

7th GRADE: BULLYING

LESSON 3 OVERVIEW

Witness



Lesson Time:

30 Minutes

Materials Provided:

- Video: [#IAmaWitness](#)
- Video: [“Everybody Come On”](#)
- Lesson Slides [Download](#)

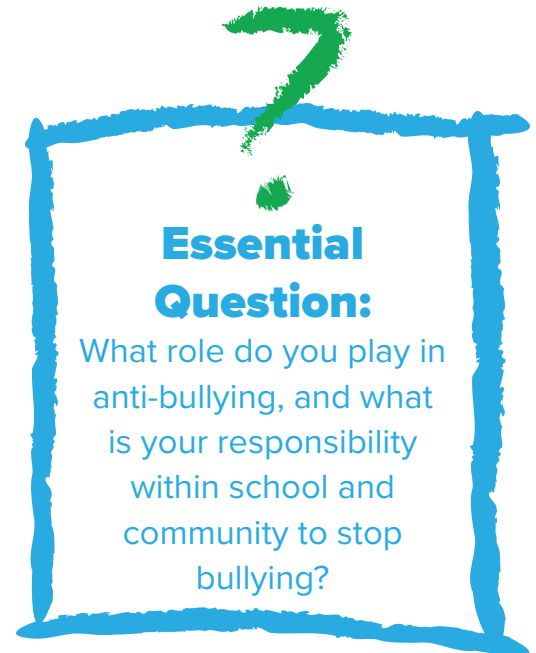
Materials Needed:

- Projector with Video/Audio Capability

Objectives:

Students will be able to...

1. Differentiate between Bystanders & Upstanders.
2. Explain each person’s role in making a positive difference for others.
3. List strategies for getting help for someone who’s in a bullying situation.
4. Identify key members of the school that will aid in defusing and eliminating bullying.

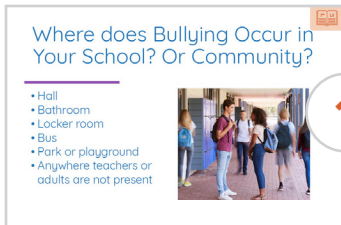


Lesson Introduction: (1 minutes)

We have learned a lot about bullying such as the definition of bullying, the 4 types of bullying, and the specifics of cyberbullying. But today's conversation is the most important one. Today we are going to discuss how you, students, can stop bullying in your school and in your community. To be honest, you are the only ones who can.

Core Lesson:

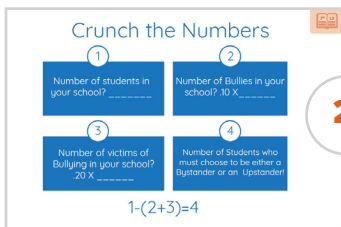
Slide/Handout



Where does Bullying Occur in Your School? Or Community?

- Hall
- Bathroom
- Locker room
- Bus
- Park or playground
- Anywhere teachers or adults are not present

1



Crunch the Numbers

1 Number of students in your school? _____	2 Number of Bullies in your school? 10 X _____
3 Number of victims of Bullying in your school? 20 X _____	4 Number of Students who must choose to be either a Bystander or an Upstander

$1-(2+3)=4$

2

Lesson Script/Talking Points

Activity #1 Slides, Video Discussion, and Notes (28 minutes)

Slide 1

Where does bullying occur in your school? *(Encourage students to respond with real life examples of areas where they have witnessed bullying occurring.)* Did any of you say to yourself “anywhere adults are not” when I asked that question? *(Take a moment and discuss with the students the fact that there are far more students than teachers on campus, and therefore there are MANY opportunities where bullying may be occurring.)*

Slide 2 – Crunch The Numbers

(On this slide, assist your students with “Doing The Math”. You may want to have these figures calculated before the lesson begins. You will need to know the average student enrollment for your school to provide to the students for their calculations.)

I need you each to take out a piece of paper and a pencil. We are going to use math to understand how important each of you making the decision to stand up against bullying is. I am going to provide you with a number. And that number is _____ *(this will be the average student enrollment of your school)*. This number is our starting point. This is the average number of students in our school. Please write this number down.

I now want you to take that number and multiply it by 10% (or .10). *(Allow a moment for students to make the calculations. Ask someone to share that answer.)*

I need you all to realize that according to research done by the American Journal of Public Health about 5-10% of a population is likely to be bullies. So that means that in our school there could be as many as _____ bullies right now.

Now, let's take it a step farther. I now need you to take that first number I gave you and multiply it by 20% (or .20). *(Allow a moment for students to make the calculations. Ask someone to share that answer.)*

Can anyone guess what this number represents? According to the American Journal of Public Health about 20% of a given population reports being the victim of bullying. So, if we look at our numbers, _____ of the students in our school have been bullied.

So, what do we do about that? Let's do a couple of final calculations. First, I need you to add the number of bullies to the number of people who were the victims of bullying. *(Allow a moment for students to make the calculation. Ask someone to share that answer as you write it on the board.)*

Core Lesson (cont)

Slide/Handout

Lesson Script/Talking Points

We are now going to take this number and subtract it from the number of students in our school. *(Allow a moment for students to make the calculation. Ask someone to share that answer as you write it on the board.)*

This number, or answer, is our KEY! This number is what means everything when it comes to ending bullying.

This is the number of students in OUR SCHOOL who choose every day to either be an Upstander or a Bystander....

Bystanders - V- Upstanders

Upstander	An upstander is someone who recognizes when something is wrong and does something to make it right. If an upstander sees or hears about bullying, he or she will do something. Upstanders do their best to support and protect their peers.
Bystander	A bystander is someone who sees bullying happening but does not do anything to stop it. People who laugh at something mean a bully says or don't say anything when they see bullying happening are bystanders.

