and kids use for each other are negative put downs – nerd, geek, greaser, retard, ugly, fatso and so on. According to expert on self-esteem Jack Canfield, research indicates that only about 20% of children and adults can handle put downs without any emotional pain or psychological damage. However, 80% of people feel hurt. If sustained over time, psychological damage can result.

- **148,000 times you've been told no.**

According to Shad Helmstetter in his book *What to Say When You Talk to Yourself*, "During the first eighteen years of our lives, if we grew up in an average, reasonably positive home, we were told NO! more than 148,000 times.

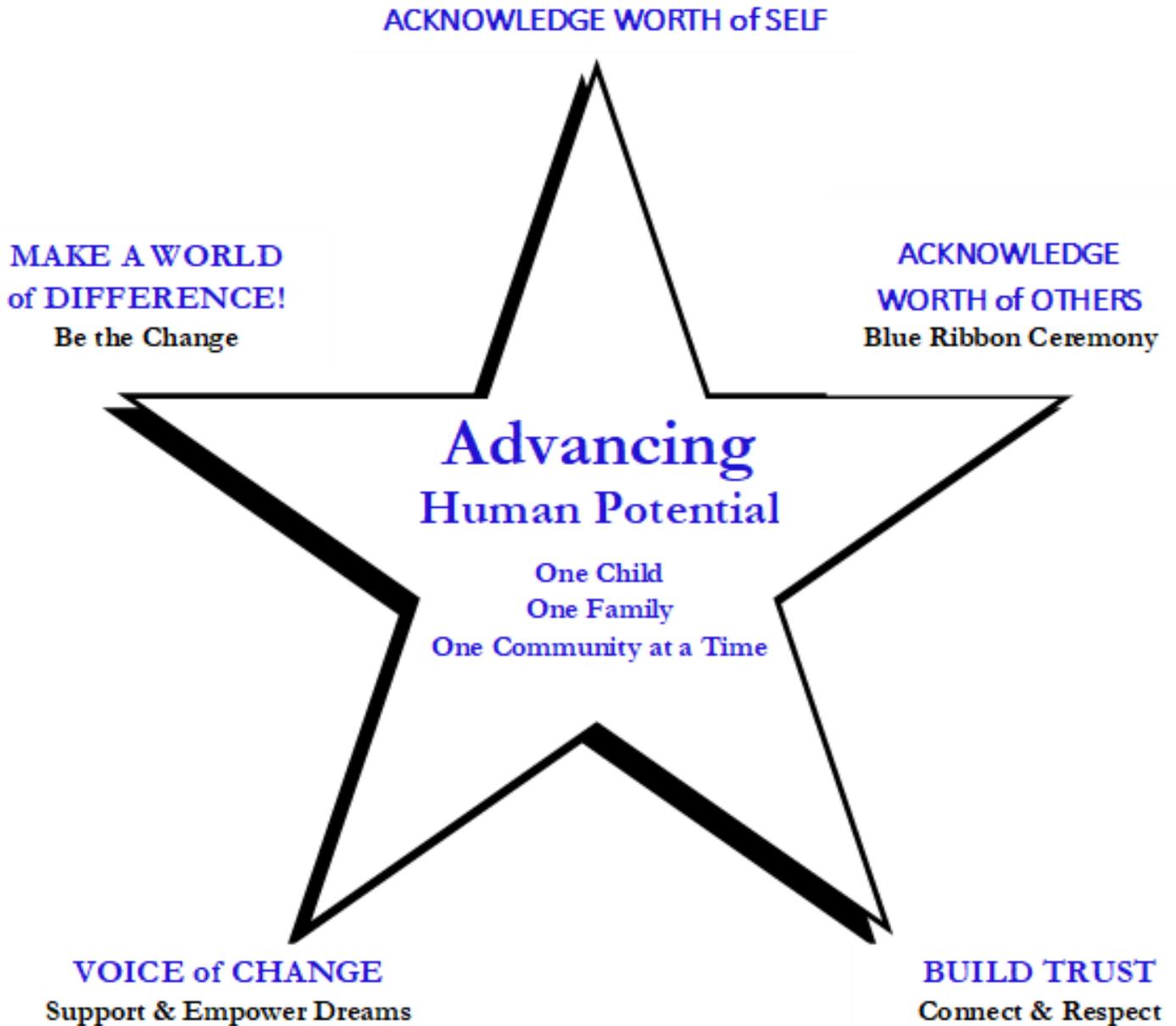
- **832 negative statements a day versus 32 positive statements a day.**

According to a report from Jack Canfield, a study was conducted in which graduate students observed the interactions between parents and their two-year old children. The researchers discovered that the average two-year old receives 432 negative messages per day versus 32 positive statements. That is a ratio of 12 to 1. If this ration continued for years, the net result is low self-esteem, discouragement, lack of motivation, and a deadening of the child's spirit.

