



Educator Guide: “Here We Go” Song

Recommended for Grades:

6th, 7th and 8th grades

Time:

4 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 activity students will be able to:

1. Identify bullying behaviors.
2. Explain two ways to help someone who is being bullied.

Activity Description:

“Here We Go” is an empowering hip hop song, written and performed by The Figureheads that talks about standing up to bullying by encouraging victims and bystanders of bullying to tell an adult and get help. Teachers are encouraged to play the song often to keep this message alive. It may also be beneficial for each student to get a copy of the song lyrics and think about what the lyrics mean. They may even be inspired to write their own song!

The Figureheads is a Parents' Choice Gold Award winning musical act providing powerful and positive messages for youth about lifelong learning, healthy relationships and personal development. For assembly and workshop or artist residency booking, contact Jeremy at figureheadsinc@gmail.com or 414-520-3275 or [Facebook.com/figureheadsinc](https://www.facebook.com/figureheadsinc).



Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the “Here We Go” Song 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
- Bystander – a person who witnesses a bullying situation
- Snitching – telling an adult about something that is not serious or important just to get someone in trouble
- Trusted adult – a grown-up at home, school or other safe place that you can go to for help
- Victim – a person who is a target of bullying

“Here We Go” Lyrics

Chorus:

Hear ye hear ye here we go
It's time to wake up and let everybody know
We will not stand by bullying any more
We will tell and we will show, I said
Hear ye hear ye here we go
It's time to wake up and let everybody know
We will not stand by bullying any more
We will tell and we will show, let's go

What do you do when somebody steps to you
Just to laugh at your clothes and make fun of your shoes
Then maybe gives you a push, a bump on the shoulder
Where can you go, who can you go to?
Should you just let it go, what if it's happened before?
What if it happens again and becomes something more?
These are difficult questions to answer
Especially when there are some bystanders
Who saw the whole thing, but they're not talking
Seems like they don't care cuz they didn't try to stop it
And so you're stuck in an awkward position
Cuz if you tell somebody they might accuse you of snitching
But maybe it's worth getting rejected by them
That way you can find out who are your true friends
And you really don't want it to happen again
So, what do you do? It's so confusing

Chorus

What do you do, when you're walking down the hall
And somebody you know just got pushed against the wall
And the one who did the pushing is makin' fun of her clothes
Laughin' at her shoes and you stand there froze
Not sure if you should wait till the whole things over
If you should just keep going or you should move closer
Or should you tell somebody, yeah that's it
So you walk into the nearest class and you say quick
So and so is messing with my friend
And the teacher comes out to see
But by then everybody's gone except the victim
And she's looking confused from gettin' picked on
So you go up with the teacher and say
I saw what happened and it's not okay
And then she says thanks, I was really confused
But now I know somebody cares, and now I know what to do



Chorus

Don't be afraid to report bullying behaviors to trusted adults around you
Whether you're a victim or bystander
Remember, the more you do to stop it now will save other victims down the line.
So it's time to call out those who are acting this way. Let's go!

Chorus x 2



Snitching Versus Telling

Snitching and Telling Are Not the Same Thing

Snitching is when a child tells an adult about something another child did that is not going to hurt anyone. A lot of the time, it is about something that does not matter. It is done to get the other child in trouble.

Example: LaToya tells her teacher that she thinks Javon is looking at her in class.

Telling is when a child tells an adult about a serious situation where someone could get hurt.

Example: Joel hears Sam in the hall saying he's going to beat up his classmate. Joel finds Ms. Jones and tells her what he heard.

Talk With Your Child about Snitching and Telling

Use these questions to get started.

1. Can you tell me about a time that you used telling to get help from an adult?
2. Can you tell me about a time that you snitched to try to get someone in trouble? Have you ever heard someone else snitch?

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