

7th GRADE: BULLYING

LESSON 1 OVERVIEW

Understanding Bullying

Lesson Time:



30 Minutes

Materials Provided:

- PACERTalks Video: “[Bullying and Conflict: What’s the Difference?](#)” (3:56)
- “4 Types of Bullying” Handout
- Anti-Bullying Pledge [Download](#)
- Parent Letter (shared electronically or printed one per student) [Download](#)

Materials Needed:

- Projector with Video/Audio Capability
- Dry Erase Board and Marker
- Sticky Notes or Small Slips of Paper

Objectives: (1 minute)

Students will be able to...

1. Understand the difference between conflict and bullying.
2. Give specific examples of conflict and bullying.
3. List types of bullying.
4. Analyze personal, first-hand examples of conflict and bullying.

Educators:

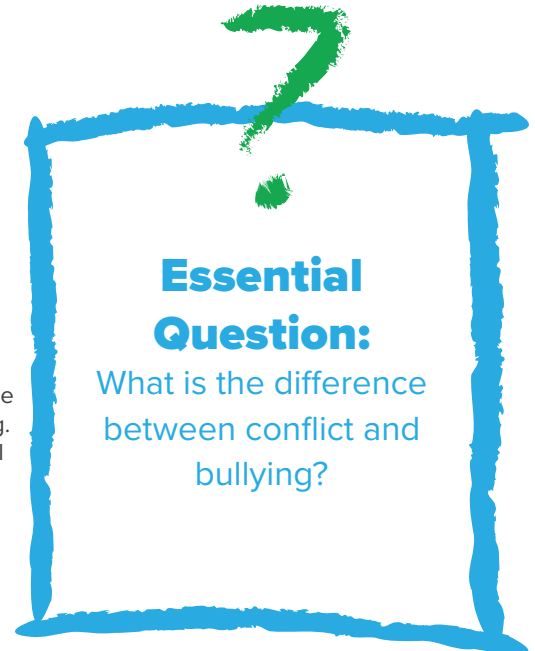
Did You Know?

All 50 states now have anti-bullying laws, yet we are still seeing the regular occurrence of bullying. According to the U.S. Department of Education, 1 in 5 students is bullied at school. Bullying is repetitive, aggressive behavior in which an imbalance of power exists. The power imbalance does not necessarily come from physical size but could come from a number of sources such as popularity, strength, or cognitive ability. (StopBullying.gov) There are varying types of bullying including threats, rumors, physical harm, verbal attacks, and exclusion. While bullying can happen anywhere to anyone, some groups such as socially isolated youth and youth with disabilities are at an increased risk. Although bullying occurs most often among girls and among middle schoolers, social media has given older students a new platform on which to display aggression and perpetuate negativity. This, unfortunately, results in targets who are unable to escape the bullying at the end of the day.

Educator Prevention Tips:

As you teach the lessons within this unit, explain the serious impact of bullying on the bullies, the victims, and the witnesses. Support students through times when they feel insecure or reluctant. Teach all of your students to speak up for one another, to support one another, and to respect one another. Peer intervention is often the quickest way to diffuse a bullying situation. Create an environment in which students bond, recognizing their common ground so that their connection makes them more hesitant to victimize and more likely to protect each other.

Because these lessons address every type of bullying including manipulation in friendships and other relationships, the content may spark a reaction to a current or past bullying situation. If these are mentioned openly, proceed carefully or suggest that you speak privately with the student so that their well-being will be protected. Overly vocal or silent students could be a sign that someone needs to speak with a counselor.



Understanding Bullying



Lesson Introduction: (1 minute)

Today's PATH lesson is about understanding bullying. Raise your hand if you've ever heard someone jokingly say, "He's bullying me"? Let's be honest, the term bullying is used a lot and not always in serious ways. Sometimes it seems like the word *bullying* gets used so much that we lose sight of its real meaning and seriousness. It is dangerous to allow something that is truly serious become a punchline. In this lesson we will discuss the difference between conflict and bullying and recognize various types of bullying.

