



Educator guide: Bullying lesson

Recommended for grades:

1st grade

Time:

6 minutes

National Health Education Standards:

This lesson aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Identify bullying behaviors that might occur in the school or on school grounds when given various video scenarios.

Lesson description:

The Bullying lesson teaches students what bullying is and what bullying isn't. Students will view several videos and get a chance to practice deciding whether or not what they saw was bullying.

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Bullying lesson. You may choose to use this list in any way that fits your needs.

- Bullying - when a person hurts another person on purpose, usually repeated over time and usually with a difference in power
- Feelings - emotions such as happy, sad, excited, scared or angry that can change throughout the day
- Friend - someone who supports you, who will like you for who you are and is there to help when you need them



Supplemental activity: Anti-bullying contract

Objectives:

After completing this activity students will be able to:

- Demonstrate advocacy by signing an anti-bullying contract and role-modeling anti-bullying behavior.

Materials needed:

- Anti-bullying contract (on the next page)
- Pens/pencils

Time required:

20 minutes

Instructions:

After completing the Bullying lesson, discuss with students how bullying can make a person feel. Feel free to discuss other examples of bullying that you have seen at your school that were not addressed in the video examples. Next, create an anti-bullying contract. If you prefer, you can use the sample contract found on the next page. Each student and his or her parent or caregiver should sign the contract. Keep all signed contracts in a binder for the school year.

Talk about why it's important to role model the behaviors outlined in the contract. Remind students that if they are seen showing friendly behaviors, others in the school may do the same.

Anti-bullying contract

Student and parent or caregiver agreement

Everyone has the right to feel safe at school. I will do everything I can to be friendly to others and include others in all activities.

Student's responsibility:

I promise that I will not bully others. When I witness bullying, I will report it to an adult.

Student's name

Grade

Teacher

Date

Parent or caregiver's responsibility:

I promise to teach my child to always respect others. I have taught my child not to bully. I have told my child to report any bullying to an adult.

Parent or caregiver signature

Date



Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



How to tell if your child may be involved in bullying

What is bullying?

Bullying is when someone hurts someone else on purpose. A lot of the time it happens more than once. Some things to know about bullying are:

- **There is a difference in power:** Kids who bully use their power to control or hurt someone's body or feelings. Their power might be strength or being more popular than others.
- **It is repeated:** Most of the time bullying happens more than once.
- **It is done on purpose:** Bullying happens when someone means to do it. If a child doesn't mean to bump into another child in the hall, that is not bullying.

Bullying includes actions like:

- Making threats
- Spreading rumors
- Hurting someone
- Not letting someone join a group

Bullying is learned, and respect must also be learned. Children copy what they see other children and adults doing. Try to set a good example.

Signs your child is being bullied

Look for changes in your child. Some children who are bullied may not show warning signs. Some signs that bullying might be a problem are:

- Unexplained injuries or bruises
- Lost or ruined clothes, books, school work, art or toys
- Headaches or stomachaches, feeling sick or faking illness to avoid school
- Changes in eating, like skipping meals or eating a lot
- Lower grades, loss of interest in school or not wanting to go to school
- Loss of friends or being left out
- More angry words or actions after seeing certain classmates or coming home from school
- Nervous behaviors like chewing nails or pulling out hair
- Becoming more withdrawn or fearful



Why don't kids ask for help?

Many times, kids don't tell an adult that someone is hurting or scaring them. Kids don't tell adults for many reasons:

- Bullying can make a child feel helpless.
- They might not want to be seen as a tattletale.
- They may be afraid of the child who bullied them.
- They may be afraid they will get in trouble.
- They may fear losing friends.

How can you find out if your child is being bullied?

Ask your child:

- Is something or someone scaring you or making you upset?
- Are you ever afraid to go to school? Why?
- Does anyone make you sad at school? Why?

What can you do to get your child help?

If you think your child needs help, don't ignore the problem. To deal with bullying at school, work with teachers and other school staff.

Always start with the classroom teacher. If the problem continues, the next step is to go to other administrators (counselor, principal or superintendent). If the bullying is happening outside of school, talk with the adult in charge. This may be a coach, club advisor or group leader.

