



MONIQUE BURR

FOUNDATION FOR CHILDREN
PREVENTION EDUCATION PROGRAMS

Dear Educator,

Did you know....

- 1 in 7 students in grades K-12 is either a bully, or has been a victim of bullying
- An estimated 160,000 students miss school each day due to bullying
- 6 out of 10 students say they witness bullying at school once a day
- 35% of kids have been threatened online
- 64% of students who are bullied do not report it
- 57% of the time when Upstanders intervene, bullying stops within 10 seconds

Source: www.stopbullying.gov

October is National Bullying Prevention Month. Bullying is a learned behavior. Research shows that bullying behaviors can be stopped over time, but true change requires consistent education and intervention. Together, we can create a culture of kindness and safety in our schools. Attached is a lesson plan for use with your students this month to help prevent and stop bullying. While one lesson will not end the problem of bullying, we hope you will use these activities as part of a broader plan to help reduce bullying.

This lesson is provided by the Monique Burr Foundation for Children (MBF). It was created by educators and prevention specialists at MBF and is based on the “Be the Nice Kid” poem by Bryan Skavnak which has been circulating on social media. It also incorporates the 5 Safety Rules from our prevention education program, *MBF Child Safety Matters*®. MBF Prevention Education Programs are comprehensive, evidence-based and evidence-informed programs, and have reached over 2.5 million students in Florida since 2010. *MBF Child Safety Matters* is taught to kindergarten through fifth grade students, while *MBF Teen Safety Matters*® is taught to sixth through eighth grade students. The programs cover bullying, cyberbullying, all types of child abuse, and digital safety. They are often taught by the school counselor, but other members of the school staff may also be facilitators. **MBF Prevention Education Programs are provided at no cost to Florida public schools.**

The concepts taught in this lesson provide your students with proven tools to address bullying and cyberbullying. Both victims and bullies suffer from a variety of negative consequences including isolation, depression, anxiety, lower academic achievement, substance use, and the potential for suicide. Bullying is preventable, but takes everyone’s commitment to recognize and respond to it, and it takes ongoing effort to prevent it. You can start by teaching empathy, kindness, and bullying prevention strategies through this lesson. **Bolded and underlined** words in the script are key terms that students need to understand. The definitions of these terms are explained throughout the lesson. Please explain their meaning as you present the lesson to ensure comprehension. In addition to the lesson plans, we have also included our *Safety Brief: Identifying and Reporting Bullying* for your professional reference.

Help prevent bullying by completing this brief, fun, and educational lesson with your students, and by encouraging your school to adopt and consistently use the *MBF Child Matters* program. Our program materials provide information and resources for parents as well as students on the different types of victimization suffered by children. To learn more about our programs, visit our website at www.mbfpreventioneducation.org, or to order materials contact us at 904-642-0210 or info@mbfpreventioneducation.org.