Core Lesson

Activity #1: Conflict vs Bullying T-Chart (6 minutes)

When someone says something that may be negative or have a negative meaning, students quickly say that they have been bullied. In reality, the students may simply have conflicting opinions or ideas. Sometimes people are joking with or aggravating another person. Not knowing or understanding the difference between conflict and bullying can cause additional tension between peers. Not only that, but it makes real bullying seem less significant, which is not ok. Let's discuss for a few minutes to clear the air.

Facilitator:

- Draw a T Chart on the board with two columns: Conflict and Bullying. (*Shown below*)
- Have students brainstorm three to five concrete ideas about each topic; encourage students as needed. (*Include all of theirs and add if necessary - See examples below*)
- Discuss for no longer than five minutes.

Conflict	Bullying
An argument or disagreement	Repeated behavior
Not intentional	More about power
Differing of opinions or beliefs	Fighting, punching, shoving, kicking
Can be easily resolved	Very intentional

Activity #2: Defining Conflict & Bullying Video & Notes (10 minutes)

Show PACERTalks Video "Bullying and Conflict: What's the Difference?" (3:56)

<https://pacerteensagainstbullying.org/bullying-defined/conflict-vs-bullying/>

I want you to take out a piece of paper and draw your own t-chart like ours on the board. Then listen to the definitions of conflict and bullying to write your own working definitions.

Conflict¹

- Conflict is not intentional and not meant to hurt someone physically, socially, or emotionally.
- Both parties share equal power.
- Conflict is a differing of opinions or beliefs.
- Conflict can be helpful because it can strengthen or change your viewpoint.

Bullying

- Bullying is intentional. The objective is to hurt the victim physically, socially, or emotionally.
- The bully is perceived to be more powerful than the victim. The one who bullies is often more concerned with power and control than pain.
- A bully targets his or her victim repeatedly.

Did you know that there is more than one way that a person can be bullied? (*Allow students to respond.*)

¹ "What's the Difference between Conflict and Bullying?" Accessed June 26, 2019. <https://www.pacer.org/bullying/resources/questions-answered/conflict-vs-bullying.asp>.

Core Lesson (cont)

There are actually 4 types of bullying that can occur.

Can anyone name one? *(Allow students to respond. Give students a few moments to list as many types of bullying as they can.)*

Let's take a quick look and define the 4 Types of Bullying (stopbullying.gov):

1. Physical Bullying: The act of hurting a person's body or possessions. (This may include: hitting, kicking, tripping, spitting, pushing, or taking someone's things.)
2. Verbal Bullying: The act of saying or writing mean or hurtful things. (This may include teasing, name-calling, taunting or threatening to cause harm.)
3. Cyber-Bullying: Bullying that takes place on a digital device. (This may occur through social media or through text messaging; people may feel anonymous engaging in this type of bullying since it occurs from behind a screen and not face to face.)
4. Relational Bullying: Bullying that occurs to hurt a peer or a peer's standing in a certain social group. (This may include: exclusion from the group, gossiping, or revealing secrets.)

Handout: 4 Types of Bullying (10 minutes)

(Provide each student with a copy of the handout.)

On this handout, we will read each description of a bullying situation and then identify which type of bullying it would be classified as. You will indicate the answer on the small line beside each description using the following letters to indicate your answer (V-Verbal, P-Physical, C-Cyber and R-Relational.) I will give you a few minutes to complete this handout and then we will discuss your answers.

(Have the students spend a few minutes completing the handout and then review their answers using the answer sheet provided. Take a few moments to clarify any areas where they may need further explanation of the answer.)

Name: _____ Date: _____

4 Types of Bullying

(Directions: Label each of the following activities with the type of bullying.)

