



# Educator Guide: Bullying Lesson

## **Recommended for Grades:**

5<sup>th</sup>

## **Time:**

10 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.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors 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](http://shapeamerica.org).

## **Learning Objectives:**

After completing this lesson students will be able to:

1. State the definition of bullying.
2. Define bystander.
3. Describe two different things you can do in a bullying situation if you are being bullied.
4. Describe two different ways a bystander can support someone being bullied.
5. Name at least two trusted adults that they can go to if they need help.



## Lesson Description:

In the Bullying Lesson students will learn what bullying is and the different types of bullying. Students also learn what to do if they find themselves in a bullying situation, as a victim or a bystander. They will view examples of what to do in two different video situations. There is a worksheet included for students to complete as they work through this lesson. You may choose to print copies from this guide or have students download it directly from the Bullying Lesson page on the E-Learning Center and save it to their devices.

## Pre and Post-test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. What is the definition of bullying?
  - a. Bullying is a misunderstanding between two or more people.
  - b. Bullying is unwanted, aggressive behavior that involves a power imbalance.**
  - c. Bullying is a disagreement between two people of equal power.
2. Which of these is something you could do if someone was bullying you?
  - a. Argue with them.
  - b. Fight back.
  - c. Use a comeback.**
3. What can a bystander do to help a person being bullied? Choose two that apply.
  - a. Find an adult.**
  - b. Walk away.
  - c. Ask the person to join your group of friends.**
  - d. Pretend you agree with the bullying.
4. In a bullying situation, the person who witnesses what is going on and can help stop the bully by telling an adult and offering support is the:
  - a. Bystander**
  - b. Neighbor
  - c. Victim
  - d. Frenemy



## **Vocabulary:**

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

- Bullying – unwanted, aggressive behavior that involves a real or perceived power imbalance, and is usually repeated over time
- Bystander – someone who witnesses a bullying situation
- Comeback – a quick reply to a critical remark
- Conflict – a disagreement or argument where both sides express their views and there is equal power between those involved
- Physical bullying – bullying that involves hurting a person's body or their things on purpose, and usually more than one time
- Power imbalance – when one person has more power, influence or control than another
- Social bullying (relational bullying) – repeatedly trying to hurt someone's relationships or reputation
- Trusted adult – a grown-up at home, school or other safe place that you can go to for help
- Verbal bullying – when someone (usually with more power) uses their words to hurt or scare someone (with less power) on purpose
- Victim – the target of a bully

# Bullying Lesson: Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet as you work through the Bullying Lesson.

1. What is the definition of bullying?

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2. List two examples of bullying.

a. \_\_\_\_\_

b. \_\_\_\_\_

3. List two things you could do if you are being bullied.

a. \_\_\_\_\_

b. \_\_\_\_\_



4. List two things a bystander can do to help in a bullying situation.

a. \_\_\_\_\_

b. \_\_\_\_\_

5. List two trusted adults that you would feel comfortable talking to about a bullying situation.

a. \_\_\_\_\_

b. \_\_\_\_\_

6. How is conflict different than bullying?

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# Bullying Lesson: Worksheet Answer Key

1. What is the definition of bullying?

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

2. List two examples of bullying.

Answers can include hitting, kicking, spitting, tripping, pushing, taking or breaking someone's things, teasing, name-calling, making inappropriate comments about someone's body, taunting, threatening to harm someone, leaving a person out on purpose, telling others not to be friends with someone, spreading rumors, embarrassing someone in public, etc.

3. List two things you could do if you are being bullied.

Answers can include walk away, tell them to stop, laugh along with the person bullying you, ignore them, use a comeback line, etc.

4. List two things a bystander can do to help in a bullying situation.

Answers can include speak up, help the person get out of the situation, stand next to them, invite the person to join your group of friends, talk to the person later on to make sure they are ok, offer to go with the person to report the bullying, etc.

