

HANDOUT

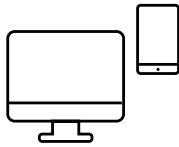
BULLYING OVERVIEW

BULLYING

Bullying is **intentional**, unwanted, aggressive behavior that involves a real or perceived **power imbalance** and is **repeated**, or has the potential to be repeated, over time.

CONFLICT

Conflict is a **misunderstanding** or **disagreement** that causes an emotional reaction between **two or more** connected people who **need or want** something from one another.



CYBERBULLYING

When people use phones, computers or tablets to be mean to a person.



PHYSICAL BULLYING

Shoving, hitting, punching, fighting, tripping, kicking, throwing something, bumping into someone, knocking books down, physical intimidation or stealing on purpose.



RELATIONAL BULLYING

Telling secrets, whispering, spreading rumors and gossip, giving the silent treatment, rolling eyes, leaving a person out or ignoring someone.



BIAS-BASED BULLYING

Being mean on purpose about something someone cannot change about themselves. For example, skin color, eye shape, religion, age, the country they are from, if they are a boy or a girl or how smart they are.

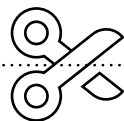


HANDOUT

BULLYING AND CONFLICT TEMPLATE

CONFLICT

BULLYING





HANDOUT

BULLYING SCENE SKIT

ACTING ROLES NEEDED

- Narrator
- Maria
- Jason
- Steven
- Colin
- Four bystanders

Narrator:

Jason is in the third grade and new to school. At recess he is talking to his friend Maria when two fourth graders, Steven and Colin, approach him. These fourth graders have messed with him before. A week ago, they bumped into Jason and pretended it was an accident while laughing at him. Yesterday, they made fun of Jason and kept calling him “newbie.” Today, they decided it would be fun to mess with him again.

Maria:

“Hey, cool Pokemon cards. I tried to buy them the other day, but they were sold out!”

Jason:

“Thanks! I saved up my allowance for them and finally got them.”

Steven:

“Hey kid, what you got there?”

Jason:

“Nothing.”

Colin:

“They don’t look like nothing. I think you should give those to us.”

Maria (whispering to Jason):

“Maybe you should just give them to him. Do you really want them to mess with you?”

Jason (quietly to Maria):

“I don’t want to. It took me a long time to get these.”

Colin grabs the Pokemon cards from Jason and laughs with Steven.

A few third graders from Jason’s class watch while this is happening, looking worriedly, not sure what to do.



HANDOUT

UPSTANDER QUIZ

DIRECTIONS

Decide how you would respond to each scenario and circle a, b, c or d for your answer.

- 1 Ruby walks over to a group of girls in the lunchroom. She wants to join their table and eat with them. When she walks up, they immediately start whispering and laughing while glancing at her. You see this happen. What do you do?
 - a. After lunch, tell Ruby you saw what happened and ask her if she is okay.
 - b. Shout out to Ruby, "Hey Ruby, come sit with us."
 - c. Walk over to the table and tell the girls who are whispering that they are being mean.
 - d. Point out the situation to a lunch aide.

- 2 Cameron worked on his homework assignment with his moms and filled out his family tree. The next day in school, the class is sharing the project with one another. While Cameron is sharing his family tree, Beth laughs and whispers to her neighbor, "That's so weird that Cameron has two moms!" You saw that Cameron heard her comment. What can you do?
 - a. Write Cameron a note that says that you think it is cool that he has two moms.
 - b. After Cameron shares his tree, ask the teacher if there is an errand that you and Cameron can do to help.
 - c. Tell Beth that what she said is not nice.
 - d. Tell the teacher what you heard Beth say about Cameron's moms.

- 3 One day at recess, some friends are talking about a birthday party taking place over the weekend. You are invited to the party but you realize your friend Sakura is not. She is listening to the conversation and looks sad but you do not say anything. Then some of the girls realize Sakura can hear them talking about the party and start giggling with one another while looking at Sakura. What would you do?
 - a. When you get back to class, smile at Sakura and ask her to work on a project together.
 - b. Immediately go to Sakura and ask her to play with you on the swings.
 - c. Tell the girls who are giggling that what they are doing is not nice and Sakura can see and hear them.
 - d. After school tell the teacher what happened so he/she knows and it can be addressed.

- 4 Sophia, a girl in your class who you think is nice but you are not great friends with, is walking to gym with your class. In the hallway your class passes another class. John, a boy in the other class, yells out, "Sophia the giraffe!" and starts laughing. Sophia is very tall for her age and feels embarrassed when people point out her height. You can tell she is embarrassed and you can see some tears starting to form in her eyes. What do you do?
 - a. Put your hand on her shoulder and ask her if she is okay. Listen to her talk about her feelings and offer support.
 - b. Lock arms with Sophia and walk with her to the gym.
 - c. Yell back to John, "Giraffes are beautiful!"
 - d. When you get to gym class, tell the teacher what John yelled out in the hallway and that Sophia is upset.

