

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
- KC Koala poster
- A+ poster
- Reinforcement Activities #1, #2, #3 (optional)
- Letter to the Parent/Guardian

Objectives for Students

- Explain the relationship between being Kind and Caring, bullying, and their safety.
- Identify three reasons why someone may take a dare.
- List two ways to refuse a dare.
- Recognize four types of bullying.
- Describe three effective reactions to a bully situation.

Always start with a review of the Check First concept!

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 |
|--------|

We talked before about pressures that you may receive; pressures from yourself, your friends, your family, and the media. You may also receive pressure to do something or to respond in some way because of a bully. What is a bully?

List their ideas on the board. Put together a class definition of a bully.

(a person who hurts, frightens, or is cruel or oppressing to someone weaker, younger, or smaller)

Discuss the relationship and/or difference between a Kind and Caring kid and a bully.

It is not always possible to tell who is a bully just by the way a person looks. Can you describe some of the things this type of person does or how he or she acts? Get responses. Lead their discussion to include the following:

- ◇ Needs to feel in control
- ◇ Wants power
- ◇ Very aggressive
- ◇ Doesn't care who get hurts in the process

Lots of times kids joke around, tease, and even play around in a physical manner with each other and it may not be bullying. Sometimes it is. 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, or is one person deliberately trying to assert power and control over the other person?)

When the purpose or the goal is to make someone suffer in some way, then it is bullying. Do you like to be around someone like this? Have you ever acted this way toward someone else? Be honest—have you ever tried to make someone feel badly?

Although kids can be mean and cruel in lots of different ways, there are 4 basic kinds of bullies:

1. Physical
2. Verbal
3. Emotional / Relational
4. Cyber

Physical Bullies

What is an example of physical bullying? (Answers vary: kicking, hitting, spitting, tearing clothing, destroying a victim's possession, etc.)

It is not hard to identify a physical bully, but it may be hard to avoid or resist the bully situation.

What are some situations that you have either seen or that you think could happen that show how someone is being a physical bully? *Discuss.*

One way that kids react to a bully is to retaliate. *Retaliate* means to do something back at someone to get even for what they did to you. Is it right (or safe) to retaliate? *Discuss.*

Think of some ways that you might react to a bully. Keep them in your mind for right now and in a few minutes we will talk about safe and good ways to respond to a bullying situation.

Verbal Bullies

Words can be very powerful and a verbal bully can strike easily and quickly. Verbal teasing, humiliation, name calling, and insults can often really hurt a person.

Think of some names or teasing that you have done with a friend just in fun. (It is best not to ask them to share these words with the class!)

Now think of how those same words could be used to make someone feel badly or upset. If words are deliberately used to hurt someone, then that is bullying.

Before you say something mean about someone or to someone, stop and think if you would like to hear those same things said about you. Do you want to be hurt that same way?

Discuss.

Think of some ways that you might react to a verbal bully. Keep them in your mind for right now and in a few minutes we will talk about safe and good ways to respond to a bullying situation.

This type of bully tries to upset the victim by playing with his or her feelings. Everyone wants to feel like part of a group, and a bully may exclude a victim from a circle of friends. Intentionally making someone feel like an outcast is a form of bullying that is easy to do and can be very harmful.

Emotional / Relational Bullies

Can you think of a time when you felt left out of something? Maybe you did not get invited to someone's house, or maybe there was not enough pizza left for you to get some. Maybe there was no bully involved; maybe that's just the way things happened. It is a lot easier to accept and handle the situation when it does not involve a bully.

You have probably heard someone say: "Don't talk to him." or "Don't invite her to hang out with us." How would this make you feel if you were the one being rejected?

Is it OK to leave someone out of the group if he or she is *different* ? If the child is from a different neighborhood or country, or if the child looks or acts differently than you, is it then OK to be mean to that person or make fun of him or her?

Discuss how it is important to accept other people's differences!

Each person is special and valuable. We are not all alike, but we are still unique human beings and we need to be kind and tolerant of others.

Discuss the meaning of the word tolerant. (to recognize or respect others' beliefs or practices, without necessarily always agreeing with them)

Making someone feel left out or alone is one way to be a bully.

