

Kind and Caring Kids: Bullying



(Just a reminder: a koala is not a bear. It is a marsupial. ☺)

Bold Text: suggested words to say to teach lesson
Italics: suggested actions to take
(Parenthesis): background information or suggested answers

Important Background Information

The lessons on bullying from preschool through grade five are part of a *process* to teach children how to be kind and caring kids. It is called the A+ Way. The A+ Way addresses three areas: Behavior, Prevention, and Response.

- ✓ **Behave:** How *not to be* a bully
 - **Act** Kind and Caring.
- ✓ **Prevent:** How to *prevent* a bullying situation
 - **Alert** yourself to what is going on around you. Are there possible problems ahead?
 - **Avoid** potential bullying situations if possible.
- ✓ **Respond:** How to *respond* if you encounter a bullying situation
 - **Assert** yourself with strong, but non-violent, words and bodies.
 - **Act** (Be kind and caring. Use a Refusal Skill)
 - **Ask** for help.

The lesson in this grade addresses only part of the process. You may wish to include the other parts with your students.

Please focus on the positive concepts of being Kind and Caring, instead of the negative aspects of the word *bully* or the *act of bullying*.

It is not necessary to use the term *bully*, as it is best to try to avoid labeling children. Instead, discuss characteristics and situations.

Activities at the end of each section reinforce the lesson. Additional concepts included in the bullying process are friendship skills, tolerance, and conflict resolution. These are addressed in the other Kind and Caring lessons.

★ It is important to establish a Kind and Caring environment in your classroom! Bullying cannot be eliminated in just a few lessons! There should be a school-wide approach.

★ Praise and/or reward acts of kindness that your students display.

★ Encourage tolerance and acceptance of others.

★ Model this behavior yourself.

It is recommended that the Kind and Caring: Self-Esteem and Tolerance lesson be taught before this section.

Materials Needed for Lessons

- KC Koala poster
- *Pizza* poster
- KC Koala symbol card (and any other topics you plan to cover)
- A+ Way poster
- Reinforcement Activities #1, #2, # 3 (optional)
- Letter to the Parents/Guardian

Objectives for Students

- Identify three qualities of a Kind and Caring Kid.
- Explain how to act in order to not be a bully.
- State two ways to prevent a bullying situation.
- Describe three ways to respond to unkind and uncaring behavior by others and apply these ways to situations.
- Apply these methods to different situations.

Introduction or Review of Past Lessons

Decide which topics you plan to teach for your session and put those corresponding symbol cards inside the poster pocket before you begin.

Always start with a review of the Check First concept!

Using the Pizza poster, introduce the lesson as described in the Introduction under Safety Poster Teaching Procedure. As you introduce a topic, a student (or teacher) removes and displays the symbol card from inside the pocket.

Teach this in 1 or 2 lessons.

☆☆☆ A few lessons will NOT teach students how to not be a bully and/or how to properly respond to one! It is important to:

1. Role play situations.
2. Reinforce concepts daily.
3. Stress Kind and Caring behavior.
4. Set standards and acceptable practices.
5. Follow through with consequences.

Allow time and encourage extensive discussion on this subject. Guide students.

Lesson A

Symbol Card



Select a student to remove the KC Koala symbol card from the poster pocket. Introduce or re-introduce KC Koala to the class. (KC stands for Kind and Caring. Her motto is “Kind and Caring is the way to be!” See the other Kind and Caring lessons for more background.)

Kind and Caring Kids are helpful and nice to their friends and classmates. They also help others if they are having a problem. Tell us about a time when you helped out a friend or classmate.

Discuss.

What makes a good friend? Describe some qualities that you find in a good friend. *Discuss.*

Have you ever been in a situation where someone was not kind or caring to you almost all of the time? *Discuss.* What did you do? *Get responses.*

What else could you have done? *Get responses.*

Did you ever see someone else have problems with another person? What did you do?