HANDOUT

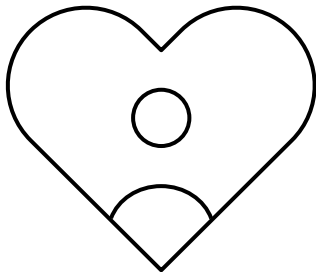
UPSTANDER QUIZ (continued)

- 5 Edgar is a nice, popular boy who is overweight. One day at recess when he is playing basketball, he trips and falls on the court. One of his friends, Colin, calls out, “the elephant has landed.” Everyone starts laughing and Edgar laughs along too. What do you do?
- Later, back in class, tell Edgar you saw what happened and ask him if he is okay.
 - You immediately ask Edgar to come rest a minute with you on the sidelines.
 - You help Edgar up and tell Colin what he said was not funny. Colin replies, “I was just joking.” You repeat that it is not funny.
 - You tell an aide that Edgar fell and Colin was mean.
- 6 Camilla walked into the bathroom where you and your friend Mariana were talking by the sink. Mariana immediately leans in and whispers to you that Camilla always smells bad. Mariana instantly starts laughing and you feel like you should laugh too, but you can see Camilla looks hurt. What do you do?
- Later, back in class, write Camilla a note explaining that you felt nervous to say anything, but you want to see if she is okay.
 - You ignore Mariana and say to Camilla right then and there, “I was meaning to ask you what you are doing after school today.”
 - You tell Mariana that what she is doing is not nice and to stop or you will tell the teacher.
 - You do nothing immediately but you report it to the teacher when you get back to class.
- 7 Kiran is walking down the hallway to art and you are behind him in line. As your class approaches the art room, the previous class is leaving. A boy named Damon, who is leaving the art room, purposefully pushes Kiran as he passes and then turns to his friend and laughs and high-fives him. Kiran obviously feels bad. What do you do?
- Move forward in line to stand next to Kiran.
 - Ask Kiran if he wants to check out the new supplies on the teacher’s desk.
 - Tell Damon that pushing Kiran was not nice.
 - Tell the art teacher what happened the minute you walk in the room.
- 8 You are working on a group project in class and Nari, one of the girls in your group, is Korean. There is a conversation happening about presenting the project to the rest of the class and it is suggested that Nari be the narrator. Milo laughs and says, “How can Nari be the narrator, she can barely read with her slanty eyes.” What do you do?
- You look at Nari and smile at her knowingly as if to say, “That was not nice of Milo to say.”
 - You say to the group as if ignoring Milo’s comment, “I think Nari would be a perfect narrator. She always reads with so much expression.”
 - You look at Milo and tell him he is being mean and what he said is not okay.
 - After the assignment is completed, you tell the teacher what Milo said.
-
- Once you have answered all the questions, tally your answers below. Whichever letter you answered the most, is the strategy you are most comfortable with from the *Upstander Strategies* handout. You may have more than one most comfortable strategy.
- Ⓐ _____ Ⓑ _____
 Ⓒ _____ Ⓓ _____

HANDOUT

UPSTANDER STRATEGIES

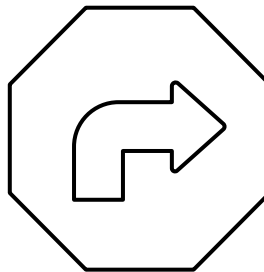
A



BE A BUDDY

This strategy is about being the best friend you can be. You like to make sure that people in need feel supported and you do things like ask the target if they are okay, listen to the target talk about their feelings or write the target notes of appreciation.

B

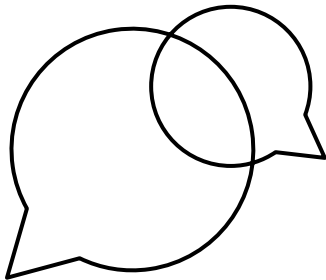


STOP AND REDIRECT

(Interrupt and change the subject)

You feel comfortable interrupting the bullying behavior right when it is happening. You know that offering an opposite opinion to the bullying or giving the target a reason to walk away from the situation is a great way to be an upstander. It is different from speaking out because you do not directly confront the aggressor.

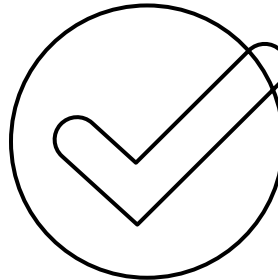
C



SPEAK OUT

This is a difficult strategy for many people, but not for you! You feel it is important to stand up to the aggressor right away and tell them what they are doing or saying is not okay.

D



TELL SOMEONE

You might not always know what to do in the moment, but when you see bullying you know the right thing is to be an upstander and report the situation to a trusted adult.

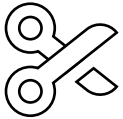


HANDOUT

TATTLING VS. TELLING

DIRECTIONS

Neatly cut out all the situations below. As a group, decide how you will respond to each situation and glue it in the appropriate box on the following page. When trying to decide how to respond, ask yourself, "Is this situation unsafe or uncomfortable?" If it is, it belongs in the Telling box.



Someone was picking their nose.

Someone pushed someone else.

Someone told a girl that her hair was ugly and looked like rough wool.

Someone did not put their crayons away.

Someone did not throw their lunch away.

Someone told their friend that they smelled funny.

Someone's shoelaces are untied.

Someone licked their desk.

Someone made fun of someone else's shirt because there were holes in it.

Someone sent someone a mean text message.

Someone did not flush the toilet.

Someone took someone's backpack and threw it in the garbage.



HANDOUT

TATTLING VS. TELLING (continued)

Tattling Definition: Telling an adult to get someone in trouble.

Telling Definition: Telling an adult when a situation is unsafe or uncomfortable for someone.

TATTLING

TELLING

