BULLYING AND VIOLENCE PREVENTION

NINTH GRADE

LESSON 1

TITLE: Sticking it Out!

PURPOSE: To understand the different kinds of bullying, the types of people that are likely targets, and why bullies bully.

OBJECTIVES: The student will be able to:

- determine if he or someone he knows is a bully.
- evaluate different ways to deal with anger.
- analyze which anger management technique works best for the student.

SUNSHINE STATE STANDARDS: LA.910.1.6.1, 910.1.6.2, 910.1.7.4

STUDENT SERVICES BENCHAMARKS AND STANDARDS: PS 1.5, 2.1, 3.6

VOCABULARY: mantra

INSTRUCTIONAL TIME: 60 Minutes

PREPARATION/INSTRUCTIONAL MATERIALS:

- recreate Sticky Note Chart on the board (See handout 9-1)
- dry erase board and markers
- one to two sticky notes per student
- Xerox copies of handout 9-2 (one per group)
- Xerox copies of handout 9-3 (one per student)
- Xerox copies of handout 9-4 (one per student)
- pen

SPRINGBOARD ACTIVITY: Prior to the lesson, recreate handout 9-1 on the dry erase board. Distribute one to two sticky notes per student. Ask students to answer the prompts at the bottom of the Sticky Note Chart. Responses may be jotted down on sticky notes and posted on Sticky Note Chart. Discuss the responses with the students.

ACTIVITY:

1) Read and discuss handout 9-3: Bullying 101 with the class.

2) Discuss the cause and effect relationship examined in the piece. A person, event or condition that is responsible for an action or result.
3) Divide the class into small cooperative groups of 3-4 students each. Provide each group with a copy of the fishbone chart on handout 9-2.
4) Have each group come up with examples of cause and effect relationships as they relate to bullying. On the slanted line write a cause and in the box write the effect. Discuss the importance of dealing with feelings of anger and frustration in a positive manner such as the Cool Down Method.
5) Read and discuss handout 9-4: Cool Down.

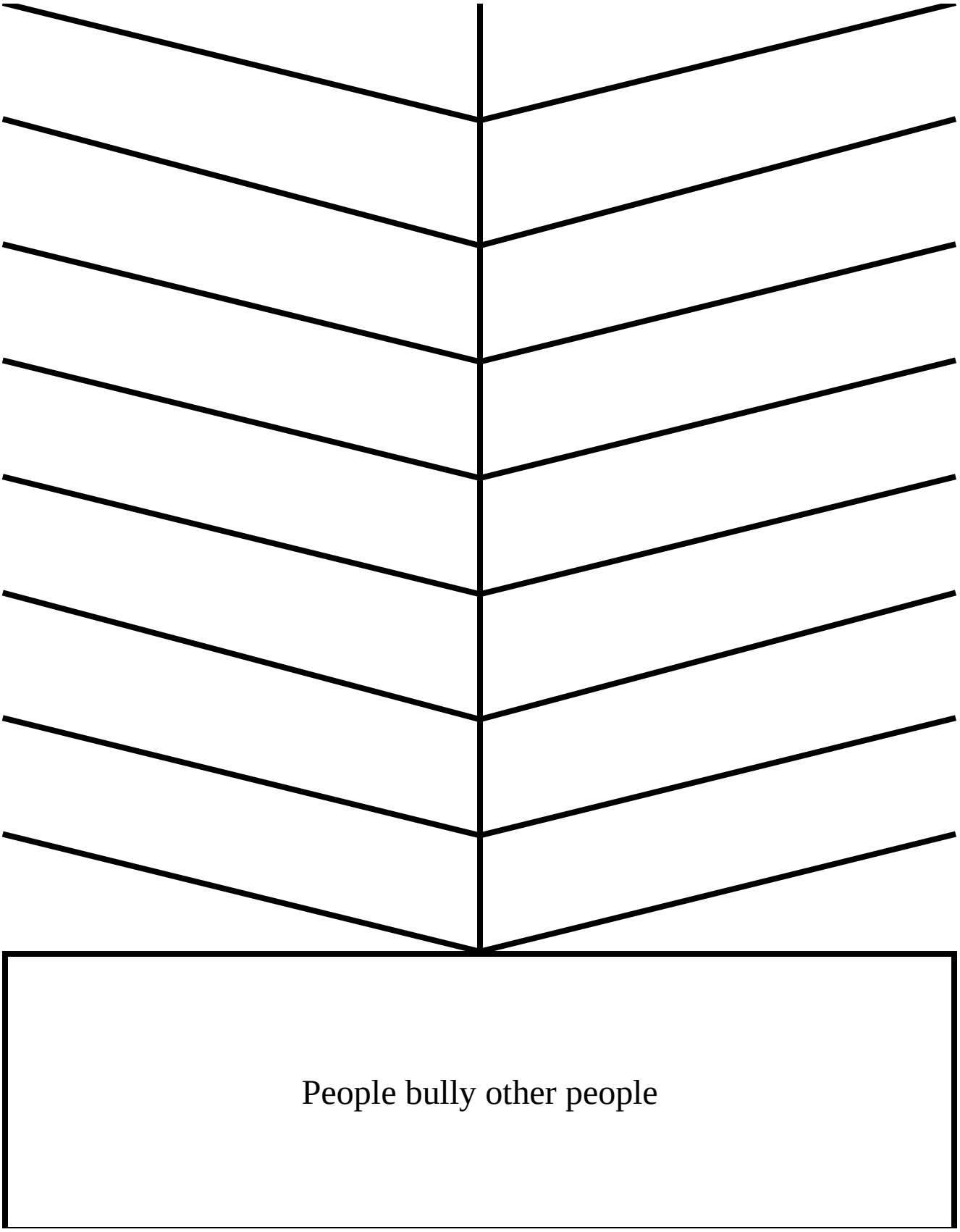
ASSESSMENT: Teacher observation, class participation and completion of activity.

