

# PROGRAM GUIDE



## THE KIND MIND COLLECTIVE



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# ABOUT US

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The Kind Mind Collective is dedicated to the development of educational programs, materials, and events that foster kindness, compassion, and empathy and diversity to supplement and support K-12 grade educational institutions.

After struggling with intense bullying in school and online, Abbey Perl, Founder of The Kind Mind Collective, left high school in hopes of finding solace. She decided to turn her struggles into something that can help others. In 2016, Perl Founded The Kind Mind Collective to change the way we talk about social issues, including bullying, after noticing bullying campaigns were not improving the schools they served and not engaging the students.



**Every day, our culture around bullying and harassment is changing, including factors such as technology and communication. So, why isn't our education around this growing issue changing with it?**

The internet is a convenient tool that most of us use every day for various reasons, but no one talks about the ugly side of the world wide web. Plus, bullying has become so menacing to society that victims are 2 to 9 times more likely to consider suicide. Not only are these facts unacceptable, this has also become a national crisis.



- About 58% Of Kids Admit Someone Has Said Mean Or Hurtful Things To Them Online
- Over Four Out Of Ten Says It's Happened More Than Once.
- But 90% Of Teenagers Who Have Seen Social-Media Bullying Say They Have Ignored It



# THE FACTS

**HOW CAN  
WE FIX  
THIS?**

**GET THE  
KIND MIND  
COLLECTIVE  
TO HELP!**

Since our curriculum is created to engage youth and promote positivity, we have created a state of the art curriculum tailored to specific age groups to create the most impactful changes to your community.

Life on the Outside is an anti-bullying comic book created by the Kind Mind team to aid youth to be engaged in anti-bullying initiatives. Life on the Outside is a story about high schooler Asher Phoenix struggling with bullying, mental health, friendships, and their identity. Along the way, they meet new people, conquer new emotions, and learn more about themselves.

Kind Mind Collective decided to create this comic book after noticing no engaging or relevant materials that helped aid anti-bullying efforts. Being young, in-touch millennials, we wanted to fix this problem, thus creating “Life on the Outside”.



# OUR CURRICULUM

# TOPICS WE COVER

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- Bullying &  
Harassment
- Mental Health
- LGBTQ+ Equality
- Compassion &  
Acceptance
- & Much More!

# PROGRAMS WE OFFER



Assemblies

Workshops

Information Sessions

# AGE GROUPS SERVED

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## ELEMENTARY SCHOOL

Our Curriculum for younger kids is in place to teach them the basics of kindness and compassion. These are skills that are important to teach at younger ages in order for these skills to carry on into adulthood.

## MIDDLE SCHOOL

Middle School is a time where kids try new things, explore different paths, and shape who they will become. Because of this, middle school is the most important place to present this information. Our curriculum dives deep into kindness and compassion through interaction and relatable content.

## HIGH SCHOOL

Soon enough, High Schooler's will become adults and be on their own. That's why it's important to expose them to the truth about modern-day kindness and compassion in-depth.

# ASSEMBLIES



**Assemblies are a great way to engage a large group of people to work on a central goal.**

**Target Audience: 8-18 years old**

**Time: 1 Hour - 2 Hours**

**Price Range: \$500- \$2000 per Assembly**

## Introduction

We will introduce ourselves and the organization, our curriculum, brief facts, and more, all while keeping a fun and lively tone.

## Warm Up Activity

A warm-up activity helps keep the energy and flow of any presentation. Depending on the age group, activities will differ.

## Comic Book Reading (If Applicable)

A read-through of "Life on the Outside" will take place. We will visualize the comics, emphasize the good vs. bad, and express feelings of characters in the book.

## Lesson (Will Vary)

After our powerful reading, we will educate the audience on topics covered in the comic such as bullying, mental health, online safety, and more. Lessons will vary per age group.

## Activity

This activity will be used to assess situations of bullying by providing various scenarios and diffusing a situation. Depending on the age group, the way the activity is approached will vary.

## Conclusion

Conclusions should always end on a good note. That's why we will end the program with positive elements such as ways to interact with us and others on social media, memes, and more.

## Survey

To ensure the effectiveness of our program and to improve, we encourage kids to take our survey to discuss how our program has helped them and their school.

