

PBIS Cool Tool

School-Wide Expectation: Be Respectful & Safe

Name of the Skill: Bullying 1 – The Truth About Bullying

Note to Teacher: Lesson to be split into 2 sessions of 20 minutes each

Purpose:

This will be the first Cool Tool in a series on Bullying. John Greer students are expected to treat each other with respect and avoid bullying. This lesson will dispel several myths about bullying as well as define what it is.

Teaching Examples:

Not Applicable

Student Activities:

- 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 bullying: bully, victim, bystander
- C. The Truth About Bullying: 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.