



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
www.cdc.gov/healthyschools/sher/standards/index.htm

Bullying is a serious problem. Nearly half of kids who took a recent KidsHealth poll said they'd been bullied at least once. Bullying can turn a school into a place to be feared rather than a safe place to learn. The following activities and discussion questions will help your students understand exactly what constitutes bullying and learn ways to deal with bullies.

Related KidsHealth Links

Articles for Kids:

Dealing With Bullies

KidsHealth.org/en/kids/bullies.html

How Do I Help a Kid Who's Bullied?

KidsHealth.org/en/kids/being-bullied.html

How Cliques Make Kids Feel Left Out

KidsHealth.org/kid/feeling/friend/clique.html

The Scoop on Gossip

KidsHealth.org/en/kids/gossip.html

Saying You're Sorry

KidsHealth.org/en/kids/sorry.html

School Counselors

KidsHealth.org/en/kids/school-counselors.html

Should You Fight a Bully?

KidsHealth.org/en/kids/fight-bullies.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What are some ways kids can be bullied? Is making fun of someone considered bullying?
2. Why do some kids bully other kids?
3. How can talking about someone turn into bullying?
4. If you see a kid being bullied, what should you do? Should you tell someone?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Acting Against Bullying

Objectives:

Students will:

- Define and explain characteristics of bullying
- Learn strategies to handle or overcome bullies

Materials:

- Computer with Internet access
- “Acting Against Bullying” handout
- Pens or pencils

Class Time:

- Two 1-hour class periods

Activity:

Bullying is being mean and hurtful to other kids over and over. Sometimes the people being bullied have problems standing up for themselves. And sometimes, the bystanders (kids who witness the bullying) are too scared to stand up to bullies as well. Bullies like it when they get reactions out of the people they’re bullying. Sometimes kids act like bullies because people have been mean to them. Some bullies use physical violence, like pushing or hitting. Other bullies tease, threaten, scare, or pass rumors. Some bullies do hurtful things like excluding or isolating kids from groups. You may have even heard of cyberbullying, when kids text or post mean things online. No matter how it’s done, when someone is intentionally hurting another kid over and over, it’s bullying. Bullying affects the kids who are bullied, the bullied kids’ family members, the kids who see it or who hear about it, and the bullies themselves.

After reading the KidsHealth.org articles “Dealing with Bullies” and “How Do I Help a Kid Who’s Bullied?”, we’ll divide into small groups to role-play bullying situations. We’ll also create and role-play possible solutions about how to handle bullying situations. Each skit will include four or five actors: the bully or bullies, the victim, a bystander, and an adult. Use one of the situations from the handout or your group can come up with its own bullying situation. After each skit, we’ll talk about the bullying and discuss if there are other possible solutions to the bullying situation.

Extensions:

1. If your school has a bullying policy, communicate the rules clearly to your students and their parents. If your school doesn’t have a bullying policy, research any relevant state policies or guidelines online, then brainstorm with your class about what rules and guidelines your school should adopt. Draft a policy to forward to the principal.
2. Check out stopbullying.gov and share appropriate videos and other content with your students and school community.



Bully-Proofing Your School

Objectives:

Students will:

- Identify strategies to prevent or reduce bullying

Materials:

- Computer with Internet access
- Pens or pencils, chart paper

Class Time:

- 1 hour

Activity:

Because some kids have been bullied in your school lately, your job is to help start an anti-bullying campaign. The goal is to help kids understand what bullying is, create a safe school environment, and let kids know what to do if they're bullied or they see someone else get bullied. In small groups, read the KidsHealth.org articles on bullying and related topics and write down tips you think are important to include in the campaign. Then write five tips about dealing with bullying that can be read during the morning announcements. As a class, we'll combine the tips and develop a Top 10 list of the best ways to deal with bullying, so one or two can be read during the morning announcements each day.

Extensions:

1. Create signs or posters for your school hallways that show that bullying isn't acceptable. Use slogans like "Bully-Free Zone," "No Bullying Allowed," "Bullies Not Welcome," etc. Use some of the tips you collected from the KidsHealth articles.
2. Bullies are less likely to pick on kids they are friends with, and kids who are bullied feel less isolated when other kids reach out in to them friendly ways. To promote these behaviors, have your students interview and write a brief report about a different classmate or other student each week, to encourage friendships. The reports can be as simple as describing the students' families, pets, likes and dislikes, hobbies and favorite activities, etc.

Reproducible Materials

Handout: Acting Against Bullying

KidsHealth.org/classroom/3to5/problems/emotions/bullying_handout1.pdf

Quiz: Bullying

KidsHealth.org/classroom/3to5/problems/emotions/bullying_quiz.pdf

Answer Key: Bullying

KidsHealth.org/classroom/3to5/problems/emotions/bullying_quiz_answers.pdf



Name: _____

Date: _____

Acting Against Bullying

Instructions: Work with your group to write a bullying situation to act out and pick a role to play for each person. Make sure to write each person's name next to the role. Also write and act out a possible solution to the bullying situation. Use props from your classroom if necessary.

Bullying situation 5:

Bully or bullies: _____

Victim: _____

Bystander: _____

Adult: _____

Possible Solution:



Name: _____

Date: _____

Acting Against Bullying

Instructions: Work with your group to write a bullying situation to act out and pick a role to play for each person. Make sure to write each person's name next to the role. Also write and act out a possible solution to the bullying situation. Use props from your classroom if necessary.

Bullying situation 6:

Bully or bullies: _____

Victim: _____

Bystander: _____

Adult: _____

Possible Solution:



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: Bullies are mean to kids on purpose over and over.
2. True or false: Bullying can make kids who are bullied feel physically sick.
3. True or false: If someone bullies you, you should bully that kid back.
4. True or false: Ignoring a bully and not reacting to the bullying can help sometimes.
5. True or false: If you or someone you know is being bullied, you should tell a trusted adult.
6. True or false: It's only considered bullying when bullying is physical.
7. List two things you can do to help a kid who's being bullied:

8. List two things you can do to defend yourself against bullies:



Quiz Answer Key

1. True or false: Bullies are mean to kids on purpose over and over.
2. True or false: Bullying can make kids who are bullied feel physically sick.
3. True or false: If someone bullies you, you should bully that kid back.
4. True or false: Ignoring a bully and not reacting to the bullying can help sometimes.
5. True or false: If you or someone you know is being bullied, you should tell a trusted adult.
6. True or false: It's only considered bullying when bullying is physical.
7. List two things you can do to help a kid who's being bullied:
Any two of the following: tell an adult; be friendly to the kid; stick up for the kid; tell the bully to knock it off

8. List two things you can do to defend yourself against bullies:
Any two of the following: ignore the bully; don't bully back; stand tall and be proud; don't show your feelings; don't react; be confident in yourself; stay away from the bully; hang with a buddy when you think the bully will bother you
