



Educator guide: Care lesson

Recommended for grades:

4th

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.
- Standard 8: Advocate to promote 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. Explain two different ways to show care for a victim of bullying.

Lesson description:

The Care lesson teaches students how to show that they care and support a victim of bullying. Several strategies are given to show support to victims of bullying, including helping the victim get away from the bully, talking to the victim after the incident, inviting the victim to join their group and offering to go with them to report the bullying. There is a worksheet in this guide for students to complete as they work through the lesson. They may also access the worksheet within the lesson.



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 a way to show care and compassion for a victim of bullying?
 - a. Walk away from the situation.
 - b. Use a comeback.
 - c. Tell them you don't think what happened was o.k.**
 - d. Call the bully a name.

2. If you saw or heard about a classmate being bullied today, would you support the victim?
 - a. Yes
 - b. No

Vocabulary:

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

- Bully – someone who intentionally tries to hurt another person
- Bullying – when a person hurts another person on purpose (bullying is intentional, usually repeated over time and there is usually an imbalance of power)
- Bystander – someone who observes a bullying situation happening
- Friend – someone who supports you, likes you for who you are and is there to help when you need them
- Trusted adult – a grown-up at home, school or other safe place that you can go to for help
- Victim – the target of a bully

Care lesson worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Care lesson.

1. What are four things you could do to help a victim?

a. _____

b. _____

c. _____

d. _____

2. Watch the bus scene and answer the following questions:

a. Was this an example of direct or indirect bullying?

b. What is one way you could show care to the victim?



Care lesson worksheet answer key

1. What are four things you could do to help a victim?
 - a. Help the victim get away from the bully.
 - b. Talk to the victim later on.
 - c. Invite the victim to join your group.
 - d. Offer to go with the victim to report the bullying.

2. Watch the bus scene and answer the following questions:
 - a. Direct bullying

 - b. Sit with the victim, talk to the victim later on, offer to go with the victim to report the bullying etc.

Supplemental activity: Care role plays

Objectives:

After completing this activity, students will be able to:

- Demonstrate how to show care and compassion for a victim of bullying.

Materials needed:

- Chalkboard or whiteboard for brainstorming
- Props (can be items from the classroom or if students agree, personal items like phones or backpacks)

Time required:

30 minutes

Instructions:

Brainstorm several bullying situations with students and write them on the board. Try to encourage students to think of different bullying situations that they have observed at school, including a situation where someone is being left out on purpose.

Divide the class into groups of 3-5 students. Assign each group one of the bullying situations that was discussed. Each group's task will be to create a skit showing the bullying situation and one way to show care for the victim. Encourage students to be creative and use appropriate props. Allow them to use hallways, adjacent rooms or any appropriate quiet space to practice their skits.

Then bring the class back together. Introduce each group and let them perform.

After all groups finish performing, lead a class discussion about other solutions that may not have been displayed in the skits. Remind students that there are multiple ways to show a victim you care.

Also remind students the importance of telling a trusted adult about any bullying situation that occurs, even if they were able to use their skills to handle the situation. Trusted adults can also help a student who may be struggling to join a group or make new friends.



Transcript

Slide 1

In this lesson you will learn how to show that you care. Open the worksheet and print it or save it to your computer. Complete this worksheet as you move through this activity.

Slide 2

According to a survey of kids who had been the victim of bullying, here are some things that bystanders can do to make things better. These are all things you can do next time you witness bullying.

Help the victim get away from the bully. That could be as simple as putting your arm around them and saying “Hey, come on. We have to get to class.”

Talk to the victim later on and tell them you were sorry that happened to them and that you didn’t think it was ok. This is called showing empathy. Showing that you care and that you understand how they felt makes them feel less alone.

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

Offer to go with the victim to report the bullying. The victim may be afraid to tell an adult or they may think telling an adult isn’t really going to help. Showing your support will make them more likely to get the help they need.

The important thing is that you reach out in some way to help the victim. 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 to show respect for others.

Slide 3

We are going to look at an example of how we can show care for the victim. Watch this video to see a bullying situation, followed by a way to show care for the victim.

Video:

Rachel: Did you hear the police were at Samantha's house last night?

Brittany: No way!

Rachel: Mmm hmmm. I heard my mom talking about it. They were there for a long time.

Brittany: I wonder why?

Rachel: You know her older brother does drugs.

Brittany: Or was it her parents? I was at her house once and all they did was fight.

Samantha: Hey guys, what's up?

Rachel: Anything interesting happen at your house last night?

Samantha: What are you talking about?

Brittany: Oh don't worry. We won't tell.

Samantha: Huh?

Rachel: Yeah, it's not your fault your family's trash.

Samantha: What?

Brittany: Everyone knows your parents fight all the time and that they're gonna get a divorce. And, your brother's a druggie. That's trash.

Samantha: That's not true and it's none of your business.

Care for the victim:

Friend: Hey, I heard what Rachel and Brittany said.

Samantha: And?

Friend: Just so you know, no one believes anything that those two say. I would've cried if they would say that to me. Anyway, a bunch of us are going over to Camille's house after school. You're coming, right?

Slide 4

Here is another example of caring. Watch this video to see a bullying situation, followed by a way to show care for the victim.

Video:

Jordan: I'm gonna beat the crap out of you. You're such a loser!

Bystander: Guys, the teacher's coming!

Care for the victim:

Friend: Hey. Did you just get in a fight with Jordan?

Victim: I don't know.

Friend: Are you ok? Did you get hurt?

Victim: I'm fine. Just leave me alone.

Friend: You know you should really tell someone. You're not the first kid he's picked on. Come on, you can hang out with us.

Victim: Sure, whatever.

Slide 5

Now it's your turn to show that you care. Watch this video and think about how you would show care for the victim.

Video:

Bully Boy: Move it. Out of the way! I'm trying to get through.

Bully Girl #1: This seat is taken.

Victim: I don't see anyone sitting there.

Bully Girl #1: Yeah, well, there's no room for you here.

Bully Girl #2: Taken.

Slide 6

Good job! You have completed this lesson on care.



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