

# Cowden-Herrick Schools

## PBIS "Cool Tool" Lesson Plan

### School Wide Expectations:

- Be Ready
- Be Responsible
- Be Respectful

**Lesson Topic:** ) \_\_\_\_\_ 1 – The Truth about ) \_\_\_\_\_

### Purpose of the Lesson:

1. This will be the first Cool Tool in a series on ) \_\_\_\_\_. Cowden-Herrick students are expected to treat each other with respect and avoid \_\_\_\_\_. This lesson will dispel several myths about \_\_\_\_\_ as well as define what it is.

### Teaching Examples:

1. Not Applicable

### Student Activities/Role Play:

- A. Explain the purpose of the lesson.
- B. Student Brainstorm – What words come to mind when you hear the phrase, "A Bully".
  - Teachers should write these words on the board
  - Teachers should point out that there are usually 3 participants in \_\_\_\_\_ bully, victim, bystander
- C. The Truth About \_\_\_\_\_ A Quiz
  - Teachers should read the quiz and lead students in a discussion about the answers
  - Key points are outlined on the teacher's copy of the quiz
- D. Define Bullying – try to use student participation to come up with a definition that encompasses the following points:
  - Imbalance of power between victim & bully
  - Negative hurtful action on part of bully (hurt is intended)
  - Repeated behavior by bully

### Follow up/Reinforcement Activities:

- Future lessons will cover
  - ✓ Identifying bullying behaviors
  - ✓ How to deal with a bully
  - ✓ How to be a bystander who stands up to bullying

# The Truth About Bullying: A Quiz

**Directions:** Write True (T) or False (F) beside each statement.

- 1 \_\_\_\_\_ Conflict is a normal part of growing up.
- 2 \_\_\_\_\_ Boys are more likely than girls to be bullies.
- 3 \_\_\_\_\_ Girls and boys often bully in different ways.
- 4 \_\_\_\_\_ Bullies are always big.
- 5 \_\_\_\_\_ Bullies have friends.
- 6 \_\_\_\_\_ Bullies usually feel sorry for their victims.
- 7 \_\_\_\_\_ Bullies often bully to gain popularity and attention.
- 8 \_\_\_\_\_ Most students will experience a bully sometime during their school years.
- 9 \_\_\_\_\_ If the victim ignores the bully, the bully will always quit.
- 10 \_\_\_\_\_ When you are a bystander and see bullying, as long as you're not doing anything, you're not responsible.

# The Truth About Bullying: A Quiz

## TEACHER'S COPY

**Directions:** Write True (T) or False (F) beside each statement.

- 1 **True** \_\_\_\_\_ Conflict is a normal part of growing up.
  - Conflict and disagreement happen, even among adults.
  - The key is understanding how to resolve/control conflict/disagreement so that it doesn't control us.
  - Bullying is different because it involves danger of someone being hurt physically or emotionally.
- 2 **False** \_\_\_\_\_ Boys are more likely than girls to be bullies.
  - Boys and girls can both be bullies.
  - Boys tend to be more likely to admit that they bully others.
- 3 **True** \_\_\_\_\_ Girls and boys often bully in different ways.
  - Bullying boys are easier to spot because they tend to be more physically aggressive.
  - Bullying girls are less easy to spot because they tend to be emotionally aggressive and more subtle.
- 4 **False** \_\_\_\_\_ Bullies are always big.
  - There is often an imbalance of power between the bully and victim. It might be size, age, wealth, maturity, number of friends, etc...
  - However, you can't identify a bully solely based on size. Bullying is all about power but not necessarily about size.
  - Bullies can be any size, shape, color, or gender.
- 5 **True** \_\_\_\_\_ Bullies have friends.
  - Of course they do. These friends often give support to the bully and feel more powerful themselves because the bully is their friend.
  - The friendship may be based on fear instead of trust and companionship.
- 6 **False** \_\_\_\_\_ Bullies usually feel sorry for their victims.
  - Often times bullies are bullies because they lack guilt for what they do.
  - The bully often intends to cause harm/injury and doesn't care if it happens.
  - If harm/injury happen, the bully feels more power.
- 7 **True** \_\_\_\_\_ Bullies often bully to gain popularity and attention.
  - Absolutely. But again, the popularity and attention are often based on fear instead of trust.
- 8 **True** \_\_\_\_\_ Most students will experience a bully sometime during their school years.
  - Nearly 80% of middle and high school students say they have been the victim of a bully.
- 9 **False** \_\_\_\_\_ If the victim ignores the bully, the bully will always quit.
  - Absolutely not. Ignoring the bully is one way to try to deal with him/her. But it may not work.
  - In future Cool Tools, you will be taught numerous strategies to use when dealing with a bully.
- 10 **False** \_\_\_\_\_ When you are a bystander and see bullying, as long as you're not doing anything, you're not responsible.
  - Absolutely not. Bullies like it when bystanders do nothing. This allows them to continue having their fun.
  - When bystanders do nothing. They are part of the problem.
  - Bystanders need to take a stand instead of standing by.
  - In future Cool Tools, you will be taught numerous ways to be a bystander who does something about bullying.