

## Bullying

**Goal:** To introduce participants to behaviors of bullies and how to handle it.

**Objective:** By the end of this lesson, participants will be able to:

- Identify bullying characteristics
- Express their feelings about bullies
- Know what to do if ever bullied

Time: 2 hours

### **Materials:**

Large Paper (Flipchart or Craft paper)

Crayons

Markers

Library and/or Internet

### **Leader's Note:**

1. Explain to the class the definition of a bully: A person who picks on others physically or verbally.
2. Ask participants:
  - If they have ever been bullied.
  - Know anyone else who has been bullied.
  - What are the characteristics of a bully? An example could be that they are usually bigger than other kids.
3. Share with students the characteristics of a bully...
  - May hit, push or verbally abuse other people
  - May have been exposed to physical or verbal aggression at home
  - Have trouble following the rules
  - Show little or no concern for other's feelings
  - May be physically stronger or bigger than the other kids
4. Ask students how bullies or seeing a person being bullied makes them feel?
5. Discuss some ways to deal with bullying
  - Strengths in numbers – find friends or classmates (join a club or extracurricular activity you enjoy) with similar interests so you feel that you have a support system.
  - Tell adults around you like parents and teachers that you are being bullied. They can work together to stop bullying.

- Find ways to boost self-confidence such as looking someone in the eye when speaking to them.
- Studies show that enrolling in Martial Arts prevent bullying by...
  - Teaching body language and communication skills
  - Role playing self-defense scenarios
  - Teaching leadership skills
- If you are being cyberbullied, which is bullying via social media or Internet, you can block the person and/or don't respond to the bully.
- Role play with family and friends on how to handle the bully the next time they approach you.
- Walk Away
- Tell the Bully to "STOP IT" in a firm manner

6. Ask students to think of other ways to prevent bullying and discuss.

7. Tell students they are going to create A Bullying Prevention Campaign or Bullying "Handle it" Campaign

8. They will have 2 classes to complete this project.

### **Activity - Bullying Prevention Campaign or Bullying "Handle it" Campaign**

1. Tell students a campaign is a message to promote social change or an important issue.
2. Students will create a Bullying Prevention Campaign or Bullying "Handle it" Campaign. They can choose.
3. The Bullying Prevention Campaign will send a message on how to **prevent** bullying.
4. The Bullying "Handle it" Campaign will send a message on how to **deal with** bullying.
5. The campaign will consist of the following parts...
  - Identifying the issue, which will be bullying prevention or dealing with a bully
  - Facts about the issue - students can use the library or Internet to research the following
    - Why do people bully?
    - How does bullying impact the victim?
    - Effective ways to prevent bullying if they are doing the Bullying Prevention Campaign.
    - Effective ways to deal with a bully if they are doing the Bullying "Handle it" Campaign.

- Resources – students can write down the Internet websites or books they used to do their research.
  - Campaign Awareness – how students will tell people or market their message.
    - Create a commercial
    - Radio commercial or show
    - Poster or Brochure
    - Poem or Rap
    - Other ideas the students create
  - Have students present their Campaign message to the class
  - The first day of this project can be committed to research and preparing the Campaign message
  - The second day can be committed to continuing to create the Campaign message and presentations
6. Debrief the activity
- What did you learn about bullying from creating your campaign?
  - What are other ways you can create awareness about bullying?
  - Do you have a trusted adult or friend you can talk to in case you are bullied?