

PAX Kernel Recipe – Tootle Notes – Peer to Peer

Tootle Notes are an Evidence-Based Kernel that teachers and students use to increase prosocial behavior in each other. Writing Tootle Notes encourages students to notice and seek out PAX behavior in their peers. Receiving Tootle Notes increase the sense of peer support and reinforcement for positive social behavior. Tootle Notes increase peace, productivity, health, and happiness for everyone.

Step-by-Step Procedure

1. Introduce Tootle Notes by referencing the adult-written Tootle Notes the students have received. Inform students that a complete Tootle includes: identifying a specific PAX Leader behavior in a peer, thanking the peer for it and how it made the writer feel.
2. Pair students as Secret Tootle Buddies, on the look-out for each other's PAX Leader behaviors. Have students write Tootles to their Buddy at scheduled times during the week. Collect and review. With student permission, read them aloud and then post them on a Tootle Board.
3. Provide students easily accessible blank Tootle Notes for spontaneous compliments for PAX behavior after work is complete, during down time, or as a center activity.

Keep in Mind

- Assist students with Tootle Note writing by posting PAX concepts/words they can use and remind them of the standard components of a complete Tootle Note message.
- Ensure that Tootle Notes eventually go home with each student. This helps open lines of communication with parents.
- Always collect scheduled and spontaneous Tootle Notes and review each one before passing them back out to ensure they are in the spirit of PAX. Assist or remediate for those who struggle.

Tootle Notes between students help to identify in each other what behaviors are valued and necessary. They strengthen peer connections and networks, protects against bullying, aggression, violence, and emotional problems with lifelong effects. They can provide powerful protections against initiating alcohol, tobacco, and illegal drug use and even protection from the risk of mental illnesses---including suicide.