Signs a child may be bullying others

A child may be bullying others if they:

- Are being bullied by someone at home, in the neighborhood or at school
- Get into physical or verbal fights
- Have friends who bully others
- Blame others for their problems and make excuses for their actions
- Test limits or break rules
- Need to control others and situations



How to tell if your child is showing bullying behaviors?

You can:

- Attend parent teacher meetings.
- Ask your child how school is going.
- Ask your child about their friends.
- Watch your child play with others.

If your child needs to talk to someone

If your child is a victim or is showing bullying behaviors, they may need to talk to someone. Start with your child's school and see what resources they have. Check with your health care providers to see if they can share where you can find help.

Repurposed from <http://www.stopbullying.gov>. More information for parents and caregivers, children and educators may be found at this site.



Effects of bullying

Bullying hurts everyone.

Children who are bullied may:

- Feel insecure
- Avoid school
- Have trouble learning

As they grow up, children who have been bullied may:

- Be depressed
- Have low self-esteem
- Have health problems
- Get poor grades
- Think about killing themselves

Those who have observed bullying may feel:

- Afraid
- Powerless to help
- Guilty for not helping
- Pressure to join in

Children who bully are more likely to:

- Get into fights
- Damage property
- Drop out of school

Children who bully often get involved in other behaviors like:

- Breaking rules
- Stealing
- Carrying a weapon
- Drinking alcohol and smoking at young ages

Repurposed from <http://www.stopbullying.gov> and <http://www.olweus.org/public/effects-bullying.page>



Transcript

Screen 1

Gus: Hello, boys and girls! Gus here! We have an important topic to discuss today. We are going to talk about bullying. It's important to know what is bullying and what isn't. You then need to know what to do if you are being bullied, or see someone being bullied.

Ready?

Screen 2

Gus: Bullying is when someone hurts another person on purpose. And, it usually happens more than once.

Bullying can include: hurting another person's body or things, and even hurting someone's feelings. So, if you push or shove someone, or try to scare them because you are bigger and stronger than they are, that's considered bullying. If you take another person's things, or ruin something of theirs on purpose, that is bullying too. If you call someone names, tease them, or say mean things about them you are hurting their feelings.

Here's an example: Joey trying to trip Sam in the hallway every day to get his friends to laugh is considered bullying. Another example would be if Sophia makes fun of what Kate wears to school every day.

None of these things sound like being a good friend to me!

Screen 3

Gus: Let's see if you can recognize what is bullying and what is not. After you watch each video, you'll click "yes" if you think it's bullying or "no" if you don't think it's bullying.

Screen 4

Bully Boy 1: Nice pink pencil, Martir. What are you, a girl?!

Bully Boy 2: Only girls like pink!

Martir: Why do you guys always bother me? Leave me alone.

Is this bullying?

Yes -You're right. Making fun of someone because they use a different color pencil than you is bullying, especially because it sounds like it's happened more than once. Hurting someone's feelings on purpose is never ok.

No - Actually, this is bullying because teasing someone can be hurtful, and it sounds like it has happened more than once.



Screen 5

Gus: Let's watch another one.

Girl: Hey, it's my turn to be line leader. Get out of my way.

Boy: No way, you were leader on the way out. I got here first.

Is this bullying?

Yes – I don't think so. When two kids both want to be the line leader that's not really bullying. That's just two kids both wanting to do something fun. Hopefully, they can learn how to compromise next time.

No - That's right! Just because you disagree, or have an argument with someone, doesn't mean you are bullying or being bullied.

Screen 6

Gus: Let's take a look at another one.

Martir: Oops. Sorry.

Roman: Hey, you messed up my picture.

Is this bullying?

Yes – I don't think so. Sometimes we may bump someone when we walk by because we are not paying attention. It's not meant to hurt someone.

No - That's right! Sometimes accidents happen. It wouldn't be considered bullying unless it's being done on purpose.

Screen 7

Gus: Take a look at one more!

Girl 1: Can I come play with you?

Girl 2: No, I told you yesterday that we don't like you.

Is this bullying?

Yes -You're right. Excluding someone and telling them you don't like them can be very hurtful. That's bullying.

No - Actually, not letting someone play with you, and telling them that you don't like them can definitely hurt their feelings. That's considered bullying.

Screen 8

Gus: Good job! You have completed this activity.



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