Discuss ways that someone may try to deliberately hurt someone's feelings.

Cyber Bullies

There is one last kind of bully: a cyber bully. What are we talking about when we say *cyber*? (This deals with electronic transmissions, such as the Internet and cell phones.)

Lots of people like to go online and talk with people they do not really know. Maybe they met them in a chat room or through a web site. Sometimes this is OK. But lots of times you do not *really* know the other person. He may say he is 12 years old, and really be 30 years old! She may say she lives near you, and really live in another country!

A cyber bully may try to boss you around and force you to do things online. He or she may want you to give out personal information (which you should never do) or tell you to go to sites you where should not go. Remember what you learned about pressures: if it is something you would not normally do by yourself, then you do not need to do it for someone else.

It is especially important to never make plans to meet a *cyber-friend* in person! That person may not be the person he or she pretends to be and it could be very unsafe and dangerous!

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. *There will probably be a lot of discussion on this!*

WHAT TO DO

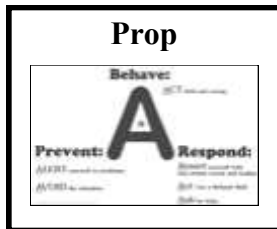
Do you think a bully is a tough guy?

(Not really. Usually a bully has low self-esteem and does not think very highly of himself or herself, is insecure, may cry, cannot stand up for himself or herself, and seeks a feeling of power because of these other characteristics. Often times the bully has been a victim of bullying at home.)

It does not matter what type of bully you encounter (physical, verbal, emotional/relational, or cyber), that person is not really too tough to handle properly.

A few minutes ago I asked you to think of how you would respond to a bully. You might have some ideas that are good (or safe) and you might have some that are not so good to use.

If you are the victim of a bully, there are some things that you should and should not do. The best approach to a bully situation is to follow the *A+ Way*.



Show the A+ Way poster.

**There are three main parts to the A+ Way:
Behave, Prevent, Respond.**

Discuss the following components of the A+ Way:

Behave

Act Kind and Caring



Prevent

1. Alert yourself to problems
2. Avoid the situation

Respond

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

Behave:

How do YOU act? First of all, it is important that YOU are not the bully!
The first A word is *Act*.

Act Kind and Caring. (It is important to each child's safety to make sure that he or she is not the bully.)

Prevent:

What can you do to prevent a situation (stop it before it even happens)?

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! Can you get away from a situation before it happens?

(Is someone who likes to bother you at the basketball court? Then do not go there now. Avoid the potential bullying situation if possible. That does not mean you need to always run away from problems. There are times you will have to face them. But just be Alert, and Avoid them if possible.)

Respond:

How do you react to a bullying situation?

1. Assert yourself with strong, but non-violent, words and bodies.

(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—see the lesson Pressures.)

3. Ask for help. Do not be afraid or ashamed to ask for assistance.

(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 judge which action to take. You may need to use a combination of ways.

The important thing is to behave, prevent or respond in a non-violent way!

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

Be sure you stick up for a friend who is being bullied. Tell the bully to quit, then later tell an adult about the situation.

A bullying situation occurs somewhere about once every nine seconds and usually lasts less than a minute.

A lot can happen in that time. Learn to use the Power NO and protect yourself.

Bystander

There may be 3 parties involved in a bullying situation. We talked about the bully and the victim (the one who gets bullied). The third category that may be involved is the bystander. What is that? (person who is there when the bullying happens and is not the victim)

This person may see or hear what happens and has to make a choice how to act. There are several ways the bystander may respond;

- 1. Do nothing (passive)**
- 2. Help the victim (active in a positive way)**
- 3. Help the bully (active in a negative way)**

Discuss how each of these actions can affect the outcome of the bullying situation.

