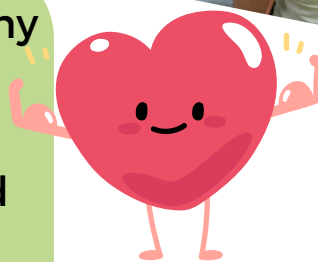


## Mix-It-Up in the MIDDLE



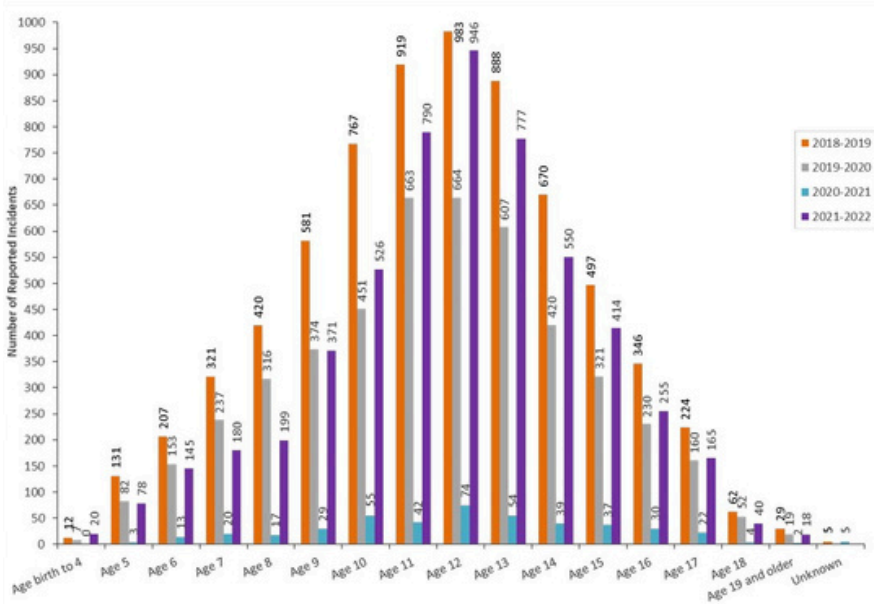
Students building strong and healthy connections with their peers is particularly critical at the middle level. Maryland school climate and bullying data continue to demonstrate the need for targeted strategies to help our middle-level students develop prosocial skills that keep schools safe.



### Take Action

Organize at least 1 mix it up event a month.

Assign each of your school teams (grade level, content, behavioral health, food service, leadership, etc.) A MONTH to sponsor the event.



Bullying, Harassment, or Intimidation in Maryland Public Schools Report, March 2023



## Ideas to Get Started...

## Lunch Time Mix It Ups



### Sit at Table of Birth Month

What is your favorite flavor of birthday cake?

What famous person would you invite to your party?

### Sit by Randomly Assigned Number

Would you rather statements...  
eat lunch with a dog or a cat? Why?  
read a book or climb a tree? Why?

### Sit by Favorite (food, sport, candy, etc.)

What do you like most about the favorite thing?

Convince someone at your table to try it if they haven't in the past.

## Advisory and Classroom Mix It Ups



- Place several different, easy-to-play games at different tables in the room. Have students draw the game they will play from a jar.
- Each person writes down four facts about themselves, one of which is a wish for the future. Have students guess which one is the future wish.
- Create groups of four to create a collage of things they have in common to share with the class.

Mix up student groups to complete a short term challenge activity.



**Make it safe for all students to participate. Be aware of any prior bully dynamics to make sure a past victim is not re-victimized.**

## Safe Schools MD Reporting System

Anonymous reports can be submitted by...



Calling  
1-833-MD-B-SAFE



Visiting  
SafeSchoolsMD.org



Using the  
App