

Bully Prevention

Grade: K-2

Time: 30 minutes

Materials:

- Heart Cut Outs
- Bully Dice and Cards

Objectives:

- Students will be able to define bullying.
- Students will learn the different roles associated with bullying.
- Students will gain confidence about standing up to people that bully.

Introduction:

- Define bullying –
 - a. Bullying is when one person or a group behaves in ways- on purpose over and over- that makes someone feel hurt, afraid or embarrassed.
- Bullying can take many forms, such as hitting or punching (physical bullying); teasing or name calling (verbal bullying); intimidation using gestures or social exclusion (nonverbal bullying or emotional bullying); and sending insulting messages by e-mail (cyberbullying).
- Bullying also has an impact on other students at school who are bystanders to bullying. Bullying creates a climate of fear and disrespect in schools and has a negative impact on student learning.
- Remember- always think about your safety first when deciding the best way to respond.

Discussion:

- Bullying and Teasing? What are these?
 - Bullying-A person or group that uses their power to hurt, embarrass, frighten or take advantage of others. Their intention is to hurt; they do it repeatedly and on purpose. We think of bullies as bigger than the other kids and stronger, but this is not always the case.
 - Teasing-usually poking fun or making fun of something about a person, joking around, doesn't try to hurt someone's feelings but sometimes end up hurting feelings and feel sorry about it.
 - How can teasing become bullying?
- Types of Bullying
 - Is there just one way to bully someone?
 - What are some different ways people bully?
 - Physical-hitting, kicking, pushing, shoving



- Verbal-calling names, making fun of, writing mean notes, starting rumors, gossiping
- Intimidation-cornering, threatening, damaging your stuff
- Isolation-making others dislike you, leaving you out

Activity 1: Dice Activity

- As a class, the health educator will roll the dice and will say out loud what the question or statement is.
- The class will have an opportunity to answer.
- Discussion will happen about the different questions and statements asked.

Activity 2: Heart Cut Out Activity

- Hand out the heart cut outs to each student.
- Explain that they will write down a way that they think they can help stop bullying.
- Ask a few students to share their answers.

Oklahoma Academic Standards – Health:

4.2.1, 4.2.2, 4.2.3, 4.2.4
5.2.1

National Academic Standards:

4.2.1, 4.2.2, 4.2.3, 4.2.4
5.2.1

CASEL:

Social Awareness

Relationship Skills

Responsible Decision-Making

Resources:

Activities - National Bullying Prevention Center. (n.d.). Retrieved from <https://www.pacer.org/bullying/classroom/elementary/activities/>

Childs Work Childs Play. (n.d.). School Games & Activities. Retrieved from <https://childswork.com/collections/back-to-school-counseling-games-activities>