5-STAR FOUNDATION

Creating Dignity & Respect Among All People

The Antidote to Hatred, Violence and Self-Destruction



How You Can Bring Love to the World

“WHO I AM MAKES A DIFFERENCE”® BLUE RIBBON STORY

By: Helice “Sparky” Bridges

When presenting the movie please share the following introduction:

This is a true story told to Grandma Sparky in 1988 by a high school teacher in New York who used the Blue Ribbon for a community building project. This story was published in Chicken Soup for the Soul (1993). It was later made into a 7-minute photo movie which was #1 for 10 weeks on YouTube in the nonprofit category.

Show the movie at www.blueribbons.org or tell the story as written below.

A teacher in New York decided to honor each of her high school seniors for the difference they made in her life. Then she presented each of them with a Blue Ribbon imprinted with gold letters, which read, "Who I Am Makes a Difference." Afterwards the teacher gave each of the students three more ribbons to acknowledge others, to see what impact it would have in their community. They were to follow up on the results, see who honored whom and report back to the class the following week.

One of the students honored a junior executive in a nearby company for helping him with his career planning. The student gave him a blue ribbon and put it on his shirt just over his heart. Then the boy gave him two extra ribbons, explained their class project on acknowledgement and enlisted the executive's help.

Later that day the junior executive went into his boss and told him that he deeply admired him for being a creative genius. The junior executive asked him if he would accept the gift of the blue ribbon and would he give him permission to put it on him. His surprised boss said, "Well, sure." After placing the ribbon above his boss' heart, he asked him to support the efforts of the class project and pass on the extra ribbon.

That night the boss went home to his 14 year-old son and sat him down. He said, "The most incredible thing happened to me today. I was in my office and one of the junior executives came in and told me he admired me and gave me a blue ribbon for being a creative genius. Imagine. He thinks I'm a creative genius. Then he put this blue ribbon that says 'Who I Am Makes a Difference' on my jacket above my heart. He gave me an extra ribbon and asked me to find somebody else to honor. As I was driving home tonight, I started thinking about whom I would honor with this ribbon and I thought about you, son. I want to honor you. My days are really hectic and when I come home I don't pay a lot of attention to you. Sometimes I scream at you for not getting good enough grades in school or for your bedroom being a mess. But somehow tonight, I just wanted to sit here and, well, just let you know that you do make a difference to me. Besides your mother, you are the most important person in my life. You're a great kid and I love you!"

The startled boy started to sob and sob, and he couldn't stop crying. His whole body shook. He looked up at his father and said through his tears, "I was planning on committing suicide tomorrow, Dad, because I didn't think you loved me. Now I don't need to."

BLUE RIBBON MOVIE EXERCISE

Ask participants: Say; By a show of hands, how many feel this is an important movie for kids and adults to see?

Create a safe space for sharing

Say: In a moment we are going to discuss the impact of the movie in smaller groups. (3-5 people if in person)

Note: if on zoom 2-4 people max

Explain the structure

Each participant will have 2 minutes to answer the following question:

"How did this movie make a difference for you in this moment?"

- Select 1 person to be the timer.
- Use your cell phone to track the time.
- Important...at the end of 2 min. say, *Thank You...*and move to the next person.
- Make certain that everyone has an opportunity to share.
- Do not interrupt the person sharing.

Say: At the end of the session everyone gathers together for a Group Share.

Group Share structure:

- Invite people to share (if on zoom use raise hand feature or share in chat.).
- Allow 2-3 people to share the experience they had in their group. Allow 2 minutes each for this.



