

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.

- ✓ **Behavior:** How *not to be* a bully
 - **Act** Kind and Caring.

- ✓ **Prevention:** 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.

- ✓ **Response:** 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*.

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 lesson on Kind and Caring: Self-Esteem / Tolerance be taught before this lesson.

Materials Needed for Lessons

- Charlie Check-First poster or puppet
- KC Koala poster
- *Backpack* poster
- KC Koala symbol card (and any other topics you plan to cover)
- Reinforcement Activities #1, #2, #3 (optional)
- Letter to the Parent/Guardian

Objectives for Students

- Explain the relationship between Kind and Caring, bullying, and being safe.
- Identify two reasons why someone may take a dare.
- Describe a way to refuse a dare.
- Recognize types of bullying.
- Explain two ways to react in a bullying situation.

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 Backpack 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.

Adapt the scenarios to fit the needs of your children!

☆☆☆ 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 to express their feelings about bullying and what they think are good solutions to the problem.

Lesson

Symbol Card	<p><i>Remove the KC Koala symbol card from the poster pocket. Review that KC stands for Kind and Caring. The slogan is: "Kind and Caring is the way to be!"</i></p> <p>Can you think of a word to describe someone who is mean, tries to hurt others, or tries to be the boss? (You are looking for the word <i>bully</i>.)</p> <p>A bully is a person who deliberately hurts, frightens, or is cruel to someone weaker, younger, or smaller. Do you like to be around someone like that?</p> <p>Can you describe how someone like this may act, or how they may feel? <i>In the discussion, lead them to include the following characteristics of a bully:</i></p> <ul style="list-style-type: none"> ◇ Needs to feel in control ◇ Wants power ◇ Very aggressive ◇ Doesn't care who get hurts in the process <p>Sometimes it is hard to tell if there is a bullying situation. Kids joke around, tease, and even play around in a physical manner with each other and it may not be bullying. Sometimes it is.</p> <p>What do you think makes the difference between when it is bullying and when it is playing around? (The important factor is the relationship of the bully and the victim. Is this play? Are both kids OK with it? Does one person want it to stop, but the other one is deliberately trying to assert power and control?)</p> <p>When the purpose or intent is to make someone suffer in some way, then it is bullying. This is unacceptable behavior. It is wrong for someone (or for you) to act this way.</p> <p>Have you ever been in a situation like this? Have you ever acted this way? How did you feel afterwards? <i>Discuss.</i></p> <p>You need to remember that you are a special person! Each one of you is important and special. Each one of you has gifts and characteristics that make you unique and valuable.</p> <p>We are all different, and we need to accept that fact! So it is not right to make fun of, mistreat, or bully anyone; especially if it is because that person is different in some way.</p> <p>Being Kind and Caring toward others is the way to make our world a safer, happier, and better place to be. We each have to do our part. We can start by making sure that we do not bully others, and that we do not let someone else do the bullying either.</p>
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Physical Bullies

There are different ways to be mean and hurtful to someone.

Most people think that a bully is always physically rough. That is not always the case, but it is one type of a bully. What is an example of physical bullying? (kicking, hitting, spitting, tearing clothing, destroying a victim's possession, etc.)

Is it easy or is it hard to resist a physical bully? *Discuss this type of bully.*

Verbal Bullies

A verbal bully can be a lot less noticeable than a physical bully. This type of person will tease, humiliate, name-call, and insult the victim. It is also bullying to use words deliberately to hurt someone.

I'm sure everyone in here has teased someone or called someone a name at some time. Were you just playing around? Or were you trying to be hurtful? (These are questions for thought. It is not necessary to get responses.)

The next time you start to say something mean about a person, stop and think about that person's feelings.

Ask yourself:

- 1. Will this hurt him or her?**
- 2. Do I want to be a verbal bully?**
- 3. Would I want someone to say that to me?**

Emotional / Relational Bullies

Have you ever felt left out of something? Did some friends get together to do something and you were not invited? When you picked teams for a game were you ever the last one picked?

