



Educator guide: Bullying lesson

Recommended for grades:

Kindergarten

Time:

5 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.

Learning objectives:

After completing this lesson students will be able to:

1. Recognize bullying behaviors in the school setting and share examples with their class and teachers.
2. Give one positive example of what to do in a bullying situation.
3. Name at least two trusted adults that they can go to if they need help.

Lesson description:

The Bullying lesson teaches students what bullying is and what actions they can take when they see a bullying situation or if they are bullied. Students will learn ways they can speak up and who they can go to for help.



Vocabulary:

Use the following list of vocabulary as a reference for yourself and/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
- Serious - something that is very important or dangerous; serious situations mean you should tell an adult what is happening
- Trusted adult/grown-up - a grown-up you can go to for help either at school, home or other safe place

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 next page)
- Pens/pencils

Time required:

20 minutes

Instructions:

After the Bullying lesson lead the class in a discussion about what they learned. Review with students what they should do if they see a bullying situation or if they are bullied. (Tell the person who is bullying to stop and tell a trusted grown-up.)

Explain to students that they will each have the opportunity to sign an anti-bullying contract and explain that if they sign it they are promising to be friendly to others, include others in activities and to not bully others. Ideally each student and their parent, guardian or other trusted grown-up should sign the contract. Keep all signed contracts in a binder or display them around the room.

Lastly, discuss why it is important to role model the behaviors outlined in the contract. Remind students that if they are seen showing friendly behaviors, others in the class and 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 (a 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.



Transcript

Screen 1

Gus: Hello, it's me Gus! I'm here today to discuss a pretty serious topic: bullying. Some of you may have heard that word before. 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 is hurting someone's body. If you take things from others or ruin something of theirs on purpose, that is hurting their things. If you call someone names, tease them or say mean things about them, you are hurting their feelings.

So, for example, if each week in art class Jacob tries to scribble on Sam's art project that would be considered bullying. Another example would be if Jocelyn never lets Sophie play at recess with her and her friends.

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

Screen 2

Gus: Let's see if you can recognize what is bullying and what is not. After you hear each one you'll circle yes if you think it's bullying or no if you don't think it's bullying.

Screen 3

Gus: Lately, Cora won't let Anna sit at her table at lunch because she has other friends she wants to sit with instead. Cora tells Anna "These are my new friends, you can't sit with us." Is this bullying? Circle your answer.

Yes: You're right! That sounds like bullying to me. Anna's feelings may be hurt, and she should be able to sit anywhere she wants. It's not Cora's decision, it's hers.

No: Good try, but Cora hurt Anna's feelings, and it sounds like she's been doing this on purpose. That's considered bullying. Try again.

Screen 4

Gus: Kate and Jayden are best friends. Sometimes they argue about what game to play, or what movie to watch. Is this bullying? Circle your answer.

Yes: Not really. Friends don't always agree about everything. And sometimes friends argue. It doesn't sound like Kate and Jayden are being mean to each other on purpose. They're just disagreeing. Try again.



No: That's right. Even though Kate and Jayden may feel bad after they argue, they're still friends. Neither of them is bullying the other.

Screen 5

Gus: Matthew is having trouble learning how to write his name. Carlos makes fun of him for it every day. Is this bullying? Circle your answer.

Yes: You're right. It's not nice to make fun of someone for being different than you. Trying to make someone else feel bad on purpose is considered bullying.

No: Not quite. Carlos is making fun of Matthew and it's hurting his feelings. Try again.

Screen 6

Gus: Do you know what to do if you are bullied? Ask yourself: "What would Gus do?"

If someone is bothering you one of the things you can do is tell them to stop. Look them in the eye and say: "I don't like it when you do that and I want you to stop." Let's practice that. Say it with me ... "I don't like it when you do that and I want you to stop." One more time with feeling: "I don't like it when you do that and I want you to stop!" Great job everybody!

Screen 7

Gus: Sometimes you may need help from a grown-up. If you are at school and someone hurts you, find a grown-up who can help. It could be a teacher or an aide, someone who works in the office or any other trusted grown-up at school.

If you are at home you can talk to your mom, dad, grandma, grandpa or any other trusted grown-up about what is happening. Grown-ups can help you feel safe and make sure everything is OK. Never be afraid to ask a grown-up for help.

Screen 8

Gus: Good job! You have completed this activity.



Acknowledgements

Thank you for providing dedication, passion and leadership:

Les Weil – Zink the Zebra Foundation

Thank you to our funding partners for making our Kindergarten bullying prevention activities possible:

ADM Cocoa	Bill & Becky Komisar
Harvey & Judy Alligood	Lynda Koshy
ANON Charitable Trust	Melinda Krei
Anonymous Corporation	Luedke-Smith Fund
Terry & Nancy Anderson	Luty Fund
BMO Harris	Claire and Robert Pflieger
Elizabeth Brinn Foundation	Charitable Fund
Terry & Mary Briscoe	Randall Family Fund
Chuck Cairns	Richard & Barbara Weiss Fund
CarMax Foundation	at the Greater Milwaukee
Bridget Clementi	Foundation
Marybeth Cottrill	M & I Bank
Curt & Sue Culver	Marcus Corporation Foundation
Mae E. Demmer Charitable	MGIC
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Penny Gutekunst	Jaynie Rench
Ann & Katie Heil	R & R Insurance Services
Evan & Marion Helfaer	Philip Rubenstein Foundation,
Foundation	Inc.
Frieda and William Hunt Trust	Ruddie Memorial Youth
Dorothy Inbusch Foundation	Foundation
InSinkErator	Jim and Karen Schlater
	Andrea Shrednick



Kelly Weil - Zink the Zebra Fund
WHG Applebee's
Wisconsin Department of Public
Instruction
Dr. Jeffrey Walker
Wisconsin Psychoanalytic
Foundation
Women & Girls Fund-Waukesha
Co. Community Foundation
Diane and Robert Jenkins
Family Foundation

Marjorie Siebert Aylen
Foundation
Stackner Family Foundation
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Bert L. & Patricia S. Steigleder
Trust
Barbara Stein
Joe & Jenifer Tate
The Ed and Josie Toogood
Foundation





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