

Classroom Online Resource Document (CORD) prepared by Clark Barclay

Materials needed: none

Space requirement: Adequate space for minor movement (cleared classroom, MPR, gym, etc.)

PEACEFUL SOLUTIONS

Anti-bullying workshop for grades 3-6

WORKSHOP OBJECTIVES:

1. Recognize and analyze the three primary types of bullying.
2. Learn to spot and stop bullying.
3. Learn Bully Bans and create your own Bully Bans.

PART I: INTRODUCTION

Bullying is unwanted, aggressive behavior among school-aged children. Kids who are bullied and kids who bully others may have serious, lasting problems.

Kids who are bullied can experience negative physical, academic, and mental health issues. Kids who are bullied are more likely to experience:

- Depression and anxiety
- Increased feelings of sadness and loneliness
- Changes in sleep and eating patterns
- Loss of interest in activities they used to enjoy
- Health complaints
- Decreased academic achievement (*source: stopbullying.gov*)

Together, we can work toward ending bullying!

TYPES OF BULLYING

There are three main types of bullying

1. Physical
2. Verbal
3. Social

PEER DISCUSSION

Turn to a partner and discuss what you think **physical** bullying looks like.

Call out on students and let them share their ideas.

Possible responses:

Breaking someone's things, making mean or rude hand gestures/faces, eye rolling, pushing/tripping, kicking/pinching, chasing, violence, spitting, following, stealing.



Turn to a partner and discuss what you think **verbal** bullying looks like.

Call out on students and let them share their ideas.

Possible responses:

Being mean, whispering, harassing, teasing, making fun of people's names/bodies/clothes, taunting, threats, inappropriate sexual comments, yelling, laughing, mean notes/drawings, prank phone calls, nasty texts and comments on social media



Turn to a partner and discuss what you think **social** bullying looks like.

Call out on students and let them share their ideas.

Possible responses:

Leaving people out/ignoring them, chisme, telling other children not to be friends with someone, embarrassing someone in public (like pinching nose like there is a smell), sharing secrets, telling lies/starting rumors



GROUP PARTICIPATION

What do people's faces look like when they are experiencing these situations?

Can someone show us what some of these emotions look like?

- Anger, Fear, Sadness, Disgust

What else might you see that lets you know a person is being bullied?

- Crying, covering their face, wide eyes, sweating, even laughing



PART II: APPLICATION

What words and actions can stop a bully?

Let's learn about **Bully Bans**.

Bully Bans are short, to-the-point statements meant to stop an incident of bullying without making the situation worse. Sometimes, it's hard to come up with the right words to say quickly when you're being bullied, or when you see someone getting bullied.

So, let's learn some Bully Bans so we can be prepared. We can use these words if we see someone getting bullied or if we experience bullying.

Here are some examples:

- Hey, that's not cool.
- You don't need to be this kind of person.
- It's not okay to say that to someone.
- Bullying is NOT acceptable!

Turn back to your partners and come up with your own Bully Bans. The best Bully Bans are your own.

Let's share some of our Bully Bans.

Students are called on to share their own Bully Bans.

Revise their Bully Bans if needed. EG., "don't be stupid" to "don't be mean"



PART III: GROUP ENGAGEMENT

Everybody STANDS UP.

Students repeat after the instructor.

Use Bully Bans that the kids have come up with in the previous activity, add these as necessary.

- Stop!
- Stop bullying me!
- Cut it out!
- Back off

- Get away from me
- Leave me alone
- Mind your own business!
- NO!
- Stop bothering me
- Stop! You're hurting him/her/me!
- Excuse me, it's not OK to make fun of another person
- That's not how we treat people at this school

Repeat the Bully Bans in different intonations and volumes in order to vary their meaning and intention.

PART IV: RECAP

- The three main types of bullying
- What bullying looks like, sounds like, and feels like
- What Bully Bans are and why they're useful
- Reiterate why we need to end bullying

