

Classroom Toolkit for National Bullying Prevention Awareness Week

Uniting people, schools, and communities nationwide to prevent bullying

Promote bullying awareness in your classroom by using the activities and resources in this day-by-day toolkit.

Whether you have just a few minutes or you can devote 15 to 30 minutes a day to this important issue, you'll find everything you need—links to informative websites, downloadable materials, interesting activities, and a powerful video project called “Rewind.”

Select the elements that best fit your class's needs. Each day's lesson includes:

Morning Announcement: a brief informative statement about bullying to be read in morning announcements or in the classroom.

Classroom Education and Activities

- **Active Learning and Discussion:** links to Teens Against Bullying website; downloadable materials to hand out; and stimulating questions to foster discussion and encourage students to express opinions
- **Video and Discussion:** videos from Teens Against Bullying website and thought-provoking discussion questions
- **“Rewind” Video Project:** a step-by-step guide to creating a brief but powerful bullying prevention video

Carry it forward! These activities can be done anytime and extend beyond the classroom!

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Monday – Bullying 101

Morning Announcement

Today is the start of Bullying Prevention Awareness Week. Our school is raising awareness of bullying prevention and teaching students how to respond effectively to bullying situations.

Today’s topic is “Bullying 101.” Bullying can take many forms. It can be physical, and it also can be emotional and social—using words to hurt someone, leaving someone out, or gossiping and spreading rumors. Bullying also happens over cell phones and the Internet. In your classroom today, you will learn what bullying is, how to identify it, and why it happens.

Classroom Education and Activities

Active Learning and Discussion

Bullying 101 – Review what bullying is, how to identify it, and why it happens.

Site location: PACERTeensAgainstBullying.org → ACT/Peer Activities/Bullying 101

Pop Quiz – Ask some multiple-choice questions about bullying issues.

Site location: PACERTeensAgainstBullying.org → IDENTIFY/Quick FAQ’s/Who bullies?

Seriously!? – Introduce a true/false activity about the stigmas attached to bullying.

Site location: PACERTeensAgainstBullying.org → IDENTIFY/Seriously!?

Bullyology – Look at the characteristics of students who bully and who are targeted.

Site location: PACERTeensAgainstBullying.org → IDENTIFY/Bullyology

Discussion Questions: (To make sure all students participate, you may want to break the class into groups of 5 to 8 students. Appoint one student in each group to take notes and report results to the class. Consider using that feedback for future bullying prevention projects.)

- What is bullying?
- Why might kids be bullied?
- Why might kids bully?

Video and Discussion

Watch “Cyber Set-Up” Video.

Site location: PACERTeensAgainstBullying.org → RESPOND/Acting Up

Discussion Questions:

- What is the bullying situation?
- Who was involved in the bullying?
- How could this situation have been resolved more positively?

“Rewind” Video Project (allow about 15 minutes)

Step 1: Keep It Real! Refer to worksheets in “REWIND.” Break into small groups and brainstorm bullying scenarios.

- Record ideas for 2 or 3 scenarios.

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Tuesday – What Can You Do?

Morning Announcement

Today's bullying prevention topic is "What Can You Do?" Everyone knows that bullying situations involve the student who's targeted and the student doing the bullying. Did you also know that many situations involve bystanders—students who aren't involved directly but see what's happening?

Bystanders are powerful. In fact, more than half of bullying situations will end if bystanders step in. Direct confrontation is one way to intervene. Indirect help—such as not encouraging the situation or offering support to the person being bullied—is also effective. Bystanders can also let other students know that bullying is not okay. In your classroom today, you will be learning about different ways to respond to bullying situations.

Classroom Education and Activities

Active Learning and Discussion

"What Can You Do?" – Review options for bystanders, targets, and those who bully.

Site location: PACERTeensAgainstBullying.org → RESPOND

Teen2Teen – Look at bullying scenarios and how teens can address them.

Site location: PACERTeensAgainstBullying.org → RESPOND/Teen2Teen

Bullying Unplugged —Explore the dynamics of cyber bullying.

Site location: PACERTeensAgainstBullying.org → RESPOND/Bullying Unplugged

Person First – Explain the importance of recognizing the person first, then his or her differences.

Site location: PACERTeensAgainstBullying.org → RESPOND/Person First

Discussion Questions: (To make sure all students participate, you may want to break the class into groups of 5 to 8 students. Appoint one student in each group to take notes and report results to the class. Consider using that feedback for future bullying prevention projects.)

- What are other ways that students can address bullying?
- What do students think about the Teen2Teen responses?
- What can you do in a cyber bullying situation?
- How does language affect how differences are perceived?
- What can someone who sees bullying do?
- What can teens do within their school to help prevent bullying?
- What options does someone who is being bullied have?

Video and Discussion

Watch "Out of Bounds" Video. *Site location:* PACERTeensAgainstBullying.org → RESPOND/Acting Up

Discussion Questions:

- What is the bullying situation?
- Who was involved in the bullying?
- How could this situation have been resolved more positively?

Optional Activity

Watch "My Sister" Video. *Site location:* PACERTeensAgainstBullying.org → RESOURCES/Light Reading

A high school student who has a sister with Down syndrome gives a senior speech that highlights the power of language and how it affects perceptions.

"Rewind" Video Project (allow about 15 minutes)

Step 2: Pick Your Cast and Crew. Refer to worksheets in "REWIND." Decide which scenario your group will do.

