

Anti-Bullying Lesson Plan

Grades K-5



Bullying has become an epidemic in schools across the country, negatively impacting millions of children. According to recent statistics, 1 in 5 students report being bullied at school, with both short and long-term detrimental effects on self-esteem, mental health, and academic performance. When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable!

THE BEST WAY TO COMBAT BULLYING IS TO EDUCATE, ENGAGE AND INSPIRE.

- ***Help kids understand bullying.*** Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- ***Keep the lines of communication open.*** Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- ***Encourage kids to do what they love.*** Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- ***Model how to treat others with kindness and respect.*** Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.



A. Show Video

This 6-minute video - from Catholic Mutual (CMGConnect) is specifically created for a younger audience to help them know what to do when they encounter bullying. To access the video for classroom viewing settings, go to:

https://www.dropbox.com/s/rjglet3cbzglht7/cm-g-not-ok_v1r0_en_HD.mp4?dl=0

B. Discuss... What is the definition of bullying?

Bullying is being mean to someone else over and over again.

3 types: Verbal, Social and Physical

Bullying often includes:

- Teasing or being made fun of, name-calling
- Spreading rumors or lies
- Leaving kids out on purpose
- Hitting, tripping, pushing, shoving, tripping, or spitting on someone on purpose
- Threatening someone with harm
- Destroying someone's things on purpose

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. It includes posting rumors on sites like Facebook, Instagram, or Snapchat, sharing embarrassing pictures or videos, and making fake profiles or websites.

**** Discussion Questions****

Talking about bullying directly is an important step in understanding how the issue might be affecting kids. There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly. Assure kids that they are not alone in addressing any problems that arise. Start conversations about bullying with questions like these:

- What does “bullying” mean to you?
- Describe what kids who bully are like. Why do you think people bully?
- Who are the adults you trust most when it comes to things like bullying?
- Have you ever felt scared to go to school because you were afraid of being bullied? •

What do you think parents can do to help stop bullying?

- Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
- What do you usually do when you see bullying going on?
- Do you ever see kids at your school being bullied by other kids? How does it make you feel?
- Have you ever tried to help someone who is being bullied? What happened? What would you do if it happens again?

Please note: The above questions are conversation starters to have with your students. The following discussion questions (sections C, D and E) can be used to help answer, explain, and respond to the students reactions above



C. Discuss...If you see bullying at your school, what can YOU do?

There are things you can do to keep yourself, your friends, and the kids you know safe from bullying.

- Treat Everyone with Respect. Nobody should be mean to others.
- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.

D. Discuss...What to Do If You're Bullied

There are things YOU can do if you are being bullied:

- Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.

There are things you can do to stay safe in the future, too.

- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens. (Avoid being alone in hallways, cafeteria tables, the playground, etc.)
- Stay near adults and other kids. Most bullying happens when adults aren't around.

E. Discuss...How to stop bullying

Stand Up for Others, When you see bullying, there are safe things you can do to make it stop.

- Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.
- Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone. Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way.

Get Involved, You can be a leader in preventing bullying in your school.

- Find out more about where and when bullying happens at your school. Think about what could help. Then, share your ideas. There is a good chance that adults don't know all of what happens. Your friends can go with you to talk to a teacher, counselor, coach, or parent and can add what they think.
- Talk to the principal about getting involved at school. Schools sometimes give students a voice in programs to stop bullying. Create posters for your school about bullying.

If you would like more information to enhance this lesson plan there are videos and additional information at stopbullying.org



Anti-Bullying Lesson Plan

Grades 6-8



Bullying has become an epidemic in schools across the country, negatively impacting millions of children. According to recent statistics, 1 in 5 students report being bullied at school, with both short and long-term detrimental effects on self-esteem, mental health, and academic performance. When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable!

THE BEST WAY TO COMBAT BULLYING IS TO EDUCATE, ENGAGE AND INSPIRE.

- ***Help kids understand bullying.*** Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- ***Keep the lines of communication open.*** Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- ***Encourage kids to do what they love.*** Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- ***Model how to treat others with kindness and respect.*** Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.



A. Show Video

This 8-minute video is specifically created for a middle school audience to help them understand what to do when they encounter bullying. To access the video for classroom viewing go to:

<https://www.dropbox.com/s/7mmw8hts9hlmm71/Anti-Bullying%20Middle%20School.mp4?dl=0>

B. Discuss: What is bullying?

Bullying is being mean to someone else over and over again.

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.

Bullying can be verbal, social or physical and often includes:

- Teasing or being made fun of someone/insulting
- Spreading rumors or lies
- Leaving kids out /exclusion on purpose
- Hitting, tripping, pushing, shoving, tripping, or spitting on someone on purpose
- Threatening someone with harm
- Destroying someone's things/property on purpose
- Making someone do something they don't want to do

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. It includes posting rumors on sites like Facebook, Instagram, snapchat, sharing embarrassing pictures or videos, and making fake profiles or websites.

