

## THE BIG DEAL ABOUT BULLYING And What You Can Do About It

### Activity 1 – BULLYING IS A BIG DEAL

#### Directions:

After viewing the video, as a class or in small groups, discuss what bullying IS and IS NOT. Have students identify what behaviors they feel are bullying and what are not. Have them further discuss any differences since what one person feels is bullying, another may consider “just teasing”. This activity may help some students who are bullies yet don't perceive themselves as bullies, when bullying behaviors are identified by classmates. Include a discussion of Cyber-bullying, bullying on the Internet.

### Activity 2 – DON'T ACT LIKE A BULLY

#### Directions:

Have students ROLE PLAY bullying behavior and suggest how to handle each situation. If the class is large, they can work in teams of 4 or 5 for the role plays.

ROLE PLAYS: (Avoid examples of physical bullying.)

Teasing that is regarded as bullying.

Name-calling. (Discuss what is hurtful and what isn't.)

Gossiping. (Discuss what is hurtful and what isn't.)

### Activity 3 – BLOCK THE BULLY CYCLE POSTERS

#### Directions:

Students will use poster board or large construction paper to create anti-bullying posters. These can include examples of bullying behavior, ways to help or deter bullying, where to go for help, or cyber-bullying. Students will need paper/poster board and markers; scissors, magazines and glue may be used to create a collage design if desired. Posters should be displayed in the classroom and around the school. (Judging of the “best” posters could determine those that are displayed in the school halls or cafeteria.)

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## Activity 4 – FRIENDS - WAYS TO BE INVOLVED

According to the video and to research about people who are the target of bullies, many tend to be “loners” who don’t get involved in school activities.

### Directions:

Have students brainstorm ways to get involved in school and community activities and events. List these on the chalkboard or paper. Have them go down the list and suggest ways to make the first move in getting involved for people who may be shy or intimidated. Identify groups in the school and community where students could become involved. (Suggestions could have students discussing what they like to do, such as play guitar/piano, sports, video production, acting, etc. Use this to help students determine groups in the school and community where they could put their talents and abilities to work, and to make new friends. Being part of a group helps to deter bullying.)

## Activity 5 – RANDOM ACTS OF KINDNESS

Several years ago, “Random Acts of Kindness” were making the rounds of schools and community groups. These are behaviors that students can practice everyday to help someone else.

### Directions:

Discuss ways that random acts of kindness can be incorporated into the classroom and into students’ daily lives. Have students give examples of random acts of kindness, then suggest that they begin to practice this behavior regularly. If the students make the suggestion, that is even better. Examples: Take the side of someone who is being bullied; offer to study with someone who needs help before a test; read to children in a nearby elementary school.

## Activity 6 – BULLYING –WHAT YOU CAN DO ABOUT IT

### Directions:

Identify with the class, people or agencies in your school and/or community that can be called upon to assist with bully behavior. These could be counselors, police or sheriff’s officers, psychologists, other community representatives. Ask at least one person from those suggested to come in and talk to your class. If bullying is a school-wide problem, promote a team approach for a school-wide program about bullying.

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