Activity: Role-Play

A great way to practice bullying skills is to role-play. Pair up the students and have them write a bullying situation. Assign some categories to each group:

- ◇ Type of bullying situation (physical, verbal, emotional, cyber)*
- ◇ Type of Refusal Skill to use*
- ◇ Bystander: none, passive, active-positive, active-negative*

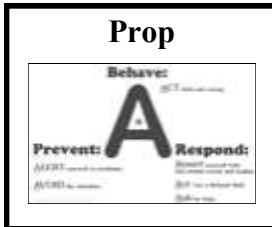
Have the groups act out the situation and discuss them as a class.

Review the importance of being a Kind and Caring Kid.

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| Closure |
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It is important to remember that you should not be the cause of a problem! Watch your words and actions and think about what you are doing and saying.

☆ *Discuss the relationship between their words and actions and their safety!*



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.
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.

Use the Reinforcement Activities on the following pages as a review.

Be a Safety Kid!



Kind and Caring: Bullying Reinforcement Activity #1

Circle the answer you feel is best.

A= Agree D=Disagree NS=Not Sure

- A D NS 1. A bully usually picks on someone who is smaller than he or she is.**
- A D NS 2. A bully always beats up someone.**
- A D NS 3. Teasing someone is bullying.**
- A D NS 4. Name-calling is a form of bullying.**
- A D NS 5. If you exclude someone from your group accidentally, it is still a type of bullying.**
- A D NS 6. A bully really is a *tough guy* inside.**
- A D NS 7. If someone bullies you, it is a good idea to cry?**
- A D NS 8. If someone bullies you, it is a good idea to fight back.**
- A D NS 9. If someone bullies you, it is a good idea to walk away.**
- A D NS 10. If someone bullies you, it is a good idea to tell an adult.**
- A D NS 11. If someone bullies you, it is a good idea to be funny.**
- A D NS 12. If someone bullies you, it is a good idea to threaten the bully.**
- A D NS 13. If you see someone else get bullied, you should do something.**
- A D NS 14. You are a baby if you ask for help when someone bullies you.**



Kind and Caring: Bullying Reinforcement Activity #1 Answers

Best Answer

- Agree 1. A bully usually picks on someone who is smaller than he or she is.**
The victim is usually weaker, smaller, younger, or more easily intimidated.
- Disagree 2. A bully always beats up someone.**
Bullying can also be verbal or emotional/relational, without any physical contact.
- Not Sure 3. Teasing someone is bullying.**
Teasing can be done in fun and is not bullying. However, when it is deliberately done to hurt the person, then it is bullying.
- Agree 4. Name-calling is a form of bullying.**
Verbal teasing, humiliation, name calling, and insults can often really hurt.
- Disagree 5. If you exclude someone from your group accidentally, it is still a type of bullying.**
Sometimes situations just happen that may cause a person to be excluded from a group and this is not bullying. However, when it is deliberately done to hurt the person, then it is bullying.
- Disagree 6. A bully really is a *tough guy* inside.**
Not really. Usually a bully has low self-esteem, is insecure, may cry, and seeks some feeling of power. Often times the bully has been a victim of bullying at home.
- Disagree 7. If someone bullies you, it is a good idea to cry.**
You are giving that bully what he/she wants.
- Disagree 8. If someone bullies you, it is a good idea to fight back.**
The bully is probably bigger and stronger and you may get hurt. It may also make him/her madder.
- Agree 9. If someone bullies you, it is a good idea to walk away.**
Stay calm and walk toward other people.
- Agree 10. If someone bullies you, it is a good idea to tell an adult.**
Tell your parent or teacher. Do not tell the bully's parent because they will probably not believe you or they may bully that child even more.
- Not Sure 11. If someone bullies you, it is a good idea to be funny.**
Sometimes humor can help the situation, but do not say anything funny about the bully.
- Disagree 12. If someone bullies you, it is a good idea to threaten the bully.**
This will make him/her madder or more harmful to you.
- Agree 13. If you see someone else get bullied, you should do something.**
Be assertive, speak up, tell an adult.
- Disagree 14. You are a baby if you ask for help when someone bullies you.**
It's OK to ask for help!



Kind and Caring: Bullying Reinforcement Activity #2

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



Word List

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



Kind and Caring: Bullying Reinforcement Activity #2 Answers

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



Word List

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



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