

# BULLYING AND VIOLENCE PREVENTION

## TENTH GRADE

### LESSON 1

**TITLE:** Bully or Victim - Can You Relate?

**PURPOSE:** To demonstrate strategies for dealing with interpersonal conflicts, peer pressure and abusive behaviors.

**OBJECTIVES:** The student will be able to:

- identify and understand bullying behaviors
- develop skills to deal with bullying behaviors.

**LANGUAGE ARTS FLORIDA STANDARDS (LAFS):** LAFS.910.SL.1.1

**COLLABORATIVE FOR ACADEMIC, SOCIAL AND EMOTIONAL LEARNING (CASEL) COMPETENCIES:** Self Awareness; Self-Management; Social Awareness; Relationship Skills; Responsible Decision-Making

**VALUES MATTER MIAMI CORRELATION:** Respect; Responsibility

**VOCABULARY:** alternative

**INSTRUCTIONAL TIME:** 60 Minutes

#### **PREPARATION/INSTRUCTIONAL MATERIALS:**

- dry erase board and markers
- copy of handout 10-1 (one per student)
- copy of handout 10-2 (one per student)
- pen or pencil
- large notepad
- overhead projector or computer screen

#### **SPRINGBOARD ACTIVITY:**

- 1) Discuss the concept of *bullying* based on experience or concepts that have been learned in the past.
- 2) Distribute handout 10-1: Questionnaire: (Bully or Victim) Can You Relate?
- 3) Have students take the questionnaire independently. Discuss the results of the questionnaire with the rest of the class.

**ACTIVITY:**

- 1) Assigns cooperative groups of three to five students
- 2) Have students work in cooperative groups to complete handout 10-2: Bullying Behaviors.
- 3) Select one group representatives to share sections 2-8.
- 4) Lead a discussion on the terms discussed about some of the scenarios groups came up with and how they handled them.

**ASSESSMENT:** Teacher observation, class participation and completion of activity.

**FOLLOW-UP ACTIVITY:** Students learn to increase awareness of their own behavior and develop social skills that will help them to respond in socially appropriate ways if confronted by a bully. Have students respond to the following prompt:

Describe a time when you were involved in a confrontation. How did you handle it? What were some of your options?

**QUESTIONNAIRE: (BULLY OR VICTIM)  
CAN YOU RELATE?**

Bullying takes place when someone harms or threatens to harm a person's body, feelings, or possessions and can include mean words, looks, signs, or acts that are hurtful. Circle the numbered response to which you can relate based on the frequency described above each column.

		Never	Once	2 - 4 Times	5 or More Times
1	How many times have you started a fight or beaten someone up?	0	1	2	3
2	Have you ever been bullied by another student?	0	1	2	3
3	How many times have you stayed at home because you feared being hurt or bullied by other students?	0	1	2	3
4	Have you been part of a clique who bothered or hurt another student?	0	1	2	3
5	Have others harassed you because of your religion?	0	1	2	3
6	Have other students made you feel as if you do not belong?	0	1	2	3
7	Have you ever gotten into trouble for harassing another student?	0	1	2	3
8	Have you bullied certain cultural or ethnic groups?	0	1	2	3
9	Have you spread gossip about someone at school or via social media?	0	1	2	3
10	How many times have others called you names?	0	1	2	3
11	Have you ever taken or ruined another student's personal belongings?	0	1	2	3
12	Have others picked on you because of your ethnicity?	0	1	2	3

Total your scores. The following scores are indicators of being a bully or being a victim of bullying:

BULLY

VICTIM

#1 = \_\_\_\_\_

#2 = \_\_\_\_\_

#4 = \_\_\_\_\_

#3 = \_\_\_\_\_

#7 = \_\_\_\_\_

#5 = \_\_\_\_\_

#8 = \_\_\_\_\_

#6 = \_\_\_\_\_

#9 = \_\_\_\_\_

#10 = \_\_\_\_\_

#11 = \_\_\_\_\_

#12 = \_\_\_\_\_

TOTAL \_\_\_\_\_

TOTAL \_\_\_\_\_

## BULLYING BEHAVIORS

**WHAT KINDS OF THINGS DO BULLIES SAY OR DO TO VICTIMIZE OTHERS?**

**HOW DOES IT MAKE THE VICTIM FEEL?**

**HOW DO VICTIMS TYPICALLY RESPOND?**

**HOW DO YOU THINK VICTIMS COULD RESPOND IN A POSITIVE WAY?**

<b>1</b>	<p><u>EXAMPLE:</u> They spread nasty and mean rumors.</p>	Hurt and embarrassed	Cry or run away	Talk with an adult (counselor, teacher, parent) or defuse the situation with humor by saying, "You are so good at making up stories, I bet you can get a job with a magazine!"
<b>2</b>				
<b>3</b>				
<b>4</b>				
<b>5</b>				
<b>6</b>				
<b>7</b>				