



Module Title
Identifying and Preventing Bullying

Social Emotional Learning Curriculum
SEL Topic: Relationship Management
Level: High School

Module at A Glance

<i>Page 1</i>	<i>Pages 2-3</i>	<i>Pages 4 - 8</i>	<i>Pages 9 - 14</i>	<i>Page 15</i>
Lesson Overview	About Bullying	Teacher Activity Guides	Teacher Tools	Quiz

Lesson Objectives

Students will be able to identify bullying using behavior characteristics. Students will be able to implement prevention techniques towards bullying behavior.

Activity Snapshots

This lesson incorporates the following activities, information and Teacher Tools.

Title	Activity Type	Approx. Time	Resources and Materials
Activity 1: Identifying Types of Bullying	Discussion	10 minutes	About Bullying Student Instructions Activity Definitions Chart paper and markers Teacher Tool: Types of Bullying
Activity 2: Signs of Bullying	Journaling	5 – 10 minutes	About Bullying Student Instructions Activity Definitions Teacher Tool: Warning Signs of Bullying
Activity 3: Prevention	Group Discussion Role Play	10-15 minutes, or two 10 minute sessions (to include role-play)	About Bullying Student Instructions Activity Definitions Teacher Tool: Preventing Bullying

Description/Intent:

Students will be introduced to the types of bullying and the appropriate behavior characteristics associated with each. Students will learn prevention techniques towards bullying behavior and be directed in safe implementation of the techniques.

Applications & Benefits:

This curriculum will provide information to assist in the decrease of interpersonal violence among students. This will allow for students to feel safer in their environment allowing them to focus on academics.



About Bullying

What is bullying?

Bullying is defined as repeated aggressive behavior that includes an imbalance of power where one person is able to use their power to harm someone else.

There are three main categories when understanding bullying. They include:

- Verbal Bullying: saying or writing mean comments against others. (Ex. teasing, threatening harm, and inappropriate sexual comments.)
- Social Bullying (Relational Bullying): Involves hurting someone's reputation or relationships. (Ex. spreading rumors and excluding individuals on purpose)
- Physical Bullying: Hurting an individual's body or possessions. (Ex. hitting, kicking, and taking or breaking and individual's belongings.)

With the introduction of social media platforms, social and verbal bullying have become more common as individuals are removed from personal contact with their victim. The lack of accountability that social media has created around bullying has intensified the concern over the consequences surrounding bullying.

Module Rationale:

According to the Centers for Disease Control and Prevention's 2017 youth risk behavior survey 19% of students between 9th and 12th grade reported being bullied on school premises within the year.

Students involved in bullying are at a higher risk to develop negative mental and physical health symptoms. Mental health side effects often seen as a result of bullying include depression, anxiety, and self-harming behaviors. Students are also at a higher risk for suicidal thoughts and behaviors. Along with mental health concerns physical health and well-being is also affected by bullying behavior. Physical altercations can lead to injuries and the constant strain of trauma responses on the body can lead to more chronic disorders.

Understanding how to identify, prevent, and intervene in school-based bullying allows for a safer environment for students, staff, and parents. Injuries, mental health symptoms, and feeling unsafe can have an effect on school attendance for students. Losing valuable instruction time due to doctor visits and feeling unwell or unable to go to class affects students' academic progress.



Keep in Mind

- Have extra patience with non-participants as bullying can be a traumatic event for individuals.
- Keep in mind that while physical bullying may be more visible, social and verbal bullying may be more prominent in the school setting.
- Individuals that bully others are often bullied themselves and may need assistance themselves with gaining appropriate coping techniques.
- Signs and symptoms vary from individual to individual as everyone copes differently with traumatic events.
- Warning signs may also indicate another form of trauma in the student's life, including at home violence. Please reach out to students if these warning signs are present.

Feedback to Students

Be mindful that students may not want to verbally express their opinion on bullying for fear of retribution if they are being bullied. Allow students to choose to participate in the group discussion and provide information on how to speak with school staff in private before beginning the activity.

Teacher Feedback

Please provide insights on any adjustments made regarding the actual use of the content. Feel free to share your thoughts, suggestions, and constructive criticism. Email your feedback to: info@mylearningtools.org



Activity #1: Lesson #1: Identifying Types of Bullying

Teacher Instructions

Carefully read the About Bullying section. Make the Student Instructions for Activity #1 accessible for students (via projector, hand copies, online host, etc.). There is space on the bottom of the Student Instructions for Activity #1 for you to write the names of teachers, counselors, administrators and other school officials that are available to help students that are being bullied.

Either prepare chart paper titled, “Types of Bullying or print out the Teacher Tool: Types of Bullying and have it ready to use with a doc cam and projector.

Definitions

What is bullying?

Bullying is defined as repeated aggressive behavior that includes an imbalance of power where one person is able to use their power to harm someone else.

Activity

Remember to write the names of individual teachers, counselors and other trusted school officials at the bottom of the Student Instructions.