FOLLOW-UP ACTIVITY: Have each students describe a time in which he/she was confronted by a bully, was in a potentially dangerous situation, or was triggered by an event or an individual. Ask students to respond to the following prompt: The Cool Down technique (s) that I used while I was angry is (are) because _____.

Handout 9-1

Sticky Note Chart

Handout 9-2



Handout 9-3

Bullying 101

"Bullying is a persistent unwelcome behavior, mostly unwarranted or invalid criticism, nit-picking, faultfinding, also exclusive, isolation, being singled out, and treated differently, being shouted at, humiliated, excessive monitoring, having verbal and written warnings imposed, and much more." (bullyonline.org) Bullying can be verbal, physical, or emotional, or a combination.

Verbal bullying is either written or spoken words. With, technology being so readily available, targets can be reached twenty four hours a day, seven days a week.; through text messaging, chat rooms and community "online lounges". Bullying takes place in many forms.

Movies portray bullies as the biggest person in the park who taunts and teases those weaker than him for their milk money. Bullies come in all shapes and sizes. The important question is why do people bully? What causes someone to torment another person? Most bullying behavior develops in response to multiple factors in the environment—at home, school and within the peer group. There is no one cause of bullying. As we are learning, after the shootings at Columbine, often bullies are the victims of former attacks who are now retaliating. The bully is usually dealing with his/her own sense of inadequacy. The problem is that most of the time the perpetrator does not realize why he is acting out. There are many reasons people bully but most stem from some sense of inadequacy and pent up anger. The bully is insecure and does not feel as if he "fits in' with the crowd. Many times people who bully are the victims of bullying, or abuse at home. Perhaps there is a feeling of not matching up to an older sibling. The bully either consciously or unconsciously is releasing anger in an unproductive way. Kathleen Winkler offers some very good insight as to the reasons teens bully, in a book titled, BULLYING, How to Deal With Taunting, Teasing and Tormenting According to Dr. Nerenberg, a psychologist who works with teenagers; there are many reasons why teens bully others. "A lot of bullying has to do with the struggle for control or power. If you gain control over others, or cause them to fear you, you have power." (Winkler, 2005) Some may bully because they enjoy the sense of power and feel that they can get away with it. However, they mistake fear for respect. Dr. Nerenberg also state that teens that bully have self-esteem issues. Contrary to popular belief, not all bullies have low self-esteem. Some believe they are popular and again mistake popularity with fear. Some He also states, "Kids who have poor social skills can become bullies because they don't know how to develop friendships. Bullying becomes a substitution for friendship. They don't know how to be a friend. They don't know how to get their needs for affection, attention, or friendship met in a socially good way. They think they can do it through power and domineering." (Winkler, 2005) Dr. Hara Marano offers that bullies often think, "Everyone is out to get them." They misconstrue a simple mistake, someone bumping into them, as a direct attack. Violence becomes a means to an end. It is their favored solution to conflict. They may or may not understand or care how much it hurts to be the victim – and they may think the bullied child deserves or 'is asking for it. They lack empathy, the ability to walk in someone else's shoes. Marilyn Lacourt states that bullying is a learned behavior. Children often mimic the behaviors they see or experience at home. Some have

parents who are bullies. Some are victims of abuse or those witness abuse of loved ones. These children are more likely to repeat the learned behavior. As well as children that are picked on early in life are more likely to pick on others. This is one reason why gangs are so popular. The abused now have protection.

www.youngminds.org.uk/bullying/p2.php

www.naspcenter.org/factsheets/bullying_fs

http://extension.unh.edu/Pubs/PubsFD/bully.pdf

www.bullyonline.org

Handout 9-4

Cool Down

If you or someone you know is a bully, deal with the underlining problems, as well as learn how to deal with anger. Holding on to anger and negative feelings can trigger some serious health issues. Therefore, it is imperative to diffuse anger as quickly and productively as possible. Many techniques, practiced either alone or in a group, are easy. A few of the techniques being explored are; breathing, mantras, tightening and releasing your muscles, writing, and working out.

The easiest quickest way to release stress is to take a few deep breaths. Inhale slowly through your nose, hold it for a few seconds then slowly exhale through your mouth. If someone triggers you, before you snap, BREATHE. When you are angry, your body tenses up and becomes stiff and rigid. With each breath, you are increase the amount of oxygen into the body and instantly your body will start to relax.

The second easiest technique is to tighten all of your muscles. Hold for a few seconds, then release. This approach is similar to the breathing technique mentioned above. This works well for someone who is ready to pop. When you release all of your muscles blood rushes through your body sending oxygenating and relaxing you. The only problem is that if you are angry with a person they may mistake you tensing up as a sign that you want to fight verses relax.

Adam Sandler popularized an ancient technique in his movie Anger Management. Saying or chanting a mantra, a sacred word or phrase used repeatedly in Hindu prayer, meditation, or incantation. Choose a word, either real or made up. When you feel yourself getting angry take a deep breath and say the word repeatedly. Some words you may try are relax, everything is going to be all right, or musah.

Writing is another very effective way to release anger. Write down whatever comes to mind. You can do it as a free write or in letterform. Do not worry about grammar, spelling, or flow of words. The purpose of this writing is to get whatever is making you upset or angry out of your head and onto paper. This works particularly well in cases where the person you are angry at is deceased or unavailable for conversation. When you are finished writing, length can vary, rip the paper into shreds and throw it away. This gesture allows you to rip apart what is making you angry.

The last practice to release anger to be discussed is working out. Jump, run, swim, any type of movement will shift your mood.