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Margaret Mead

The Blue Ribbon Impact

"I honored my mom and my grandma and told them that I loved them. My grandma has cancer. Now I know when she goes to heaven that she will feel loved by me." Alice - 4th Grade Student

"I honored my mom and dad. I told them I loved them a lot. They ungrounded me and gave me back my Nintendo." Jimmy - 6th Grade Student

"I honored a teacher and a friend. I told my teacher that I know she cared a lot about kids and that not a lot of teachers feel that way. She cried when I put the ribbon on her. My friend thought it was very cool and told me that he'd cheer me on for my dreams too." Chau - Junior High Student

"I honored my football coach for giving me a second chance to be on the team. I told him that I was sorry for cutting up all the time and knew that it made him crazy. When I placed the Blue Ribbon on him, I knew that he was certain that I had changed. He told me that whatever I needed support he'd be there for me. I think this ceremony is very powerful because it got me telling the truth and apologizing." Caleb - High School Student

"I had gotten very angry at my husband and stopped talking to him. When I got the blue ribbon from my son, he asked me to honor someone else – especially dad. I decided to tell my husband what I DID admire about him. Then I placed the blue ribbon above his heart. He was so amazed that I didn't have one bad word about him that he started to tell me how much I mattered to him too. We both were deeply moved by the experience and decided we needed to meet with a counselor to save our marriage." Grace - Wife and Mother

"The day after I received my Blue Ribbon from a student, I placed the Who I Am Makes A Difference ribbon on my cat's collar. She passed on a week later and we gave her a Who I Am Makes A Difference funeral." Jonathan - Janitor

*Giving Youth a Voice to
Unite Humanity Through the Power of Love*

BLUE RIBBON TEENS IN ACTION

"United or Divided"

By: 17 year-old Hannah Katz

Sage Creek High School – Carlsbad, CA

Blue Ribbon Ambassador & Graduate of *Standing Strong Together*™

<https://youtu.be/L4OmluJrNVQ>

As a graduate of *Standing Strong Together*™, 17 year-old Hannah Katz decided to do a school-wide project to get everyone in her high school honored with a Blue Ribbon. She produced a 7-minute video and website and presented it to her school counselors. Her counselors were so impressed by Hannah's mission, it was immediately published in the teacher's bulletin.

Hannah's video deeply touched Grandma Sparky, so she sent it to educators, Blue Ribbon Ambassadors, and businesspeople throughout the world. To date, Hannah's video has been shown in New York, South Africa and Singapore with each community producing their own videos in support of honoring 1 BILLION people. This is one example of how teens are making a difference!

"Bringing Everyone Together With Love"

By: Lourdes Sanders-Blake

JW Dodd Middle School – Freeport, New York

https://youtu.be/p9_Rw5aWeX0

<https://youtu.be/jgml7fKygAA>

Grandma Sparky's Coach, Susie Carder, introduced her to JW Dodd Middle School Principal Johane Ligonde. Johane is also being coached by Susie Carder. Grandma Sparky emailed her Hannah's video. She asked Principal Johane to have her students create something similar to send to the world.

Not only did Lourdes produce this video, Johane purchased 1,500 Blue Ribbons so that she, her students, teachers, and administrators would honor one another. We received all those videos and previewed them on our Facebook page so that the world could see.

These short videos can be shown in your school and forwarded to people throughout the world!

Format for using Blue Ribbon Mission Video's as Teaching Tools

Introduce Video

Ask: How many of you would like to see 1 BILLION people honored with a Blue Ribbon in 2021? (Get a show of hands).

Show: Click on video link and show video.

Create a safe space for sharing

Say: *In a moment we are going to discuss the impact of the movie in smaller groups. (3-5 people if in person) Note: if on zoom 2-4 people max*

Explain the structure

Each participant will have 2 minutes to answer the following question:

"How did this video inspire you?"

- Select 1 person to be the timer.
- Use your cell phone to track the time.
- Important...at the end of 2 min. say, *Thank You...*and move to the next person.
- Make certain that everyone has an opportunity to share.
- Do not interrupt the person sharing.

Say: At the end of the session everyone gathers together for a Group Share.

Group Share structure:

- Invite people to share (if on zoom use raise hand feature or share in chat.).
- Allow 2-3 people to share the experience they had in their group. Allow 2 minutes each for this.

**"One kind word can save a life, make dreams come true,
and bring peace to the world."**

~ Helice "Grandma Sparky" Bridges

Session 1

SOUL WORK

1. Find at least one person to honor with the *Who I Am Makes A Difference*® Blue Ribbon and give them two ribbons to pay it forward.

2. Before going to sleep each night write in you Soul Reflections journal answering these questions:

What difference did I make today? (List 3 things that made a difference.)

How did it make you feel?

3. Be certain to always have Session 1 by your side during Session 2.

Together We Are the Voice Uniting Humanity Through the Power of Love!

WHO YOU ARE MAKES A DIFFERENCE!

Love Grandma Sparky

BING!