Introduce students to the types of bullying that were discussed in the lesson without providing information on the examples discussed.

For this group discussion allow students to provide their own examples using the definitions provided. Allow students to provide three to five examples for each column. Help students maintain focus on providing information for one column at a time in order to allow them time to understand each form of bullying.

Students should be allowed to provide personal experiences if they are comfortable but be mindful that the examples do not involve other students as it may be harmful to them to share the information.

Students should discuss why the examples were chosen and be able to tie their examples back to the definition provided.



Activity #2: Signs of Bullying

Teacher Instructions

Carefully read the About Bullying section. Make the Student Instructions for Activity #2 and Teacher Tool: Warning Signs of Bullying accessible for students (via projector, hand copies, online host, etc.). In this case, it is recommended to make copies of Teacher Tool: Warning Signs of Bullying so that students can take this information with them and use as a reference for outside of class.

Carefully read through the following information on the warning signs of bullying.

Signs of Bullying

Identifying bullying requires more than understanding the possible forms bullying can take. There are signs that individuals demonstrate that they are being bullied or that they are bullying others.

Warning signs vary greatly between individuals and some individuals do not demonstrate any signs at all. It is important to ask about an individual's well-being if there are warning signs present as sometimes the noticeable signs are due to something other than bullying.

There are signs that can help in identifying individuals that are being bullied as well as those that may be responsible for the bullying.

Signs that someone may be being bullied:

- Unexplainable injuries
- Lost or destroyed property
- Constantly feeling sick or faking illness
- Changes in habits such as eating, participating in school activities, or academic progress.
- Difficulty sleeping or frequent nightmares
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide.

Individuals may be bullying others if they:

- Get into physical or verbal fights



- Have friends who bully others
- Are increasingly aggressive
- Receive disciplinary actions at school frequently
- Have unexplained extra money or new belongings
- Don't accept responsibility for their actions

Activity:

This activity will focus on allowing the students to journal their thoughts or concerns regarding the warning signs of bullying.

Introduce students to the warning signs discussed in the lesson, including the specific warning signs associated with both those that are being bullied and those bullying others. Provide students with Teacher Tool: Warning Signs of Bullying.

For this journaling activity instruct the students to reflect on the information provided on warning signs. Prompt the students to write a reflection on the information including if they have ever noticed some of the warning signs. This activity will focus on allowing students to express personal experiences associated with bullying without discussing in a group setting that may feel unsafe.

Inform students that the examples they provide do not have to be about themselves or others in the school and they may use outside examples that they have heard about.

Allow 2 to 5 minutes for individual students to share their reflections. Inform students that they do not have to share the journal entry but they can provide the information to school staff if needed.



Activity #3: Prevention

Teacher Instructions

Carefully read pages 2 and 3 that describe the basics of gratitude. Make the Student Instructions for Activity #3 and Teacher Tool: Preventing Bullying accessible for students (via projector, hand copies, online host, etc.). In this case, it is recommended to make copies of Teacher Tool: Preventing Bullying so that students can take this information with them and use as a reference for outside of class.

Preventing Bullying

Bullying prevention is a multi-system level effort. There are several prevention strategies that can be implemented and the success of these strategies is dependent on the involvement of school staff, students, and parents.

A main strategy is having a comprehensive anti-bullying policy in place within the school. This policy would need the support of staff members and parents to be effective as they would need to make sure the policies are followed and implemented appropriately.

A protective factor is characteristic associated with a lower likelihood of problem outcomes or that reduces the negative impact of a risk factor on problem outcomes. There are steps that students can take in order to increase their protective factors and prevent bullying, such as:

- Seeking assistance from an adult, friend, or classmate when a potentially threatening situation occurs.
- Using humor to deflect a potential threatening situation.
- Avoiding unsafe places or walking away before a potential bullying encounter occurs.
- Agreeing with a belittling comment to defuse it.
- Walking with friends or a small group of friendly peers.
- Using positive self-statements to maintain positive self-esteem during an incident.
- Avoiding getting emotionally upset when bullying occurs, as this may embolden the person bullying.

There are strategies that youth can use to prevent cyberbullying, such as:

- Never accepting friend or network requests from unfamiliar people.
- Following the “ex” principle, i.e. would you be okay with your ex-boyfriends or girlfriends having access to content that you are planning to share?



- Blocking threatening or questionable people from seeing your profile and personal information.
- Regularly changing passwords to sites and applications, and immediately deleting profiles that have been hacked.
- Limiting involvement in social networking to a few familiar sites.
- Avoiding joining sites that do not have adequate privacy settings.

Activity:

This activity will focus on allowing the students to discuss their thoughts on the provided prevention strategies.

Introduce students to the types of strategies discussed in the lesson. Provide students with Teacher Tool: Preventing Bullying. Read through the strategies together or give students time to read and process.

For this group discussion, ask students if they would be able to implement the strategies listed in their own experiences. For each strategy, ask students to either give a thumbs up or thumbs down if they would feel comfortable implementing the strategy. Ask students to share why they believe that the strategy would or would not be effective. Ask students to discuss the difficulties associated with implementing each of the strategies.

