



# Educator guide: What is bullying? 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 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. Identify the three factors usually present in bullying as 1) intentional, 2) repeated over time and 3) an imbalance of power.
2. Identify bullying behaviors, given written scenarios or video clips of behaviors.
3. Define the three roles (bully, victim, bystander) in an act of bullying.

## **Lesson description:**

The What is bullying? lesson teaches students what bullying is and the definition of bully, victim and bystander. Students also learn the difference between direct and indirect bullying. There is a worksheet and answer key included in this guide for students to complete as they move through the lesson. You may choose to print copies for students or have them download it directly from the lesson 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. In the definition of bullying behavior, which is true?
  - a. It is intentional.
  - b. It is repeated over time.
  - c. There is an imbalance of power.
  - d. All of these are true.**
  
2. In a bullying situation, the person who is hurting the other person on purpose is the:
  - a. Victim
  - b. Bully**
  - c. Bystander
  - d. Friend
  
3. In a bullying situation, the person who is targeted by the bully is the:
  - a. Victim**
  - b. Frenemy
  - c. Bystander
  - d. Friend
  
4. In a bullying situation the person who sees what is going on and can choose to help, tell an adult and offer support to the victim is the:
  - a. Neighbor
  - b. Bully
  - c. Bystander**
  - d. Frenemy

## **Vocabulary:**

Use the following list of vocabulary as a reference for yourself and your students as you complete the What is bullying? 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
- Direct bullying – bullying that is done face to face, including name-calling, insults, threats, physically harming someone and damaging someone's personal property
- Indirect bullying – bullying that is done behind someone's back, including spreading rumors about someone at school or on the internet, excluding someone and gossiping
- 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

# What is bullying? lesson: worksheet

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

**Instructions:** Complete this worksheet as you work through the What is bullying? lesson.

1. What three things are included in the definition of bullying?

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

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

c. \_\_\_\_\_

2. List two examples of direct bullying.

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

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

3. List two examples of indirect bullying.

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

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



# What is bullying? lesson: worksheet answer key

1. What three things are included in the definition of bullying?

- a. Intentional
- b. Repeated over time
- c. Difference in power

2. List two examples of direct bullying.

Answers can include: name calling, insults, threats, physically harming someone, damaging someone's personal property etc.

3. List two examples of indirect bullying.

Answers can include: spreading rumors (at school or on the Internet), excluding someone, talking behind someone's back, gossiping etc.

# Supplemental activity: Parent or caregiver interview

## Objectives:

After completing this activity, students will be able to:

- Communicate ideas about bullying with parents.

## Materials needed:

- Parent interview worksheet (on the next page)

## Time required:

20 minutes

## Instructions:

Have students interview their parent, guardian or caregiver about bullying incidents they have experienced. Students can prompt the conversation using the following questions. If you wish, you may print the Parent or caregiver interview handout, found on the next page, for students to use in recording their conversation.

1. What was bullying like when you were my age?
2. What did the bystanders usually do?
3. What did the adults usually do?
4. In addition to you, what other adults could I go to if bullying is going on at my school?

After the interviews, hold a class discussion about what the students learned. Be aware that some adults may have bragged about being bullies, stated that bullying is simply a part of growing up or encouraged their child to stand up for themselves using violence. If you hear of these types of conversations, remind students of school policies and procedures to address bullying.



# Parent or caregiver interview

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

Interview with (Name): \_\_\_\_\_

**Instructions:** Sit down with a parent, guardian, caregiver or other trusted adult to ask them about their experience with any of the situations we have discussed. You can use this worksheet as a guide, and to record their responses.

1. What was bullying like when you were my age?
2. What did the bystanders usually do?
3. What did the adults usually do?
4. In addition to you, what other adults could I go to if bullying is going on at my school?

# 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

In this lesson you will learn what bullying is and what a bully, victim and bystander are. Open the worksheet and print it or save it to your computer. Complete this worksheet as you move through this activity.

## Slide 2

Let's start with a definition of bullying. Bullying is when a person hurts another person on purpose. Bullying is intentional and usually repeated over time. There is usually a difference in power, which means the bully has more power than the victim because of factors like age, size, or popularity.

## Slide 3

Let's see if you can determine what is bullying and what is not. Listen to the following situation and determine if it is bullying or not.

Bryan is reading at the library. As Julia walks by, she hits his chair causing Bryan to drop his book. Julia says, "Oops, sorry. I didn't see you there," and picks up his book. Is this bullying?

(Yes) Not quite. Do you think Julia intended to hit his chair? If she had intended to do it she probably wouldn't have apologized and picked up the book.

(No) Great job! Julia seems to be sorry that she's hit his chair. Most likely, this is just an accident.

## Slide 4

Let's try another one.

Brianna is standing in line. Chris turns around and calls her a "pig." The next day, as they go into school, he calls her a "fat cow." Is this bullying?

(Yes) You are right. This is bullying because Chris intends to hurt Brianna's feelings and it has happened more than once.

(No) You may think that calling someone names isn't bullying, but it definitely can be. Chris is repeatedly trying to make Brianna feel bad on purpose.



### Slide 5

Let's see what bullying can look like. Bullying can be direct or indirect. With direct bullying it is usually very clear who is doing the bullying. The bullying is usually done face to face. Examples of direct bullying could include: name-calling, insults, threats, physically harming someone, or damaging someone's personal property.

Indirect bullying is more difficult to recognize. It's often done behind someone's back, rather than face to face. Examples of indirect bullying could include: spreading rumors about someone at school or on the internet, excluding someone, or gossiping.

### Slide 6

Now, let's learn about who is involved when a bullying situation happens.

The bully is the person who intentionally tries to hurt another person.

The victim is the target of the bully. He or she is the one that gets hurt physically or emotionally.

A bystander is anyone that observes a bullying situation happening. Bystanders must choose what to do when they see bullying. They can either stand around and watch, walk away, join in on the bullying, try to stop the bullying, or go get an adult to help. Hopefully they choose to help the victim in some way.

### Slide 7

Good job! You have completed this lesson on what bullying is, and you learned who a bully, victim and bystander are.

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