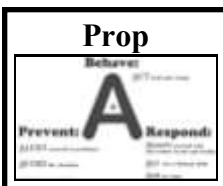
Sometimes we might have a bad day and end up being unkind and uncaring to others. Maybe you just failed a spelling test and you are upset, so you are mean to your best friend. Most likely, you will apologize to your friend later on in the day or the next day. Right?

BEHAVE

There is a big difference between someone who is not Kind and Caring once and apologizes for it and someone who is not Kind and Caring most of the time and doesn't care.

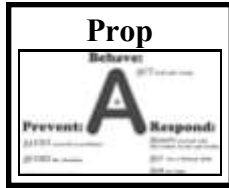
This is all part of your behavior. That means: how you act, what you say, what you do. How you *behave* is the first part of our A+ Way.

Hold up the A+ Way poster. The A+ Way helps you remember what to do about situations that involve someone who is mean or unkind. Point to the word Behave.



How you behave is important. It is part of the A+ Way of being a Kind and Caring Kid.

Point to the word Act. The best way to behave is to Act in a Kind and Caring way. Treat others the way you would like them to treat you.

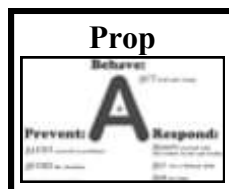


Even though you try to be nice to others, there may be a time when someone is mean to you. Maybe there is someone who is always mean to most kids. Or maybe that person just likes to pick on you and make your life miserable. Sometimes that person is called a bully.

There are several ways that someone may be a bully:

1. He might be mean in a physical way. Maybe he pushes, or fights, or trips you.
2. She might be unkind with words; teasing, calling you names, making fun of you.
3. She might not include you in her friends. You do not feel part of “the group” and you are excluded.
4. He might be mean on the Internet or the cell phone. A cyber-bully is someone who pressures you or is mean to you when you are online, through the phone, or any electronic way.

There are ways to stop some of those situations before they ever happen.



Point to the word Prevent. To prevent a situation means you do something about it before it ever takes place.

Point to the word Alert. The first A+ Way for prevention is to be Alert. Alert yourself to what is going on around you. Pay attention to what is happening.

Is there a group of kids at the street corner who always trip you or make fun of you? Notice that! Look to see if they are around.

Is there someone waiting at the playground to give you a hard time? Be alert! Know that he or she is over there.

After you know what is going on you move on to the next A+Way: Avoid.

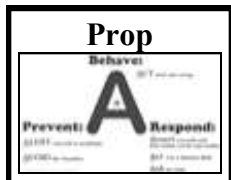
Point to the word Avoid on the poster.

Instead of walking up the street to that corner where the kids are hanging out, cross the street or go in a different direction.

Instead of going over to the part of the playground where the mean kid is, go to a different section or turn around and go away. Avoid the situation!

RESPOND

Point to the word Respond on the poster. If you can't prevent the situation from happening, then you need to know how to respond in the best way. Discuss what it means to respond.



Good ways to respond to a bad situation include these A+Way words: Assert, Act, and Ask. *Point to these words.*

What does it mean to assert yourself? *Discuss.* (Use strong, but non-violent, words and bodies to say that you do not like something.)

How should you act? *Discuss.* (1. Act in a kind way. Being nice back to someone who is mean can often times make the situation much better. 2. Use a Refusal Skill. See the lesson on Power NO: Pressures for assistance with this.)

What should you ask? *Discuss.* (Ask for help if you really need it. Sometimes assistance from another peer or an adult will easily correct the problem.)

Discuss these points thoroughly.

Reinforcement Activity # 1

Pass out the activity page and let the students work on it individually or in pairs. Go over the answers:

1. Be wise with your eyes. (Be alert to what is going on around you.)

We talked about being “wise with your eyes” in our lesson on observation skills. We learned that it was important to pay attention to details and people around you. Doing that can help keep you safe.