*** Discussion Questions***

Talking about bullying directly is an important step in understanding how the issue might be affecting kids. There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly. Assure kids that they are not alone in addressing any problems that arise. Start conversations about bullying with questions like these:

- What does “bullying” mean to you?
- Describe what kids who bully are like. Why do you think people bully?
- Who are the adults you trust most when it comes to things like bullying?
- Have you ever felt scared to go to school because you were afraid of bullying?
- What do you think parents can do to help stop bullying?
- Have you or your friends left other kids out on purpose? Do you think that was bullying?
- What do you usually do when you see bullying going on?
- Do you ever see kids at your school being bullied by other kids? How does it make you feel?
- Have you ever tried to help someone who is being bullied? What happened? What would you do if it happens again?

Please note: The above questions are conversation starters to have with your students.

The following discussion questions (sections C, D and E) can be used to help answer, explain, and respond to the students reactions above



C. Discuss...Do you see bullying at your school? What to do?

- There are things you can do to keep yourself and the kids you know safe from bullying. Treat Everyone with Respect.
- Nobody should be mean to others.
- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.

D. Discuss...What to Do If You're Bullied

There are things you can do if you are being bullied:

- Look at the kid bullying you and tell him or her to stop in a calm, clear voice.
- You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back.
- Find an adult to stop the bullying on the spot.

There are things you can do to stay safe in the future, too.

- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens. Don't be alone in hallways, the cafeteria, locker room • Stay near adults and other kids. Most bullying happens when adults aren't around.

How to Protect Yourself from Cyberbullying

- Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails.
- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.
- Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
- Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.
- Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.



E. Discuss...How to stop bullying

Stand Up for Others, When you see bullying, there are safe things you can do to make it stop.

- Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.
- Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.
- Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way.

Get Involved, You can be a leader in preventing bullying in your school

- Find out more about where and when bullying happens at your school. Think about what could help. Then, share your ideas. There is a good chance that adults don't know all of what happens. Your friends can go with you to talk to a teacher, counselor, coach, or parent and can add what they think.
- Talk to the principal about getting involved at school. Schools sometimes give students a voice in programs to stop bullying. Create posters for your school about bullying.

Other Notes....

How Common Is Bullying?

About 20% of students ages 12-18 experienced bullying nationwide.

Where does bullying happen: Students ages 12-18 had experienced bullying in various places at school:

Hallway or stairwell (43.4%)

Classroom (42.1%)

Cafeteria (26.8%)

Outside on school grounds (21.9%)

Online or text (15.3%)

Bathroom or locker room (12.1%)

Somewhere else in the school building (2.1%)

Approximately 46% of students ages 12-18 who were bullied during the school year notified an adult at school about the bullying. Among students ages 12-18 who reported being bullied at school during the school year, 15 % were bullied online or by text, called cyberbullying.

If you would like more information to enhance this lesson plan there are videos and additional information at stopbullying.org



Anti-Bullying Lesson Plan

Grades 9-12



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- ***Model how to treat others with kindness and respect.*** Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.



This 12-minute video is specifically created for a high school audience to help them know what to do when they encounter bullying. To access the video for classroom viewing settings, go to:

https://www.dropbox.com/s/5173yte0ogth3wl/cmg-whats-right_v1r1_en_HD.mp4?dl=0

Discuss: What is bullying?

Bullying is being mean to someone else over and over again.

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated or has the potential to be repeated, over time.

Bullying can be verbal, social, or physical and often includes:

- Teasing or being made fun of someone/insulting
- Spreading rumors or lies
- Leaving kids out /exclusion purpose
- Hitting, tripping, pushing, shoving, tripping, or spitting on someone on purpose
- Threatening someone with harm
- Destroying someone's things/property on purpose
- Others tried to make them do things they did not want to do

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. It includes posting rumors on sites like Facebook, sharing embarrassing pictures or videos, and making fake profiles or websites.

***** Discussion Questions******

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What does “bullying” mean to you?

Describe what kids who bully are like. Why do you think people bully?

Who are the adults you trust most when it comes to things like bullying?

Have you ever felt scared to go to school because you were afraid of bullying?

What do you think parents can do to help stop bullying?

Have you or your friends left other kids out on purpose? Do you think that was bullying?

What do you usually do when you see bullying going on?

Do you ever see kids at your school being bullied by other kids? How does it make you feel?

Have you ever tried to help someone who is being bullied? What happened?

Please note: The above questions are conversation starters to have with your students.

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There are things you can do to stay safe in the future, too.

- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens.

Stay near adults and other kids. Most bullying happens when adults aren't around.

How to Protect Yourself from Cyberbullying

- Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. There are things you can do to protect yourself.
- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.
- Keep your password a secret from other kids. Even kids who seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
- Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.
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Get Involved, You can be a leader in preventing bullying in your school

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