5. List two trusted adults that you would feel comfortable talking to about a bullying situation.

Answers can include any trusted adult at home, at school or in the community.

6. How is conflict different than bullying?

Conflict is a disagreement or argument where both sides express their views. Both parties have equal power. With bullying there is an intent to hurt or harm, and there is a power imbalance between those involved.



# Supplemental Activity: What Would You Do?

## Objectives:

After completing this activity students will be able to:

- Demonstrate, in a role play situation, one thing they can do if they are being bullied.
- Demonstrate, in a role play situation, one thing they can do to help someone who is being bullied.

## Materials Needed:

- Whiteboard, chalkboard or large sheet of paper
- Props as needed for role plays

## Time Required:

60 minutes

## Instructions:

Discuss with students some bullying situations that they have observed. Make a list of these situations on a whiteboard, chalkboard or large sheet of paper so students can reference them throughout the activity. Try to include examples of physical, verbal and social bullying.

Next review with students what they can do if they are being bullied, and what they can do if they are a bystander.

Divide students into groups of 3-5 and assign each group a bullying situation from the list that you created. Then allow each group time to role play the situation so that each person has a chance to be the person being bullied and use a strategy that they learned in the Bullying Lesson. They should choose one that they feel comfortable doing. So if they're not comfortable using a comeback, perhaps they could simply say "knock it off" and walk away. Once each person in each group has had a chance to use their strategy of choice they should run through the situation again and this time each student will have a chance to be the bystander and try to help the person being bullied.

If time allows, and groups want to share their role plays, they can. You can also hold a class discussion about how it's often helpful for students to think about what they would do if they find themselves in these types of situations before it happens. It can be hard to think of what to do in the moment so it helps to already have an idea of what they would say or do.



# 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

## Slide 1

### *Video:*

Erika: Hi! I'm Erika, and this is Leo. We're here today to talk about bullying.

Leo: Bullying is a big problem. And it affects more than just the person being bullied. Bullying can affect everyone involved, even bystanders who just witness it.

Erika: That's right. And in this lesson, you're going to learn what bullying is and how you can stop it. You will also learn the difference between bullying and conflict. Let's get started.

## Slide 2

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Kids who bully others use their "power" to control or harm others with less power. Examples of power imbalances can include physical strength, age, popularity, or having embarrassing information about someone. This could look like someone using their popularity to exclude a classmate from their group at recess. Or sharing private, embarrassing information about someone with their friends.

## Slide 3

There are three main types of bullying: physical, verbal and social. Click on each type to learn more.

### *Physical*

Physical bullying involves hurting a person's body or their things and could include:

- Taking or breaking someone's things
- Hitting
- Kicking
- Spitting
- Tripping
- Or pushing

### *Verbal*

Verbal bullying is when someone uses their words to hurt or scare another person. It could include:

- Teasing
- Name-calling
- Making inappropriate comments about someone's body
- Taunting
- Or threatening to harm someone

### *Social*

Social bullying, or relational bullying, involves hurting someone's relationships or reputation and could include:

- Leaving a person out on purpose
- Telling others not to be friends with someone
- Spreading rumors
- Or embarrassing someone in public

### Slide 4

Most of the time when someone bullies, they are looking for a reaction. Their goal is to take away your power and to make you feel sad or scared. And, if you show them that you are not sad or scared, they will often lose interest. Different things will work for different people, but here are some things you can do if you are being bullied.

The easiest and quickest thing you can do is walk away.

If you're feeling confident, tell the person bullying you that you need them to stop by saying something like "Enough!" or "I need you to stop."

You could also try just laughing right along with them if they are making fun of you. That's the last thing they'll expect.

Ignoring them can work too. Just pretend you can't hear them and keep on walking.

There are also lots of one-line comebacks you can try in different situations. Something like "Wow, you finally found something funny to say." Or "Do you feel better now?"