What are you looking for when you are being “wise with your eyes?” *Get some responses.*

Being alert or “wise with your eyes” involves paying attention to see if:

- ◇ you are a safe distance from the person who bothers you
- ◇ any of your friends are around
- ◇ there is an adult around to help
- ◇ there is a way to get out of the situation without getting into a fight or argument

2. Avoid the person or situation.

How would you do that? What if someone who has been giving you a hard time is hanging out at the basketball court during recess, and you really want to play basketball? What would you do? *Discuss.*

3. Say STOP. Be strong. (Tell the person to stop. Use strong words and bodies.)

How could you tell someone to stop? How would you stand when you tell this person to stop? (shoulders back, head held high, etc.) **How would your voice sound?** (firm and matter of fact; not squeaky and scared) *Discuss.*

4. Ask an adult for help.

Who are some people who could help you ? What would you say to ask for help? (I need your help. Jason is being mean.)

You may go on to Lesson B or on to the Closure.

Lesson B

Symbol Card



Use the KC Koala symbol card or puppet to review material already covered. Repetition and reinforcement is essential:

- ✓ Characteristics of a Kind and Caring Kid
- ✓ The A+ Way
- ✓ How to not be a bully
- ✓ 2 ways to prevent a bullying situation (Alert and Avoid)
- ✓ 3 ways to respond to someone who is not Kind and Caring (Assert, Act, Ask)

Reinforcement Activity # 2

Cut out the cards from reinforcement activity #2. Select a student to randomly pick a scenario and answer the questions or act out the situation in front of the class.

Role-play is a valuable tool to use to help students understand which actions and reactions are the safest, most effective, and /or best.

Reinforcement Activity # 1 and 3

Use these as fun ways to review and remind students about the A+ Way.

Closure

We have talked about the A+ Way to help you handle a situation or a person who is unkind or bothering you.

- ✓ Alert yourself to what is going on around you.
- ✓ Avoid the person or situation
- ✓ Assert yourself with strong, non-violent words and bodies.
- ✓ Act, using a Refusal Skill.
- ✓ Ask for help if you need it.

Not only is it valuable to know how to deal with this type of situation, it is also very important to remember that you should not be the person who is causing the problem!

Act in a Kind and Caring Way (and don't bother others). This does not just mean hitting, tripping, and doing something physical. It also means making fun of someone, teasing, ignoring, and excluding others in a mean way.

Discuss the different types of bullying: physical, verbal, emotional/relational, and cyber-bullying.

Check your own attitude and actions. Are you kind? Are you caring?

Do you tease others to make them feel badly? Do you try to make someone else's life miserable?

Kind and Caring is the way to be!

Choose one or more of the Reinforcement Activities on the following pages.

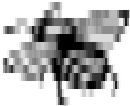


Be a Safety Kid!






Kind and Caring: Bullying Reinforcement Activity #1

There are four good A+ Ways to handle a situation or a person who is unkind, uncaring, or bothering you. Decode this rebus writing to figure out these four ways. Some of the words are already there for you. Write the words on the line below the symbols or words.


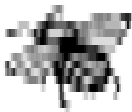

ALERT

1.  w +  with y+   .



AVOID

2. Avoid the  or  or  + uation.

ASSERT

3. Say  .   .

ASK


4. Ask  -T  -B + ult 4 help.






Kind and Caring: Bullying Reinforcement Activity #1 Answers

There are four good A+ Ways to handle a situation or a person who is unkind, uncaring, or bothering you. Decode this rebus writing to figure out these four ways. Some of the words are already there for you. Write the words on the line below the symbols or words.

ALERT

1.  w +  with y+   .
Be wise with your eyes.



AVOID

2. Avoid the  or  or  + uation.
Avoid the boy or girl or situation.

ASSERT

3. Say  .   .
Say STOP. Be strong.

ASK

4. Ask  -T  -B + ult 4 help.
Ask an adult for help.



Kind and Caring: Bullying Reinforcement Activity #2

Cut out the cards on this page. Students randomly pick a scenario and answer the questions or act out the situation in front of the class or small group.

A classmate who sits behind you is constantly kicking your chair, pulling your hair, and hitting you when the teacher is not looking. This happens everyday.

What can you do?

Someone copies your math test and says that he or she will beat you up if you tell the teacher.

What should you do?

When you walk to your house after school, an older student constantly takes your backpack and destroys your papers and books.