This may hurt your feelings and you may even get angry. A lot of times these things happen and it is not a bullying situation. It is just the way things happened; no one intended for you to get hurt or feel bad.

But an emotional bully deliberately does these things in order to exclude you and hurt your feelings.

Discuss ways and examples of how someone may try to deliberately hurt someone's feelings. (Carrie makes sure to let Jodi know that she is not invited to her sleepover and everyone else is invited.)

If you see this happening to someone else, what should you do? *Get responses.* (The best thing is to stick up for the person to help him or her. Telling an adult about the situation might also help.)

Cyber Bullies

The last type of bully is a cyber-bully. This type of person is mean over the Internet or the cell phone.

You might chat with someone online who pressures you to do things that you know you should not do. What are some examples of this? (making you reveal personal information, arranging to meet someone in person that you met online, etc.)

Be careful what you do online! And don't give in to any pressures from anyone for any reason.

Texting or sending mean calls is also a form of cyber-bullying. There is a LOT of this going on now and it can be very harmful. Kids have done things they should never have done because they were bullied or harassed electronically.

WHAT TO DO

★ We have talked a lot about how to identify different types of bullying. More importantly than knowing how to recognize a bully is to make sure that you are NOT the bully we described. Instead, act Kind and Caring toward others.

Treat others the way you would like to be treated yourself!

If someone tries to bully you, there are some things that you should remember to do and some things you should not do.



The best approach to a bully situation is to follow the *A+ Way*.

Hold up the A+ Way poster.

The 3 major parts are: **Behave, Prevent, Respond**

Behave

Act Kind and Caring

A+

Prevent

Respond

1. Alert yourself to problems
2. Avoid the situation

1. Assert yourself
2. Act (use a Refusal Skill)
3. Ask for help

Discuss the following components of the A+ Way:

Behave:

Act Kind and Caring. *Stress that they are not to be the bully. Discuss.*

Prevent:

1. Alert yourself to problems

(Pay attention to what is going on around you. Are you walking into a situation where you may end up being a victim? Are you near others who can help you? Be alert!)

2. Avoid the situation!

(Is someone who likes to bother you at the basketball court? Then do not go there now. Avoid the potential bullying situation if possible.)

Respond:

1. Assert yourself.

(Hold your head up. Look the bully in the eye. Use strong, but non-violent, words and bodies. Discuss how body language can say a lot.)

2. Act. Use a Refusal Skill.

(Stay calm and walk away. Offer an alternative activity. Join other kids. Use one or more Refusal Skills.)

3. Ask for help.

(Find an adult or someone else who can help you in this situation.)

All of these actions will not work in all situations; you need to evaluate the whole situation and then make a smart decision about which action to take.

Remember to make it a non-violent action! (It is best NOT to:)

- ◇ Cry
- ◇ Hit, push, or kick the bully
- ◇ Try to get even
- ◇ Threaten the bully
- ◇ Ignore the bully (He or she wants some type of reaction, and totally ignoring the situation may make it worse.)
- ◇ Look down and avoid making eye contact, thinking the bully will leave you alone.

(Crying, hitting, reacting physically will often only get the victim hurt more. The bully is usually bigger and stronger and will get madder and retaliate.)

Remember, if you are not sure about *anything*, it is a good and safe idea to Check First! Ask an adult to help you figure out what is best in the situation.

Bystander

We've talked about the bully (the one who is mean) and the victim (the one who is getting picked on). There is one more category that we need to discuss, and that is the *bystander*.

What is a bystander? (someone who sees what is happening, or knows what is going on, or is in the area at the time).

What do you think a bystander should do? *Discuss.*

Some bystanders are passive; that means they do not get involved and do not do anything. *Ask the class to give examples of what this bystander might do—walk away, ignore it, etc.)*

Other bystanders may be active; they will get involved and do something. It might be a good thing or a bad thing that they do. What are some examples of a *positive* active bystander (someone who does something good)?
(stick up for the victim, offer assistance, go and get help , etc.)

