

Health
4.ICR.1.5 Exemplify how to seek assistance for bullying.

Materials Needed:

Access to website: National Bullying Prevention Center, video Together Against Bullying (1:12)

<https://www.pacer.org/bullying/video/player.asp?video=95>

Book for read aloud, Say Something, by Peggy Moss

Poster or chart paper

Appendix 1 – copies of See/Feel/Act

Appendix 2 – copies of Bullying Scenarios

Appendix 3 – Take a Stand Against Bullying

Focus:

From the National Bullying Prevention Center: Kids Against Bullying website, show the video Together Against Bullying. Lead a class discussion to answer the following:

What is bullying? What are examples? How does it feel? Why does it happen? What can be done about bullying? You may want a chart for each question and students add information after each class discussion and video.

Statement of Objectives:

It is important for you to know strategies and the people and places you can go for help when you or someone you know is being bullied. As we discussed at the beginning of class, behavior that happens repeatedly and on purpose to hurt or scare someone is bullying. Bullying can happen anywhere. If you are being bullied, it is not your fault. You need to tell an adult.

Teacher Input:

Read aloud the book, Say Something, by Peggy Moss. This story is about a young girl who felt sorry for others being bullied, but did not say anything. The story will prompt a discussion about appropriate actions to take.

After reading the story, discuss how to get help with bullying. Make a list on board or chart paper. Next, show the video, “What Can You Do?” from the NBPC website. Discuss information from the video and compare with the class lists. Add new ideas to the class charts. Review all the strategies discussed for dealing with bullies.

Assessment:

Give students copies of Appendix 1, See-Feel Act, and Appendix 2, Bullying Scenarios. In small groups or pairs, have students read each example and complete the chart. When everyone is finished, discuss the answers.

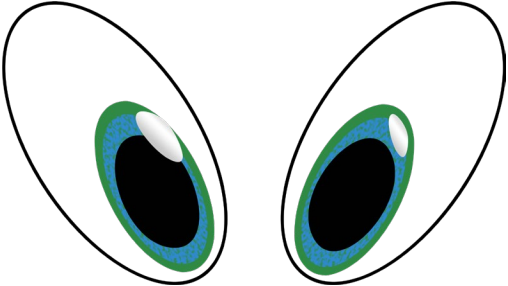





Give each student a piece of colored construction paper; ask them to trace a shoe. On the shoe each class member should write an action they have learned in today’s lesson, which will “TAKE A STAND AGAINST BULLYING!” Appendix 3, Take a Stand Against Bullying is an example. Shoes can be posted as part of a Bulletin Board display.

Closure:

Students, thank you for listening and participating in good discussions about bullying. Please use the many strategies that you learned today to take a stand against bullying.

Say Something: See-Feel-Act

"One person speaking up makes more noise than a thousand people who remain silent." Thom Harnett

<p>When I see . . .</p> 	 <p>I feel . . .</p>	 <p>I can act by . . .</p>
 <p>When I see . . .</p>	 <p>I feel . . .</p>	 <p>I can act by . . .</p>

Bullying Scenarios

Scenario #1

Your friends start calling you names, sending nasty text messages, and forcing you to give them things. You don't feel good when these things happen. What should you do?

Scenario #2

You notice one of your friends is teasing and making fun of the younger children at summer camp. What should you do?

Scenario #3

A group of older kids from another school are picking on younger kids from your school. They wait to catch a child walking home or waiting for the bus alone. They surround him, take money or food and threaten to do worse. What should you do?

Scenario #4

You have been teasing one of your friends because she is really bad at reading and writing. You have noticed that she has begun to sit alone in the cafeteria and looks like she has been crying. What should you do?

Scenario #4

Your pal Joe steals Tommy's brownie at lunch. Then he laughs because Tommy is still hungry. What should you do?

Scenario #5

Mark hasn't done his homework. He takes Joey's homework and turns it in as his own. You hear the teacher scold Joey for not doing the assignment. What should you do?

Scenario #6

Stefan got braces a week ago. You have heard Becky make fun of him and call him Metal Mouth. Stefan doesn't smile anymore. What should you do?

Scenario #7

Lizzie and Katie are on your basketball team. Vicky asks if she can play. Lizzie says, "No way! You're too short and slow." What should you do?

Scenario # 8

You happen to be going through a growth spurt and are a little clumsy. When you trip in the hallway, Matthew calls you a Klutz. What should you do?

Take a Stand Against Bullying