What can you do?

Someone demands that you give him or her your lunch money or else he or she will beat you up.

What can you do?

What if this happens everyday on the school bus?

You see someone hitting and pushing another Kind and Caring kid from your class.

What can you do?

Someone started a rumor and told everyone in your class that you suck your thumb.

What can you do?

Make up your own scenario.

Make up your own scenario.

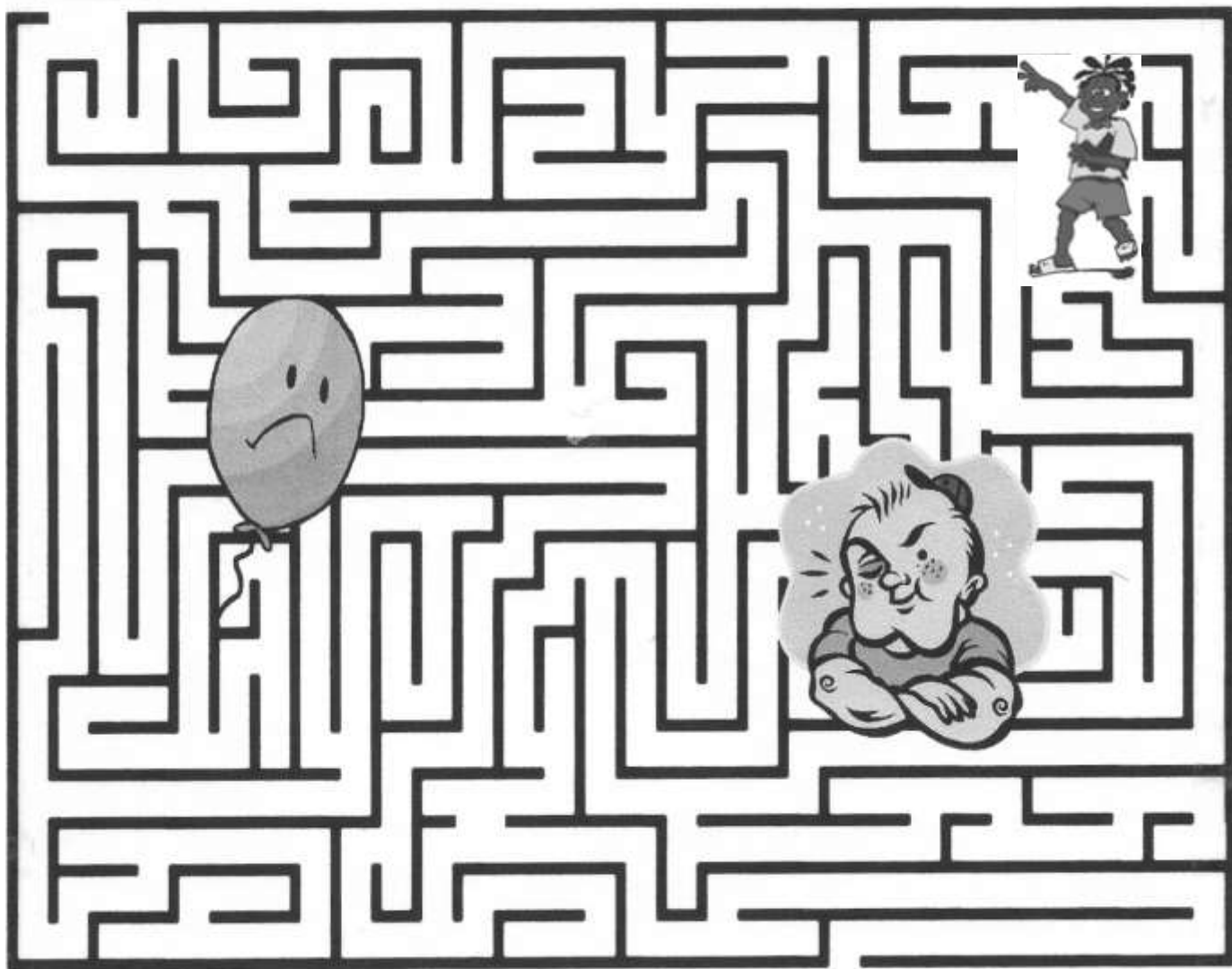


Kind and Caring: Bullying Reinforcement Activity #3

One of the A+ Ways to prevent a Bullying problem is to Avoid the situation. Can you get from Start to Finish and AVOID the kids who might be mean?



