

## More Interact Challenges

<b>Challenge (including how to “pass it forward”)</b>	<b>Where to find the skills</b>	<b>What you did</b>
<p>Choose a movie that features cliques, and host a viewing night with friends. Discuss how the cliques resemble (or don't) those you know at school. See if you can think of even one small thing to do to try to shift a real-life dynamic you dislike—and get your friends to do the same. (Movies to consider: “Princess Diaries,” “Clueless,” “Confessions of a Teenage Drama Queen,” “Bratz.”)</p>	<b>Page 54</b>	
<p>Going out (movies, mall, pizza, Girl Scout event)? Invite someone who's not normally part of your group. Ask any other friends with you to help make her feel included. Then encourage them to “pass it forward” by being the next to widen your circle.</p>	<b>Page 26</b>	
<p>Promise to have a “no gossip” week—for one full week, do not listen to or spread any rumors, gossip, or “mean talk.” Think about making “no gossip” a way of life. Jot down when you thought of some gossip but didn't spread it. Get your friends to do the same. Encourage them to “pass it forward.”</p>	<b>Page 60</b>	
<p>Get direct. A friend hurt your feelings. Instead of telling her (or him) directly, your urge is to vent to a few other friends. Stop the urge. Speak directly to the person who hurt your feelings. “I-statement,” anyone? Encourage your friends to do the same: Get them to “pass it forward.”</p>	<b>Page 63</b>	
<p>Create your own antibullying message and add it to the signature line of your e-mails (or add it to your voicemail or hang it in your locker or somewhere else where others can see it). Just to get your mind going, how about “Just kidding just hurts.” Get your friends to “pass it forward.”</p>	<b>Page 74</b>	