

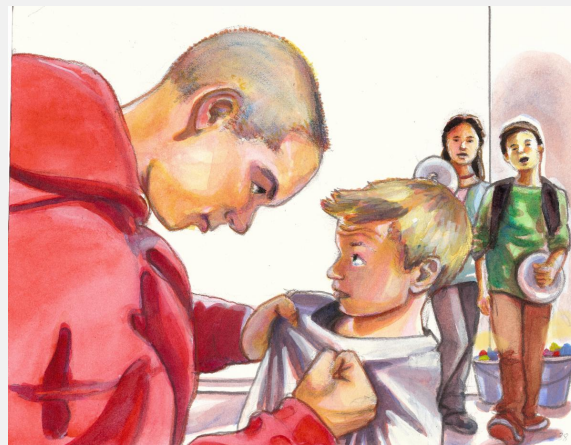


## Bucket Fillosophy®

### What Would You Do?



Bullying and negative behaviors regularly surround youth and peer relationships. Often, the “thrill” of gaining followers or more likes on social media drives these behaviors. I find myself wondering that if teens are taught to stop and think about what they are doing rather than immediately act on impulse, would there be more bucket filling and less bucket dipping (bullying and negative behaviors)?



It breaks my heart to hear stories of such behaviors. Recently, an autistic student was bullied by two students at a local Michigan high school. First, they pushed and shoved him down to the ground and started kicking him repeatedly. Then, one of the two students pulled off his shoes and ran off with them. What’s more, a third student involved was recording a video of the incident on a phone and later posted it to social media.

In an Alabama high school, a student had swastikas drawn on his back. You could hear the group of boys doing the bullying, laughing on the video as they drew on his back. One of the boys filmed this with a phone and posted it to social media.

A recent TikTok trend has students stealing items from schools and filming videos to post on the social media platform. Students are stealing everything from soap dispensers to entire toilets out of restrooms in hopes of gaining “followers” on the social media platform. In many cases, someone is filming the theft with a phone—and it’s not always the student stealing the item that’s filming.

Thankfully, school personnel and local authorities are working towards swift remediation in all these instances. Nevertheless,



outcomes could have been entirely different if a bystander had spoken up to stop any one of these occurrences. What would you do in these situations?

As adults, we need to help teach our teens to be bucket fillers in everything they do by filling buckets, trying not to dip, and, most notably in these circumstances, using their lid for others. When taught and practiced daily, bucket filling becomes a positive habit of a student's social and emotional growth. Had just one of these skills been employed by any of the students mentioned above, it would have gone a long way in curbing these negative behaviors.

To teaching our students,

*Sandy*

Sandy Richardson, Office Coordinator



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