



#ChangeTheStory  
Messages from Hate to Hope

# Classroom Activity

## Required Materials

Whiteboard or chart paper

Internet access to share videos with students

Student cell phones to share messages of hope

Optional: NeedHelpNow.ca posters

## Activate Prior Knowledge:

Together as a class, watch the three videos available at [needhelpnow.ca/app/en/changethestory](http://needhelpnow.ca/app/en/changethestory) (*Don't let others write your story, Manifesto, Call to Action*). Invite students to share what they think Rehtaeh's mom wants youth to do. Confirm for students that Leah is asking youth to reach across Canada with messages of hope. Leah believes it is up to youth to change messages of hate to messages of hope.

Some examples to share with the class include (see visuals on next page):

- You have the power to #ChangeTheStory with [www.needhelpnow.ca](http://www.needhelpnow.ca)
- [www.needhelpnow.ca](http://www.needhelpnow.ca) - believing in your strength can #ChangeTheStory
- Visit [www.needhelpnow.ca](http://www.needhelpnow.ca) & learn how to help a friend. Showing you care can #ChangeTheStory
- You are not alone. Seeking help can #ChangeTheStory [www.needhelpnow.ca](http://www.needhelpnow.ca)
- A mistake does not define who you are - #ChangeTheStory with [www.needhelpnow.ca](http://www.needhelpnow.ca)

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## Group Brainstorm

Have student's brainstorm ideas of positive messages that will help youth #ChangeTheStory. Record the messages on chart paper or a white board.

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## Connect and Create - Share messages of hope

**Remind students that it is up to youth to #ChangeTheStory – their messages will change hate to hope.**

Ask students use information from the class brainstorm or from their own original ideas to get creative and connected. Have students craft and post positive messages on social media using Facebook®, Twitter® and Instagram®. Messages can include selfies, drawings, emoticons, and/or pictures of the posters supplied to your school.

Encourage students to include the following, to ensure their messages become part of the national discussion:

- [www.needhelpnow.ca](http://www.needhelpnow.ca)
- #ChangetheStory

**Note: Activity can be completed individually or in groups.**

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Kim Clare posted a picture.  
20 September near Winnipeg

Visit [www.needhelpnow.ca](http://www.needhelpnow.ca) & learn how to help a friend.  
Showing you care can [#ChangeTheStory](#)



Matt Smith posted a picture.  
20 September near Calgary

You have the power to [#ChangeTheStory](#) with [www.needhelpnow.ca](http://www.needhelpnow.ca)



Jsca\_2



57 likes.

Jsca\_2 [www.needhelpnow.ca](http://www.needhelpnow.ca) - believing in your strength can [#ChangeTheStory](#)



Sam Thomas posted a status.  
20 September near Toronto

You are not alone. Seeking help can [#ChangeTheStory](#)  
[www.needhelpnow.ca](http://www.needhelpnow.ca)



Tracy B @mk\_\_m\_ · Sep 30

A mistake does not define who you are -  
[#ChangeTheStory](#) with [www.needhelpnow.ca](http://www.needhelpnow.ca)

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