What are some examples of a *negative* active bystander (someone who does something that is not good or helpful)? (join in on the victimizing, laugh, etc.)

Think of what you would want a bystander to do if you were the one who was being bullied or dared.

Kind and Caring: Bullying

Grade 4

**Reinforcement
Activity
2**

Use this worksheet as a reinforcement for the lesson on bullies.
(There is no right or wrong answer for this activity. You need to evaluate the entire situation before you can make a judgment.)

Allow time for plenty of discussion.

Role Play

Role-play the following scenarios or let the students determine what situations might be relevant to them. Use a variety of Refusal Skills to handle the situation.

Bjorn was new to the school. Sean and Mike liked to make fun of his name and background. One day they threatened to cut his new jacket if he did not give them his homework. How can this be handled?

Melissa made sure that Tiffany knew there was a sleep-over that weekend and she was not invited. Tiffany was upset and so Melissa and her friends teased her about it all day. How can this be handled?

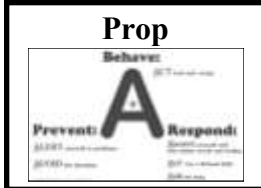
Craig was dared to stick a straw up his nose and sniff up his milk at lunch time. He really doesn't want to do this but he is afraid that the boys won't let him play basketball with them if he doesn't do it. How can this be handled?

Go on to the Closure.

Closure

Review the importance of being a Kind and Caring Kid and how it can help keep them safe.

Discuss ways to be Kind and Caring. Remind them that it is important for them not to be the unkind or uncaring (bully) person.



Remember to follow the A+ Way to deal with bullying.

☆☆☆ 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.
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5. Follow through with consequences.

Allow time and encourage extensive discussion on this subject.

Guide students to express their feelings about bullying and what they think are good solutions to the problem.

Be a Safety Kid!



Reinforcement Activities Bullying

Choose one or more of these activities to use.



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



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



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



Kind and Caring: Bullying
Reinforcement Activity # 1



Do you always need to use the words “You better or else...” in order to bully someone?

Use the back of this paper to draw an illustration of a bullying situation or use the lines below to write about one that could be real for someone your age. Think about:

- 1. What type of bullying is being done?
- 2. State a way to *avoid* this bullying.
- 3. What is another way (other than “avoiding”) that could help you in this situation?
- 3. What is the best reaction to have for this situation?

Kind and



Kind and Caring: Bullying Reinforcement Activity # 2

Read the situation. Is there bullying involved? Put an X in the box for “Yes”, “No”, or “Not Sure”.

	Yes	NO	Not Sure
1. Jason is laughing on the ground while Mark keeps tickling him.			
2. Jason is on the ground looking scared while Mark keeps tickling him.			
3. Troy did not get invited to the big party at Mike’s house.			
4. Standing in front of Nicole and a group of other girls, Carla says, “Look at what Nicole is wearing! I wouldn’t even wear that to a garbage dump.”			
5. While picking up teams for a game, John says, “I’ll take the kid with all the freckles.”			
6. Shannon yells out to Megan, “Are you having a bad-hair day or what?”			
7. Jamie tells Sarah not to let Christi know that they are going to the movies. She doesn’t want Christi to come because she’s mad at her.			
8. As Josh walks past him, Adam trips him and then jumps on him. They both end up rolling on the ground laughing.			



Kind and Caring: Bullying Reinforcement Activity # 3

Find the words from the word list and circle them. They may go across, down, diagonal, forward or backwards.



- | | | |
|----------|----------|----------|
| act | friends | scare |
| alert | help | school |
| ask | hurt | threaten |
| assert | kind | |
| avoid | mean | |
| bullying | pressure | |
| caring | problems | |

Kind an



Kind and Caring: Bullying Reinforcement Activity # 3 Answers

Find the words from the word list and circle them. They may go across, down, diagonal, forward or backwards.



act
alert
ask
assert
avoid
bullying
caring

friends
help
hurt
kind
mean
pressure
problems

scare
school
threaten