

# **BULLYING AND VIOLENCE PREVENTION**

## **FIFTH GRADE**

### **LESSON 3**

**TITLE:** No Bullying at Our School!

**PURPOSE:** To understand the effects of bullying and the feelings associated with acts of aggression.

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

- demonstrate an understanding of the negative effects bullying has on others.
- identify strategies to prevent bullying and acts of aggression.

**SUNSHINE STATE STANDARDS:** LA.5.3.5.3, 5.5.1.1, 5.6.3.2

**STUDENT SERVICES BENCHMARKS AND STANDARDS:** PS 1.1, 1.2, 1.6

**VOCABULARY:** cruelty, precautions, personal choices

**INSTRUCTIONAL TIME:** 60 Minutes

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

- Xerox copies of handout 5-5, 5-6, and 5-7 (one per student)
- paper
- pencils
- crayons or markers

#### **SPRINGBOARD ACTIVITY:**

- 1) Define and discuss the meaning of the word *bully*.
- 2) Distribute handout 5-5: No Bullying at Our School. After students have completed the handout, lead a discussion about the personal effects of bullying with the class.

#### **ACTIVITY:**

- 1) Distribute Handout 5-6: Role Playing Cards and Intervention Cards.
- 2) Divide the class into small cooperative groups of 4 to 5 students.

2. Allow time for the students to role-play different scenarios using the various strategies for dealing with a bully. Each group must pick one scenario and determine the best way of resolving the conflict using the Intervention cards.

3. Students evaluate their peers use of strategies while role playing. End with a discussion about which strategies they feel comfortable using.

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

**FOLLOW-UP ACTIVITY:** Have students read handout 5-7 on their own. Instruct students to answer the “Think About It” question at the bottom of the page. Review responses with the class.

## Student Activity Sheet: No Bullying at Our School

\_\_\_\_\_ wants a school where bullying doesn't happen.  
(Name of student)

I think bullying is wrong for these 3 reasons.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When a person is bullied, it can make them feel:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When a school does not tolerate bullying, it is a place where kids:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Three things you and I can do to help make this school safe and comfortable for everyone:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



Say "NO" to Bullying and "YES" to friendship!

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Role Playing Cards

Have each group select one role play to perform in front of the class. Have each group determine which of the strategies below is better suited for the scenario presented.

During free-time in physical education, a group of boys won't let another one join them in a game of basketball saying, "You stink!"	At lunch, the girls get up and move to another table when another girl tries to join their table.	While walking in the hall, an older student pops a sixth grader in the head, just for laughs.
During lunch, a student forces another to give him his lunch money.	At recess, one girl decides that no one would speak to a certain girl.	Near the lockers, a group of older students make fun of and taunt a younger student.
<i><b>WILDCARD!</b></i> <i>Come up with your own scenario.</i>	<i><b>WILDCARD!</b></i> <i>Come up with your own scenario.</i>	<i><b>WILDCARD!</b></i> <i>Come up with your own scenario.</i>

Strategy/Intervention Cards

Avoid the confrontation/walk the other way.	Get help and don't deal with this problem on your own- seek adult assistance.	Use humor to defuse the situation.
Stand up to the BULLY!	Talk it out and attempt to reason with the BULLY.	Agree with the bully to defuse the situation.
Talk to yourself.	<i><b>WILDCARD!</b></i> <i>Come up with your own.</i>	<i><b>WILDCARD!</b></i> <i>Come up with your own.</i>

## BULLYING FACTS FOR TEACHERS AND SCHOOL STAFF

### WHAT IS BULLYING?

Bullying is any hurtful or aggressive act toward a person or group of people that is done on purpose and is done over and over again. **Bullying is cruel, disrespectful and not allowed at this school.** Some acts of bullying break laws when they become extortion, battery, sexual abuse or hate behaviors. A school that tolerates bullying, tolerates violence.

### WHAT DO BULLIES DO TO OTHERS?

An individual or group can bully using actions or words. They might:

- • punch, hit, pinch, shove, choke, or bite.
- • corner a person, ruin their belongings or take their money.
- • give dirty looks, or ignore a person or leave them out.
- • call names, use put-downs, or threaten people.
- • write nasty notes or start rumors
- • make fun of a person's looks, religion, family, or problems.
- • use e-mail, text messages or the Internet to bully others.

### HOW DOES BULLYING HURT STUDENTS OR A SCHOOL?

#### TARGETS:

- • are emotionally or physically hurt
- • feel afraid, lonely, embarrassed or humiliated
- • sometimes avoid school
- • may decide to get even and bully back

#### BULLIES:

- • may grow up to be adult bullies
- • may miss out on learning
- • may become involved in criminal activity

#### BYSTANDERS:

- • may worry that they may be the next target
- • assume that no one cares
- • may participate in the bullying or risk defending the target

### WHAT CAN I DO ABOUT BULLYING?

- • Send the message: "Bullying is not allowed."
- • Stop it when you see it happening. Report it.
- • Be someone who students can talk to.

### THINK ABOUT IT

What is my responsibility to prevent and respond to bullying?

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