

8th GRADE: BULLYING

LESSON 1 OVERVIEW



Recognizing Bullying



Lesson Time:
30 Minutes

Materials Provided:

- ☐ Handout: Mind Designs “Dealing with Bullying” (one per student)
- ☐ Video: “[Stop Bullying: Speak Up...](#)” (10:00)
- ☐ Anti-Bullying Pledge [Download](#)
- ☐ Parent Letter (shared electronically or printed one per student) [Download](#)

Materials Needed:

- ☐ Dry Erase Board, Marker
- ☐ Projector with Video/Audio Capability
- ☐ Crayons, Colored Pencils, or Markers in blue, green, yellow, orange, red, and additional miscellaneous colors for students to choose

Objectives:

Students will be able to...

1. Define bullying.
2. Identify means of preventing bullying.
3. Identify and explain appropriate responses if experiencing bullying.
4. Determine what to do if witnessing bullying situations.

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.



Recognizing Bullying



Lesson Introduction: (1 minute)

Today's lesson and our upcoming P.A.T.H. lessons are all about understanding bullying. The term bullying is so often used and misused that it has unfortunately lost some of its real meaning and seriousness. In this lesson, we will look at the definition of bullying, hear from some real-life victims of bullying, and identify appropriate means of handling bullying situations.

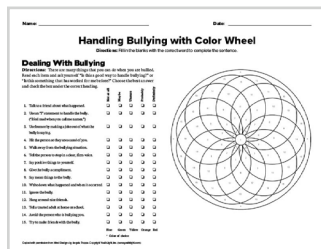
Core Lesson: Activity 1 – Defining Bullying – Large Group (6 minutes)

Bullying is defined as “meaning to seek to harm, intimidate, or coerce someone perceived as vulnerable.” There are many synonyms for bullying including to persecute, oppress, tyrannize, torment, browbeat or to strong-arm. Other definitions include descriptors such as deliberate, aggressive behavior; imbalance of power; repetitive; and face to face or through electronic media. Let's take what we know about bullying along with these definitions to create a definition that we can all agree is fitting. We will work together to create our definition as we write on the board all that we want in our definition. We can add, delete, and move words until we get our group's approval.

Facilitator:

- Have students discuss the aspects of bullying they find compelled to include in their group definition.
- Write the group definition on the board. This may look like a rough draft as you cross out, add to, and re-shape the group's ideal definition.
- Make sure to guide the group to be inclusive of important components of bullying, i.e. repetitive, deliberate, as well as such aspects as intentional exclusion.
- Take no more than 5 minutes for this process.

Slide/Handout



Lesson Script/Talking Points

Handout: Handling Bullying with Color Wheel (10 minutes)

(Distribute the Mind Designs “Handling Bullying” survey and coloring sheet.)

You may wonder, “How do we combat bullying?” Let's take a look at some possibilities. Read through numbers 1 through 15 and choose your responses. After you finish your responses, then you may begin the attached color by number. Each numbered space will be colored in with the color corresponding to the answer for each question. The color choices are found at the bottom of the answer columns. For example: if you answered MAYBE for item number one, then you would color all the spaces marked with a “1” the color green.

(Allow time for students to respond to 1-15. Students will not have time to complete their coloring before you begin the next activity.)

Please pause your color by number for the moment as we watch a video about the importance of speaking up. You will be allowed to resume shortly.

Activity 2: Video - Stop Bullying: Speak Up Special Presentation (10 minutes)

(Advance to 15:30 on the YouTube video, [Stop Bullying: Speak Up Special Presentation | Speak Up | Cartoon Network](#), beginning at 15:30 through the end - approximate viewing time: 10 minutes.

Often having something such as coloring to do while discussing allows students to open up, feel less “on the spot,” and not compelled to make eye contact while talking about potentially sensitive subject matter. Therefore, after the video you may allow them to color again while discussing.)

Core Lesson (cont)

Closing: Essential Question (3 minutes)

What is the best way to respond to a bully? (*Allow for responses.*)

Let's talk about what we saw in the video for a few minutes. Think about the people at the beginning of the video who said they bullied others. What were some of the reasons that they gave as to why they bullied others? (*Responses may include: they thought it was cool, that's all they knew, or because they were picked on too.*) How would you react if you were bullied or you witnessed someone being bullied? What were some of the tips and techniques shared on the video? (*Encourage students to respond.*) Refer back to items 1 – 15 on the worksheet you completed earlier. Which of these options do you think would work for you?

Remember, whether you are being bullied or you have witnessed bullying, telling a trusted adult about the situation is the best way to make it stop.

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.*)

References:

1. Cartoon Network. (2012, March 18). Stop Bullying: Speak Up Special Presentation. [Video]. YouTube. <https://www.youtube.com/watch?v=bokYnPeSuA>
2. Angela Troppa. "Dealing with Bullying." *Mind Designs* YouthLight, Inc. (www.youthlight.com)

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

Name: _____

Date: _____

Handling Bullying with Color Wheel

Dealing With Bullying

Directions: There are many things that you can do when you are bullied. Read each item and ask yourself “Is this a good way to handle bullying?” or “Is this something that has worked for me before?” Choose the best answer and check the box under the correct heading.

	Not at all	Maybe	Unsure	Probably	Definitely
1. Talk to a friend about what happened.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Use an “I” statement to handle the bully. (“I feel mad when you call me names.”)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Use humor by making a joke out of what the bully is saying.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Hit the person so they are scared of you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Walk away from the bullying situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Tell the person to stop in a clear, firm voice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Say positive things to yourself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Give the bully a compliment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Say mean things to the bully.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Write down what happened and when it occurred.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Ignore the bully.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Hang around nice friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Tell a trusted adult at home or school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Avoid the person who is bullying you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Try to make friends with the bully.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Blue Green Yellow Orange Red

* Color of choice