V Verbal **P** Physical **C** Cyber **R** Relational

____ Sending someone text photos

____ Hitting

____ Name-calling/taunts

____ Teasing

____ Hitting

____ Being mean to someone in an online game

____ Name calling

____ Exclusion

____ Pretending to be someone else to spread harmful messages online

____ Spreading Rumors

____ Pushing

____ Tripping

____ Hitting one someone's gaming or social media

____ Taking someone's clothes

____ Tripping

____ Name-calling

____ Spreading Rumors

____ Gossiping

____ Tripping

Name: _____ Date: _____

4 Types of Bullying Answer Key

(Directions: Label each of the following activities with the type of bullying.)

V Verbal **P** Physical **C** Cyber **R** Relational

C. Sending someone's cell photos

P. Hitting

V. Name-calling/taunts

V. Teasing

P. Hitting

C. Being mean to someone in an online game

V. Name calling

R. Exclusion

C. Pretending to be someone else to spread harmful messages online

R. Spreading Rumors

P. Pushing

V. Tripping

C. Hitting one someone's gaming or social media

P. Taking someone's clothes

P. Tripping

V. Name-calling

R. Spreading Rumors

V. Gossiping

P. Tripping

Closing: Essential Question (3 minutes)

What is the difference between conflict and bullying? *(Allow for responses.)*

Let's put what we learned today to the test.

I want you to take your post-it or small piece of paper and write one example of either bullying or conflict that you have witnessed. Be sure not to include any names or details that would cause new conflict by sharing. *(Allow time for students to write.)* After you have completed your example, I would like you to come up and place your piece of paper on the side of the T-Chart that it would best represent – Bullying or Conflict. *(Allow students to come up and place their post-it on the appropriate side of the T-chart you used earlier in the lesson. Select examples from both sides to read out loud and ask students if they agree that the example is appropriately placed on the chart.)*

What makes this a Bullying or Conflict situation? *(Remind students that a bullying situation includes an*

Core Lesson (cont)

imbalance of power, the intention to hurt, repeated behavior; and a conflict happens to everyone, can be solved and is an isolated incident.)

Now that you have a better understanding of what constitutes bullying it should be easier for you to distinguish between the two. Let's please ensure we don't use the term "Bullying" unless it truly applies and let's report bullying when we do see it. Remember what the PacerTalks video said, "When we stand together, no one stands alone."

Anti-Bullying Pledge



You have the power to make a difference. You can be the good, show the way, and lend a hand! Will you pledge to be the good? *(Distribute the Anti-Bullying Pledge, and have the students sign and date the pledge.)*

[Click Here to Provide Feedback on this Lesson](#)

Name: _____

Date: _____

4 Types of Bullying

Directions: Label each of the following descriptions with the types of bullying.



V = Verbal



P=Physical



C=Cyber



R=Relational

- ___ Pranking someone's cell phone
- ___ Kicking
- ___ Stereotyped remarks
- ___ Insulting
- ___ Hitting
- ___ Being mean to someone in an online game
- ___ Name calling
- ___ Exclusion
- ___ Pretending to be someone else to spread hurtful messages online
- ___ Spreading Rumors
- ___ Punching
- ___ Ridiculing
- ___ Hacking into someone's gaming or social media
- ___ Sharing unflattering pictures
- ___ Slapping
- ___ Revealing Secrets
- ___ Gossiping
- ___ Shoving

Name: _____ Date: _____

4 Types of Bullying

Answer Key

Directions: Label each of the following descriptions with the types of bullying.

**V = Verbal****P=Physical****C=Cyber****R=Relational**

- C** Pranking someone's cell phone
- P** Kicking
- V** Stereotyped remarks
- V** Insulting
- P** Hitting
- C** Being mean to someone in an online game
- V** Name calling
- R** Exclusion
- C** Pretending to be someone else to spread hurtful messages online
- R** Spreading Rumors
- P** Punching
- V** Ridiculing
- C** Hacking into someone's gaming or social media
- R** Sharing unflattering pictures
- P** Slapping
- R** Revealing Secrets
- R** Gossiping
- P** Shoving