Questions that may be helpful in this discussion:

How easy or difficult is it to speak to an adult when avoiding and preventing bullying?
 Would you be able to keep a positive mindset when being bullied?
 Is it difficult to maintain privacy online?

Students should be allowed to provide personal experiences if they are comfortable, but be mindful that the examples do not involve other students as it may be harmful to them to share the information.

As time allows, ask for student volunteers to practice role-playing the different prevention strategies. Simple ask students to come up to the front as if they were speaking to a bully, to someone else being bullied, or to a trusted adult and practice the words they could use. For example, how could someone role-play using humor to defuse a situation?



Student Instructions Activity #1: Types of Bullying

Define

Bullying is defined as repeated aggressive behavior that includes an imbalance of power where one person is able to use their power to harm someone else.

There are three types of bullying; verbal, social and physical.

Verbal Bullying involves saying or writing mean comments against others

Social Bullying (also called Relational Bullying) involves hurting someone's reputation or relationships

Physical Bullying is hurting an individual's body or possessions

Share

What are some examples of verbal bullying?

What are some examples of social bullying?

What are some examples of physical bullying?

Think

How do these examples fit the definitions?

Speak Up!

If you are being bullied or witness someone else being bullied, tell a trusted adult. Here are some trusted adults in our school.

Your Teachers

Resource Officer

Counselors

Other School Officials

The Principal



Types of Bullying

Verbal

Social / Relational

Physical



Student Instructions Activity #2: Signs of Bullying

Discuss

What are the warning signs that tell us if someone is being bullied?

What are the warning signs that tell us that someone might be bullying others?

Journal

Reflect on any experiences you have had concerning bullying. Has it happened to you? Have you witnessed it?

Have you ever noticed any of the warning signs in someone else? Do you recognize this as bullying at the time?

Report

If you feel that you need to share your observations about the warnings signs of bullying with a trusted adult, please do so.

Did you know?

One study found that nearly half of students in grades 4 – 12 said that they had been bullied in the last month. Another study found that only about one third of students that are being bullied tell a trusted adult.



Warning Signs of Bullying

What are the warning signs of someone that might be getting bullied?

- Unexplainable injuries
- Lost or destroyed property
- Constantly feeling sick or faking illness
- Changes in habits such as eating, participating in school activities, or academic progress.
- Difficulty sleeping or frequent nightmares
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide.

What are the warning signs that someone is bullying others?

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Receive disciplinary actions at school frequently
- Have unexplained extra money or new belongings
- Don't accept responsibility for their actions



Student Instructions Activity #3: Prevention

Read

What are some ways to protect against and prevent bullying?

Discuss

What are your thoughts on each prevention strategy?

- Is this a strategy you would feel comfortable using?
- Why is this a good strategy in your opinion? Why is it not?
- Have you ever seen the strategy being used? What was the outcome?

Share

Share personal experiences only as you feel comfortable.

Advocate!

Remember, no one deserves to be bullied. How can you advocate against bullying?

- Make anti-bully posters and ask your teachers to display them in class. .
- Does your school have a bully prevention program?
Yes. Great! Get involved!
No. Talk to the administration and get one started.
- Report bullying when you see it or experience it.



Preventing Bullying

How can you prevent bullying?

- Seeking assistance from an adult, friend, or classmate when a potentially threatening situation occurs.
- Using humor to deflect a potential threatening situation.
- Avoiding unsafe places or walking away before a potential bullying encounter occurs.
- Agreeing with a belittling comment to defuse it.
- Walking with friends or a small group of friendly peers.
- Using positive self-statements to maintain positive self-esteem during an incident.
- Avoiding getting emotionally upset when bullying occurs, as this may embolden the person bullying.

How can you prevent cyberbullying?

- Never accepting friend or network requests from unfamiliar people.
- Following the “ex” principle, i.e. would you be okay with your ex-boyfriends or girlfriends having access to content that you are planning to share?
- Blocking threatening or questionable people from seeing your profile and personal information.
- Regularly changing passwords to sites and applications, and immediately deleting profiles that have been hacked.
- Limiting involvement in social networking to a few familiar sites.
- Avoiding joining sites that do not have adequate privacy settings.



Quiz

1. Which term describes the social and/or verbal bullying of another via a digital device such as texting, apps and social media?
 - a. Relational bullying
 - b. Cyberbullying
 - c. Digital bullying
 - d. Indirect bullying

2. Which of the following is a warning sign that an individual might be getting bullied?
 - a. Starting physical arguments
 - b. Using self destructive behaviors
 - c. Not taking responsibility for their actions
 - d. Having friends that bully others

3. Which of the following is an appropriate prevention strategy?
 - a. Using humor to deflect a potential threatening situation.
 - b. Never accepting friend or network requests from unfamiliar people.
 - c. Using positive self-statements to maintain positive self-esteem during an incident.
 - d. All of the above