- Determine which students will act, film, produce, or direct.

Wednesday – Students and Adults Working Together

Morning Announcement

Today's bullying prevention topic is "Students and Adults Working Together." When it comes to bullying, teens and adults don't always see eye-to-eye. In one survey, for example, educators said they intervened in bullying situations 75 percent of the time; students said adults intervened only 10 percent of the time. Why the difference? Bullying often happens outside the view of adults, bullying is not always easily recognized, and adults may not perceive a situation as bullying.

Many students don't talk with an adult about bullying. Some think they need to handle it on their own, others may have received unhelpful advice, and still others might think adults could make the situation worse.

In your classroom today, you will be learning why students don't tell an adult, how to talk with an adult about bullying, and why it's important to tell, seek help, and work with adults to deal with bullying.

Classroom Education and Activities

Active Learning and Discussion

Listen Up! – Participate in an interactive poll on the reasons students might not tell an adult about bullying. *Site location:* PACERTeensAgainstBullying.org → LISTEN

Advice Gone Wrong – Check out advice from adults that may not be helpful. *Site location:* PACERTeensAgainstBullying.org → LISTEN/Advice Gone Wrong

Inside Story – Explore reasons students don't tell an adult about bullying. *Site location:* PACERTeensAgainstBullying.org → LISTEN/Inside Story

Discussion Questions: (To make sure all students participate, you may want to break the class into groups of 5 to 8 students. Appoint one student in each group to take notes and report results to the class. Consider using that feedback for future bullying prevention projects.)

- What are some of the reasons teens don't tell an adult?
- What can schools do to help prevent bullying?
- What can parents do to be helpful?
- What is not helpful?

Video and Discussion

Watch "New Girl" Video. *Site location:* PACERTeensAgainstBullying.org → RESPOND/Acting Up

Discussion Questions:

- What is the bullying situation?
- Who was involved in the bullying?
- What was the adult influence in this situation?
- How could this situation have been resolved more positively?

Optional Activity

Watch "We Need to Talk" Video. *Site location:* PACERTeensAgainstBullying.org → LISTEN/We Need To Talk

Discussion Question:

- Who are some adults that can help in bullying situations?

"Rewind" Video Project (allow about 15 minutes)

Step 3: Write a Script. Refer to worksheets in "REWIND"

- Begin script development.

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Thursday — Bullying Prevention: It's Not Just a Week

Morning Announcement

Today's topic is "Bullying Prevention: It's Not Just a Week." National Bullying Prevention Awareness Week was created to raise awareness and provide options to respond to bullying. Bullying isn't something that can be resolved in a week, however. Students and adults need to work on it throughout the school year to be effective.

For many years bullying was thought to be a normal part of childhood and that targets just needed to toughen up and deal with it. We now know that bullying has long-term negative effects. Students who are bullied often have a loss of self-esteem, endure physical symptoms such as stomachaches and headaches, begin to miss school, suffer slipping grades, and become depressed. Students who bully are more likely to have a criminal record as an adult. Witnesses report feeling less safe at school and they fear that the bullying might happen to them.

Bullying affects everyone. Together, through a united effort, everyone can affect how bullying is addressed in school.

Classroom Education and Activities

Active Learning and Discussion

ACT – Review bullying awareness activities and decide if the class wants to commit to one.

Site location: PACERTeensAgainstBullying.org → ACT/Peer Activities

Discussion Questions: (To make sure all students participate, you may want to break the class into groups of 5 to 8 students. Appoint one student in each group to take notes and report results to the class. Consider using that feedback for future bullying prevention projects.)

- What are some of the long-term consequences of students being bullied?
- What might be the long-term consequences for students who bully?
- How is a school environment in which bullying is not tolerated different from one in which bullying is not addressed — or maybe is even accepted?
- What are some ideas to continue bullying prevention efforts in your school?
- How can older students can educate and help younger students?
- What rules or guidelines could your school establish around bullying?

Video and Discussion

Watch "Who Wants to Be Bullied?" Video. *Site location:* PACERTeensAgainstBullying.org → ACT/Peer Activities/Role Plays

Discussion Questions:

- How do Simon and the teens who are bullying respond when the all the targets become assertive? What else could the targets have done?
- Is being different the main reason kids are bullied?
- Is Simon modeling bullying?
- Do you think the behavior is accepted? Why?
- Can you think of other media influences on bullying?
- How can these influences be addressed?

"Rewind" Video Project (allow about 15 minutes)

Step 4: Prep and Dress Rehearsal. Refer to worksheets in "REWIND"

- Finalize script development.
- Do a dress rehearsal.

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Friday – The End of Bullying Begins with You

Morning Announcement

Today's theme is "The End of Bullying Begins with You." Bullying prevention takes a united effort of students and adults. It also takes an individual effort. It is about each person taking responsibility. The end of bullying begins with the principal, the end of bullying begins with teachers, the end of bullying begins with all school personnel, and the end of bullying also begins with you--with each student being willing to say that bullying will not be accepted and that everyone has a right to be safe at school.

Classroom Education and Activities

Video and Discussion

Watch "Think Pink" Video. *Site location: PACERTeensAgainstBullying.org* → *RESOURCES/Light Reading*

Discussion Question:

- What other creative ways can you think of to make a difference?

"Rewind" Video Project (allow 15 to 30 minutes)

Step 5: Film! Refer to worksheets in "REWIND." Shoot the video.