Slide 3 - Upstander or Bystander

(Have one student read the definition of an Upstander aloud. Have another student read the definition of a Bystander aloud.)

Can you think of examples of when you may have witnessed bullying. *(Allow students to share, however ask them not use names or specifics so that victims of bullying will not be singled-out or embarrassed.)*

I want you to think about how you responded when you witnessed those instances of bullying. Were you an Upstander or a Bystander? *(Allow students to respond aloud if they choose. Remind students as others are sharing to be careful not to be judgmental if students admit to being a bystander.)*

What are some reasons we don't stand up when we see bullying happening? *(Allow students to respond. Responses may include: fear of retaliation by the bully, that they don't know the victim, that they may not feel strong enough to intervene, or they may simply not know how to be an Upstander.)*

HOW TO BE AN UPSTANDER!

1. Don't Laugh or encourage a bully.
2. Tell the Bully to STOP or say something like "That's not cool!"
3. Be kind to the person who is being bullied.
4. Offer to go with the victim to report the incident or report it yourself.
5. Respect all people.

DON'T EVER IGNORE BULLYING!

Slide 4 – How To Be An Upstander!

Being an Upstander may seem harder than it really is!

Let's look at some of the ways we can be an Upstander.

(Read and discuss the bulleted items on the slide.)

- Don't laugh of encourage a bully.
- Tell the bully to Stop! (You can also simply say, "That's not cool")
- Be kind to the person who is being bullied.
- Offer to go with the victim to report the incident or report it yourself.
- Respect all people.
- Don't ever ignore bullying.

Please remember that if you encourage bullying or if you record instances of bullying for the purposes of posting it online then you are guilty of cyberbullying and can get in real trouble. If you witness bullying, you should report it. If you witness someone videoing an instance of bullying, you must report that to a trusted adult, as well.

How to be an Upstander Online!

Use THIS emoji ABOUT.

Safety

Slide 5 – “I Am A Witness” Video

<https://youtu.be/NajSBYDTir4?t=6> (1:00) *(Play video then discuss questions below.)*

Have you ever witnessed or been a victim of Cyberbullying?

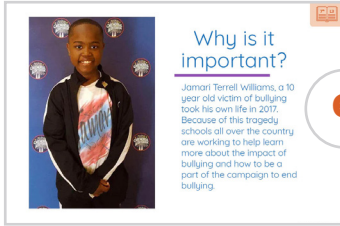
Would anyone like to share an example of what you have experienced? *(Remind students who share to not use specific names or situations in their examples.)*

Did you know that this emoji was in your phone? Have you ever used it? *(Allow students to respond.)*

Core Lesson (cont)

Slide/Handout

Lesson Script/Talking Points

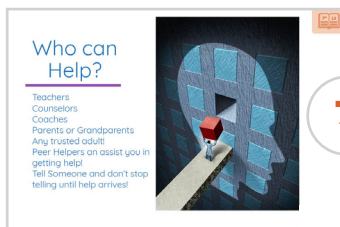


6

Slide 6 – Jamari Terrell Williams

In our last lesson, we learned about Jamari Terrell Williams’ story. Jamari’s mother wrote, “My 10 year old son, Jamari, was a talented gifted dancer, honor roll student, and an active member in church. Because he crafted his God given gifts to perfection, he was targeted as being different and bullied. On October 11, 2017, the stress of being bullied was too much for Jamari and he took his own life. This organization was started to let children know that it’s ok to be different. We have setup a 24-hour #800 number so children and young adults can have an outlet. Hopefully, what happened to Jamari won’t happen again.”

Because of this shocking tragedy, schools all over the country are working to help students learn more about bullying and the effects of bullying and are striving to make everyone a part of the support system. We want to ensure that no child or young adult ever feels helpless.



7

Slide 7 – Who Is That Person For You?

If I asked you who the person is that you could turn to if you were in a situation in which you needed help....who would that be? We hope that each of you have a person who you can turn to if you are ever the victim of bullying, if you witness bullying or are a student who struggles with bullying others. These trusted adults may be in your home, they may be a member of our school staff, family, or friends. Just know that if you are struggling with a difficult situation... reach out to one of these trusted people so that they can help. *(If there are specific members of your school staff who are specifically trained to assist in bullying situations, please provide the students with their information. If there is a specific procedure to report bullying within your school system, provide your students with that information/process, as well.)*



8

Slide 8 – “Everybody Come On” Video

(Use the link provided to view the music video “Everybody Come On” (4:50, Keenan West).

<https://www.pacer.org/bullying/video/player.asp?video=80>

Closing: Essential Question (1 minute)

What role do we play in anti-bullying, and what is our responsibility within school and community to stop bullying? *(Allow for responses.)*

As we have seen throughout this lesson, it truly is up to each and every one of us to stand up and make a difference as we fight bullying. Choose to be an Upstander in those difficult situations, let those around you feel supported and seen. If you find yourself in a difficult situation that you are unsure how to handle, seek out your trusted person to help. And one of the biggest steps we can take toward stopping bullying is to simply be kind to one another.

References:

- # I am a Witness, The Ad Council, retrieved from Youtube.com
- StopBullying.gov US Department of Health and Human Services. 200 Independence Avenue SW Washington DC 20201.
- “Everybody Come On” music video. Pacer.org Pacer’s National Bullying Prevention Center. “Everybody Come On” Lyrics by Keenan West, Dave Griffin and the fans of Secret Mean Stinks. August
- Socioeconomic Status and Bullying, Am J Public Health. 2014 June; 104(6): e48–e59. Published online 2014 June. doi: 10.2105/AJPH.2014.301960

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