# WORKSHOPS

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## Introduction

We will introduce ourselves and the organization, our curriculum, brief facts, and more, all while keeping a fun and lively tone.

## Warm Up Activity

A warm-up activity helps keep the energy and flow of any presentation. Depending on the age group, activities will differ.

## Comic Book Reading (If Applicable)

A read-through of "Life on the Outside" will take place. We will visualize the comics, emphasize the good vs. bad, and express feelings of characters in the book.

## Lesson (Will Vary)

After our powerful reading, we will educate the audience on topics covered in Life On The Outside. Lessons will vary per age group.

## Discussion

To better understand the students and their perspective, we will start an open discussion on the topics we had just addressed and ways that the community can better themselves and one another.

## Activity

This activity will encourage students to create their own comic book! This includes characters, a storyline, and fun colors!

## Conclusion

We encourage participants to expand their mind and answer some closing questions. We will end on a positive note via breathing exercises, meditation, and more.

## Survey

To ensure the effectiveness of our program and to improve, we encourage kids to take our survey to discuss how our program has helped them and their school.



**Workshops are an excellent way to engage a small to medium-sized group on various topics and engage people with social justice.**

**Target Audience: 8-24 years old**

**Time: 1 Hour - 3 Hours**

**Price Range: \$100- \$2000 per Workshop**

# INFORMATION SESSIONS



**Information Sessions are a great way to educate communities on various issues they face to create kinder, braver communities.**

**Target Audience: Parents, Teachers, Community Members.**

**Time: 1 Hour**

**Price Range: \$250-\$1,500**

## Introduction

We will introduce ourselves and the organization, our curriculum, brief facts, and more, all while keeping a fun and lively tone. We will also briefly discuss a synopsis of "Life On The Outside".

## Lesson

Unfortunately, many people aren't educated on the topics that harm their communities. To combat this, we will discuss these issues and talk about ways to combat them.

## Activity

This activity will be used for community members to meet one another, and discuss what issues their community faces.

## Discussion

To better understand the students and their perspective, we will start an open discussion on the topics we had just addressed and ways that the community can better themselves and one another.

## Conclusion

Conclusions should always end on a good note. That's why we will end the program with positive elements such as ways to interact with us and others on social media, memes, and more.

## Survey

To ensure the effectiveness of our program and to improve, we encourage adults to take our survey to discuss how our program has helped them and their community.

# STUDENT AMBASSADOR PROGRAM

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Kind Mind Collective's Student Ambassador Program is a unique, one-of-a-kind interactive opportunity for students to promote kindness and compassion beyond our programs. About five students per grade level will be ambassadors to our program that exhibit strong leadership qualities and will participate in the conversation and how they will be champions for their school and their grade. Students will continue to promote strong-leadership qualities in their communities after our program is completed. To continue these efforts, students will continue this work in extra-curricular activities and clubs, offer a helping hand to a student in need, and detect and stop bullying in its' tracks.

# FREQUENTLY ASKED QUESTIONS (FAQ)



What exactly is the topics talked about in your program?

Kind Mind Collective understands that every school has different needs that need to be addressed. That's why we assess every school beforehand to tailor a presentation to your specific needs to create the most impactful programs.

Where can I learn more about "Life on the Outside"?

You can learn more about this comic at <https://www.diversegaming.co/comic-book>. This is where it will also be available for purchase.

Why is this program different from other programs?

Let's face it, kids HATE being scrutinized and blamed for their behavior. Some "scare tactics" that assemblies perform are not shown to be effective. However, with our assemblies, being relatable and in-touch with this ever-changing society is the key to positive outcomes in your community.

Your price ranges were very big. How much does your program cost?

Prices depend on location, number of comics requested (if any), time spent at the venue, and more. Prices will vary for each school. For a quote, please reach out to Abigail Perl at [abbey@kindmindcollective.org](mailto:abbey@kindmindcollective.org) or by phone at (724)-998-4111.

Are comic books required for your programs?

No, comic books are not required for our programs but are highly recommended. These different programs we're made specifically for the use with "Life On The Outside", but can be changed to fit certain needs and budgets. However, we've seen higher engagement with our programs with the use of comic books.