start



finish





Reinforcement Activities



The A+ Spots

This game is done *without* talking. Designate 5 areas in the room as the A+ spots (Alert, Avoid, Assert, Act, Ask). One student is the caller and hides his or her eyes. The rest of the class runs to one of the 5 spots. The caller counts aloud from ten down to one. When he or she gets to one, everyone must be in one of the spots or must sit down. Without looking, the caller names one of the spots. All of the students in that spot sit down. You may change caller or keep the same one. Repeat. Keep playing until only one student is left.

Materials: 5 areas in the room where children can gather



Kind and Caring Journal

Solving a bullying problem involves more than just the method of handling the situation. It includes creating a total environment of acceptance and kindness. Students create a journal with notebook paper and construction paper for cover. Each day write or draw about a time when they did something kind and caring for someone, or when someone did this for them. Have some of these entries read aloud and discuss the importance of this type of behavior.

Materials: two sheets of construction paper per student, five or more sheets of writing paper per student, pen/pencils, and crayons/markers



Hidden A's

Review the A+ Way for handling a bullying situation (Alert, Avoid, Assert, Act, Ask). Students are to draw a picture of a kind and caring situation or an *unkind* and *uncaring* situation. In this picture they are to *hide* the letter A. See how many they can hide. Trade papers with a friend and see if he or she can find all of them. (For example, an A can be: part of a tree branch, a blade of grass, in a flower petal, part of a design on a shirt, etc.)

Materials: paper, markers, crayons, pencils



A+ Way Mobile

Students make a mobile for the A+ Way. Use a hanger, dowel rod, cardboard, or other stiff item as the top. Hang 5 different lengths of yarn from this. On each piece of yarn hang one of the A+ words (Alert, Avoid, Assert, Act, Ask). You may want to have the students draw a picture of the word and hang it on another piece of yarn below the word. Be creative.

Materials needed: hanger, dowel rod, cardboard, or other stiff item, yarn, paper, art supplies





The “Avoid” Maze

Remind students that one method of dealing with a bullying situation is to try to avoid the potential problem in the first place. Pass out the maze and have students work on this individually or in pairs.



As a bonus, have pairs of students create their own maze for others to try. They may do this on the back of the first maze, or they may use additional paper. This stresses cooperation and creativity, as well as review of the avoidance technique.

Materials: maze master, paper, markers, crayons, pencils



Kind and Caring Poster or Banner

Students create banners or large posters that designate:

1. Your classroom is a Kind and Caring Classroom.
2. The A+ Way for bullying situation (Act Kind and Caring, Alert yourself to possible problems, Avoid problem situations, Assert yourself with non-violent words and bodies, Act (use a Refusal Skill), Ask for help.)

Materials: Large poster board, markers, paints, miscellaneous art supplies



Situation Time

Students work in pairs or small groups to create a story that involves a bullying (unkind or uncaring) situation. Trade stories with another group, discuss the situation, and develop 3 different ways to handle the situation. If you have only discussed a few of the methods, then those will be the ones the children use in their response. Solutions may be written down or presented orally.

