

Does this happen with your students?

“That’s messed up,” Kalei replied quietly, looking at her friend.

“Yeah, no joke. I hate her!” said Nani who snatched the paper full of rumors from Kalei’s hands. Her sadness suddenly replaced by anger, she stormed off toward the cafeteria. “I know who wen write ’em! She going get it, das all I know,” said Nani angrily. “Wait! Who?” Kalei shouted and ran to catch up with her. “Nan, slow down. Who?”

“I know exactly who wen write ’em and she going wish she neva even!” Nani appeared to be growing angrier by the minute.

“Nan, no do anyting dumb.” Kalei pleaded with Nani trying to calm her friend, but it was too late. Nani’s anger was out of control.

Nani entered the cafeteria and approached a group of girls who were huddling at a table and chatting away.

The group was so busy laughing they didn’t see Nani coming their way.

“What?” shouted Nani, tossing the crumpled paper full of nasty rumors in the middle of the table. “What, you tink dis funny?” The girls quieted their chatter, surprised at Nani’s anger. Tanya, one of the girls, just rolled her eyes.



See the related article, *Bullying—What It Is and What YOU Can Do About It*, on page 20.

Scenes like this are played out in schools everyday, over and over again.

Pacific Resources for Education and Learning’s (PREL’s) *Ho’oikaika Kino* curriculum was created for use in 4th–6th grade classrooms to help children deal with these kinds of situations.

Ho’oikaika Kino means “to strengthen the body,” and we have chosen this name to emphasize the importance of strengthening the whole body. This curriculum does just that for Native Hawaiian children by focusing on how thoughts and feelings lead to words and actions. Built on the *’ōlelo no’eau* (Hawaiian proverb) that “he hale ke kino no ka mana’o,” or “the body is a house for thoughts,” (Pukui, 1983, p. 65), *Ho’oikaika Kino* reinforces emotional literacy, communication, and decision making skills. Strengthening these skill areas increases a child’s ability to make healthy choices, which in turn strengthens the body.

For more information about preventing bullying, other types of violence, or substance abuse, visit PREL’s *Nā Hoa Ho’ōla* (Partners That Work to Bring Health) website at www.nahoahoola.org.

To learn about PREL’s *Ho’oikaika Kino* curriculum to prevent substance abuse and violence in upper elementary grades, please contact Miki Cachola-Solomon at cacholam@prel.org.

