

BULLYING AND VIOLENCE PREVENTION

SIXTH GRADE

LESSON 1

TITLE: A Week in My Life

PURPOSE: To understand characteristics of a bully and relate the characteristics to him/herself and that of others.

OBJECTIVES: The student will be able to:

- describe the characteristics of a bully.
- identify bullying characteristics in self and others.
- explain plausible solutions to given bullying scenarios.

SUNSHINE STATE STANDARDS: LA.6.6.3.1, 6.6.4.1, 6.1.7.4

STUDENT SERVICES BENCHMARKS AND STANDARDS: PS 1.1, 1.3, 4.6

VOCABULARY: empathy, bully, choices, personal responsibility

INSTRUCTIONAL TIME: 45 Minutes

PREPARATION/INSTRUCTIONAL MATERIALS:

- dry erase board and markers
- Xerox copies of handout 6-1 (one per student)
- pens

SPRINGBOARD ACTIVITY:

- 1) Define and discuss the meaning of the word *bully*. Ask students to provide examples of bullying situations.
- 2) Define and discuss *empathy*. Ask students to provide examples of bullying situations.

ACTIVITY:

- 1) Have students complete handout 6-1: A Week in my Life. Discuss the results of the survey by talking about each sentence.
- 2) Divide the class into cooperative groups of 4 to 5 students. Assign one of the bullying behaviors from the survey to each group. Ask each group to come up with plausible responses/reactions to the given scenario.

- 3) Discuss the appropriateness of responses by discussing choices and personal responsibility.

ASSESSMENT: Teacher observation, class participation and completion of follow-up activity.

FOLLOW-UP ACTIVITY: Have each student write about a time when he/she was bullied. The response should address the following:

- What was the event?
- Who was involved?
- How did you respond?
- Who did you seek help from?
- If you had a chance, would you do anything differently?

A Week in my Life

Read each statement below. Think about the past week and put a checkmark next to the column that describes how often the event described happened to you. If a scenario is an example of bullying behaviors, circle the number.

| This week in my life, someone... | Never | Once | More than once |
|-------------------------------------|-------|------|----------------|
| 1) called me a name | | | |
| 2) told me a joke | | | |
| 3) told a lie about me | | | |
| 4) shared a snack with me | | | |
| 5) said they would tell on me | | | |
| 6) pushed me | | | |
| 7) helped me when I needed it | | | |
| 8) shoved me | | | |
| 9) tried to hit me | | | |
| 10) threw something at me | | | |
| 11) told me something nice | | | |
| 12) tried to hurt me | | | |
| 13) told me gossip | | | |
| 14) gave me a gift | | | |
| 15) tried to break something | | | |
| 16) smiles at me | | | |
| 17) was mean to me | | | |
| 18) tried to scare me | | | |
| 19) gave me money | | | |

| | | | |
|----------------------------------------|--|--|--|
| 20) got other kids to gang up on me | | | |
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