Materials: paper, pencils



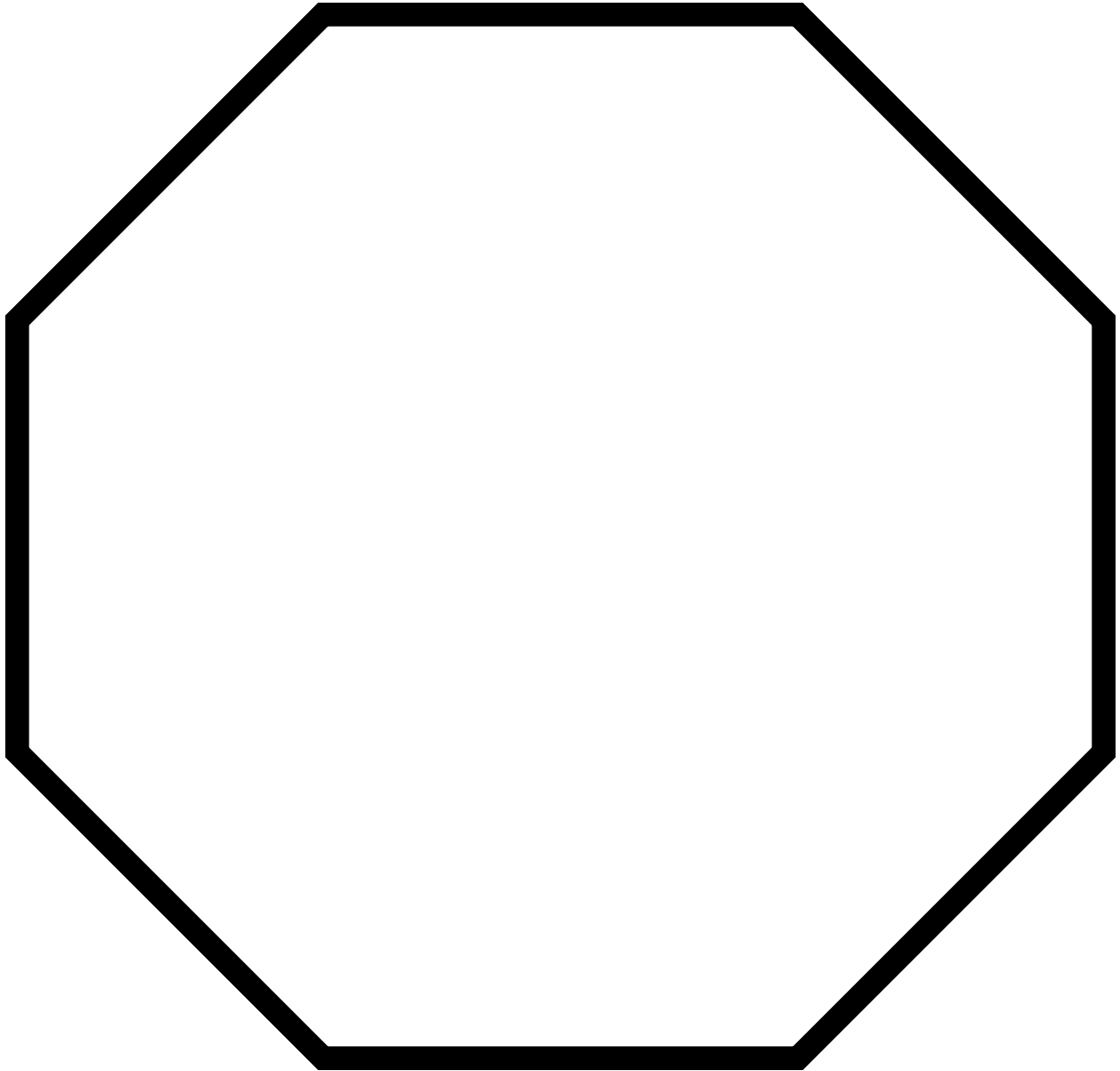
Find-Out-About-Me Cards

Bullying situations can often be averted by being more tolerant of others in the first place. Stress the need to accept differences in children. Pass out the Find-Out-About-Me Cards to the students. Each space has a description, such as “I have a brother”, “I don’t like pizza”, etc. Students must walk around the room and get others to sign a space that applies. Try to fill the card, and have students sign a card only once. This helps them get to know their classmates better.



Materials: Find-Out-About-Me master (in the Self-Esteem section), pencils

STOP Pattern





Bullying

Find the words from the word list and circle them. They may go across, up, down, or diagonally.



Word List

act
alert
ask
avoid
caring

friends
help
hurt
kind
mean

pressure
problems
scare
school