

February 21, 2012 – MANDATORY Advisory Lesson

PURPOSE: Identify bullying/harassment behaviors and to apply action steps to stop the behavior.



IMPORTANT: At the end of this mandatory lesson, each student is to sign the acknowledgement sheet, verifying that he/she has participated in the lesson. Turn sheets into Lisa Akana by recess.

ACTIVITY:

1. Focusing Activity

A. Ask students if they have heard the old saying,

“Sticks and stones may break my bones, but words will never hurt me.”

- a. Ask students if this a true statement, why or why not?
- b. Allow students to popcorn share responses.

B. Inform students what others have to say regarding this?

- The Golden Rule- *“So in everything, do to others what you would have them do to you...”* (Matthew 7:12)
- *“Try your best to treat others as you would wish to be treated yourself, and you will find that this is the shortest way to benevolence.”* (Confucius)
- *‘Ike aku,‘ike mai, kokua aku kokua mai; pela iho la ka nohana ‘ohana.*
Translation: *Recognize others, be recognized, help others, be helped; such is a family relationship.*

2. Activity

A. Inform students that today’s lesson is about bullying/harassment and what can be done to curtail those behaviors.

B. Review with students the different types of harassment that they learned in Guidance. What are the 6 types of bullying or harassment? - Name-calling, Put-downs, Ostracism, Guilt games, Spreading rumors, Physical harassment.

C. Review Be SAFE Action Steps.

D. Situational Application - Divide students into groups of 2 - 3 and ask each group to review the situation and then apply the Be SAFE Action Steps; act it out for the larger group.

3. Debrief the Activity

A. Practice the Golden Rule, "Do to others what you would have them do to you."

B. If you are experiencing harassing or bullying behavior, apply the Be SAFE Action Steps. If you see or hear bullying/harassment behaviors, you have a responsibility to help stop it.

C. (Optional) Take the "Golden Rule Pledge". –

<http://goldenrulepledge.com/wp-content/uploads/2009/04/golden-rule-09.pdf> - this is a printable "Golden Rule" pledge card.



Action Steps: BE S.A.F.E.

Stand up for yourself

- Identify the type of bullying/harassment
- Use "I" Statement – (*I don't like it when you call me names; I don't like it when you spread rumors.*)
- Tell the person to stop – (*Stop calling me names; Stop spreading rumors.*)
- If the behavior does not stop, move away

Ask an Adult for help

- If the behavior persists, tell an adult (this is NOT squealing or being a tattletail.)

Figure out your choices

- Avoid unsafe situations.

End it calmly

- Refuse to listen or believe anything that the bully said
- Treat the person bullying the way you like to be treated

Role Play Scenarios

1. In the hallway, before lunch, two friends trip or push another student for no reason. They seem to want to escalate the situation further.
2. At the lunch table, a group of friends begin to talk trash about a student on the same lunch table. They make fun of his/her appearance and voice. They seem to be enjoying it.
3. Chantal and Amy have been friends for a long time. Chantal breaks up with her boyfriend, who starts flirting with Amy. Chantal reacts by spreading rumors about Amy. Within a week, all of Amy's friends are excluding her and making rude comments.
4. Ralph and Dave, two Grade 7 students, are sitting in the bus. Damien, a large Grade 9 student, grabs Dave's jacket saying, "Thanks for the jacket, you loser." Dave tells Damien to give back the jacket. Damien pushes the boys on the way out of the bus.
5. Patrick pokes Joshua with his ruler whenever he gets the chance. Joshua has told Patrick to stop many times but Patrick keeps on bugging him. He says that he can continue to do so. Make him stop.

Resources:

Beyond Bullying for Junior High Students.

<http://www.sacsc.ca/Beyond%20Bullying%20for%20Junior%20high%20students.pdf>

Golden Rule Pledge

<http://goldenrulepledge.com/>