## Slide 5

Bystanders are the ones who witness bullying. Even though they're not the ones being bullied they can step in and help. And they should! If you ever witness someone being bullied you should try and be an upstander, which is someone who sees what's happening and intervenes or speaks up to stop the bullying. Click each button to learn ways you can help.

### *Speak up*

If you're comfortable, speak up. Tell the person who is bullying others to "knock it off" or "leave them alone".

### *Help*

Help the person get out of the situation. That can be as simple as putting your arm around them and saying "Hey, come on. We have to get to class."

### *Stand*

If you feel like you can't speak up, simply stand next to the person being bullied. This will help them feel less alone.

### *Invite*

Invite the person to join your group of friends at recess or lunch. This makes them feel included and part of the school community.

### *Talk*

Talk to the person later and make sure they're ok. Showing your support can help them feel less alone.

### *Go with*

Offer to go with the person to report the bullying. They may be afraid to tell an adult or they may think telling an adult isn't really going to help. Going with them will make them more likely to get the help they need.

The important thing is that you reach out in some way. You don't have to be their best friend in order to help out. It's every student's responsibility to stand up to bullying and show respect for others.



### Slide 6

Now let's take a look at some examples of how to deal with bullying. In this first situation Korin is looking for a spot to sit at lunch. Lacy and her friend don't want her to sit at their table. When Korin asks to sit with them, they tell her there's no room for her and move closer together. Click on each button to see different ways Korin could deal with this bullying situation.

*Bystander intervention:* Dayeliz (sitting across table): That's rude! Korin, of course there's room! C'mon. Sit here.

*Walk away:* Korin shrugs, looks towards a different table, and goes to sit there.

*Speak up:* Korin: Actually, there's plenty of room. Move over please.

### Slide 7

Let's look at a different situation. Ryan keeps missing his shots today. The other students are laughing at him and calling him names. Click on each button to see different ways Ryan could deal with this bullying situation.

*Bystander intervention:* Gelana: Hey, don't listen to them. C'mon I'll go with you to talk to Mr. Lane. They need to stop messing with you.

*Comeback line:* Ryan: Yeah, well even Michael Jordan missed 9,000 shots in his career and he's the GOAT.

*Speak up:* Ryan: You know what? Enough! I need you guys to stop.

It's not always easy to think of something to say when you're in situations like these. Try to think of a few things ahead of time that you could say, or do, if you ever find yourself in a bullying situation. It will help you feel more confident.

### Slide 8

It's great if you are able to handle a bullying situation on your own, or with your friends. However, if the bullying continues, you need to tell a trusted adult. Telling an adult about bullying is not tattling. Tattling is telling an adult about something that's not serious, just to get someone in trouble. But bullying is serious and adults can step in, stop the bullying, and make sure that everyone is ok.

Think of a trusted adult you could talk to about a bullying situation. At school it could be a teacher, counselor, aide, or any adult in the office. Outside of school you could talk to a parent, other family member, coach, health care provider, or any other adult you trust.





### Slide 9

Sometimes people confuse conflict with bullying. Conflict is a disagreement or argument where both sides express their views. There is equal power between those involved, and usually both sides change their behavior when they realize it is hurting someone else. Conflict is a normal thing in healthy relationships.

Bullying, however, is not. With bullying there is an intent to hurt or harm, and there is a power imbalance between those involved. The bullying usually continues when the person realizes that their behavior is harming someone else.

Also, in conflict, neither person feels unsafe or threatened. Because of this, conflicts can usually be worked out by those involved. An example of conflict is two students working on a group project disagreeing on who does what. Or two friends arguing over what to do this weekend.

### Slide 10

*Video:*

Leo: Hopefully this has given you some ideas of what you can do if you find yourself in a bullying situation. And remember if you ever feel unsafe make sure you find an adult to help.

Erika: Yes, please don't underestimate your role as a bystander too. If you see someone being bullied it's so important to do something to help them. You don't have to be their best friend to step in and say something, ask them to come join your group, or to simply go get an adult to help. Stepping in when someone is being bullied is the right thing to do.



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