



Educator Guide: Bullying vs. Conflict Activity

Recommended for Grades:

5th

Time:

7 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 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 activity students will be able to:

1. Differentiate between bullying behaviors and conflict, given written scenarios or video clips of behaviors.

Lesson Description:

In the Bullying vs Conflict Activity students will learn the difference between bullying and conflict. They will view four short videos and complete a checklist about what they observed in each video.



Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Bullying vs. Conflict Activity. 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
- Conflict – a disagreement or argument where both sides express their views and there is equal power between those involved
- Humiliate – to make someone feel ashamed and foolish, oftentimes in public
- Peers – people who share similar characteristics such as age, status or background
- Power – the ability to direct or influence the behavior of others
- Power imbalance – when one person has more power, influence or control than another

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

Welcome

Welcome to Bullying vs. Conflict. Sometimes it can be hard to tell the difference between bullying situations and normal, everyday conflict between friends or peers. But they are different. In this activity you'll get the chance to recognize the differences.

Facts

Here are some quick facts to help us remember the differences between bullying and conflict.

Conflict is a disagreement or argument in which 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.

With bullying, the goal is to hurt, harm or humiliate someone. And the person who is bullying others has more power, or perceived power. Because their intent is to harm, they will continue the behavior even when they realize it is hurting the other person.

Videos Intro

Here are four situations described by kids your age. After watching each you'll compare your observations with the school counselor's. Click the images to view the situations.

Basketball

Gavin was a real sore loser at recess today. We were shooting hoops like we always do and he got all mad at me because he kept missing shots and I kept making them. Then he started trash talking me! I told him he can't get mad at me just because I was making shots and he wasn't, but he wasn't in the mood to listen. I know he's having some trouble at home, but he's not usually like this.

Check the items that you believe are true about this situation, then click submit to hear what the school counselor thinks.

School counselor: These two are good friends and usually get along really well. It sounds like Lucas was trying to tell Gavin that missing a few shots isn't a reason to lose his temper. I don't think Gavin was intentionally trying to hurt Lucas. This sounds like a conflict between friends. I'll find both of them before the day is over and make sure they've both worked things out.



Talking Behind Someone's Back

Everyone's always talking about Selena behind her back. I mean, she is kinda different. I don't know. Her clothes always look a little dirty and it looks like she never washes her hair. Dariah and Legacy even called her fat right to her face a few times.

Check the items that you believe are true about this situation, then click submit to hear what the school counselor thinks.

School counselor: This is definitely a bullying situation. These girls are using their power to hurt and humiliate Selena. We need to think about how she feels when people are talking about her behind her back and calling her names to her face. I will definitely be checking in with her to make sure she is ok.

Kickball

Video: There's a group of us that always play kickball at recess. Today Anthony said Alana, Taylor and I couldn't play. They just wanted it to be the boys today. I told him that wasn't fair and that we wanted to play. I was so mad! He's never done this before.

Check the items that you believe are true about this situation, then click submit to hear what the school counselor thinks.

School counselor: This is a very common type of conflict between students at recess. I often see kids arguing over things like what to play during recess or who's going to be on whose team. This situation sounds like a one-time thing with this particular group of students as they usually all play kickball together. And no one seems to have more power than anyone else. Hopefully they will be able to work things out amongst themselves.

Video Games

Video: I really feel bad for Gabriel. Lately when we've been gaming after school no one has wanted to play with him or let him join their server. It's been happening for a few weeks now and I can tell he's really upset.

Check the items that you believe are true about this situation, then click submit to hear what the school counselor thinks.

School counselor: I hear about this happening more than I'd like to. People seem to be more comfortable being mean to others online than in person. It sounds like Gabriel has been dealing with being left out for a while now. These other gamers are definitely using their power to try and hurt him. This is definitely a bullying situation. Maybe his real life friends can start their own match that includes Gabriel.



Conclusion

Great job! As you can see it's not always clear if a situation involves conflict or bullying. Looking at whether there is an intent to harm and a power imbalance will help you determine which it is, and how it can be handled.

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