October – National Bullying Prevention Month
Lesson Plan: Grades K-2

Grade Level	Grades K-2					
Lesson Length	30 Minutes					
Lesson Objectives	<ul style="list-style-type: none"> ○ Understanding bullying and cyberbullying ○ Introduce the <i>MBF Child Safety Matters</i> Safety Rules ○ Understand how to be an Upstander and how to report bullying ○ Understand the connection between empathy/kindness and bullying prevention ○ Understand the connection between empathy/kindness and being safe at school 					
Materials Needed	<ul style="list-style-type: none"> ○ White board, chalk board, or sheet of chart paper ○ Copies of “Be the Nice Kid” for each student, there are two versions attached, choose the appropriate one for your students ○ Copy of the “I Will Be The Nice Kid” Pledge Sheet for students to sign at the end of the lesson 					
Key Terms	Bullying Cyberbullying Generous Safe Adult		Safety Buddy Strong voice Upstander Tattling or snitching			
Related Florida Standards and Next Generation Sunshine State Health Standards	Kindergarten		1st Grade		2nd Grade	
	LAFS.K.SL.1.1	HE.K.B.4.3	LAFS.1.SL.1.1	HE.1.B.4.3	LAFS.2.SL.1.1	HE.2.B.5.1
	LAFS.K.SL.1.2	HE.K.B.5.1	LAFS.1.SL.1.2	HE.1.B.5.1	LAFS.2.SL.1.2	HE.2.B.5.2
	LAFS.K.SL.1.3	HE.K.B.5.2	LAFS.1.SL.1.3	HE.1.B.5.2	LAFS.2.SL.1.3	HE.2.C.1.1
	LAFS.K.SL.2.6	HE.K.C.2.4	LAFS.1.L.1.1	HE.1.C.1.1	LAFS.2.L.1.1	HE.2.C.1.4
	LAFS.K.L.1.1	HE.K.P.7.1	HE.1.B.3.2	HE.1.C.2.4	HE.2.B.3.2	HE.2.C.2.4
	HE.K.B.4.1	HE.K.P.8.1	HE.1.B.4.1	HE.1.P.7.1	HE.2.B.4.1	HE.2.P.7.1
	HE.K.B.4.2		HE.1.B.4.2	HE.1.P.8.1	HE.2.B.4.3	HE.2.P.8.1
Facilitator Information	<p>Research shows that students want to help when they see bullying, but they do not always know what to do or say. Today’s activity will help build awareness of bullying/cyberbullying, and allow students to practice how to respond in bullying situations.</p> <p>It is important for everyone to understand the legal definition of bullying. Some people think fighting, arguing, or mean and rude behavior are bullying. While not appropriate behaviors, they may not be bullying. Bullying is repeated acts of hostility or aggression where there is a real or perceived imbalance of power and the victim cannot defend himself or herself.</p> <p>Bullying may be physical, verbal, digital, or involve social isolation.</p> <p>The acronym RIP is helpful in determining if a behavior meets the definition of bullying:</p> <ul style="list-style-type: none"> ○ Repeated – The behavior happens over and over, not just one time. ○ Imbalance of Power – There is a real, or perceived imbalance of power between the bully and the victim. ○ Purposeful – The behavior does not happen by mistake, it is done intentionally. <p>Please be aware of your school’s policy and procedures for reporting bullying, so that you will be able to share them with your students.</p>					



October – National Bullying Prevention Month
Lesson Plan: Grades K-2

<p>Additional Resources (For teachers and parents)</p>	<p>MBF Child Safety Matters: https://www.mbfpreventioneducation.org</p> <p>MBF Child Safety Matters App: Free download from the App Store or Google Play</p> <p>BullyBust: http://www.schoolclimate.org/bullybust/resources/educators</p> <p>National Center for Missing & Exploited Children: http://www.netsmartz.org</p> <p>NEA Bullying Prevention Kit: http://www.nea.org/home/neabullyfree.html</p> <p>PACER National Bullying Prevention Site: http://www.pacer.org/bullying/</p> <p>Stopbullying.gov https://www.stopbullying.gov</p> <p>The Bully Project (with Educator Toolkit): http://www.thebullyproject.com</p> <p>The Institute for Responsible Online Citizenship: http://www.publicandpermanent.com</p> <p>Wired Kids Internet Safety Site: http://www.WiredSafety.org</p>
--	---



October – National Bullying Prevention Month Lesson Plan: Grades K-2

Prior to the Lesson:

- Print enough copies of the poem “Be The Nice Kid” for each pair/small group of students to have a copy. There are two versions at the end of the lesson.
- Write the following information where students will be able to see it during the lesson; on the board, on an overhead, or on a sheet of chart paper.
 - “Be The Nice Kid”
 - The 5 Safety Rules.
 - Safety Rule #1 - Know What’s Up
 - Safety Rule #2 - Spot Red Flags
 - Safety Rule #3 - Make a Move
 - Safety Rule #4 - Talk It Up
 - Safety Rule #5 - No Blame | No Shame
- At the beginning of the lesson, reinforce classroom expectations for respectful discussions (i.e. listen before responding, don’t interrupt, respect the opinions of others).

Begin the lesson:

- ▶ Good Morning/Afternoon students. October is National Bullying Prevention Month. Today we are going to talk about bullying and cyberbullying, 5 Safety Rules that can help keep you safe from bullying and cyberbullying, and how we can make our school a kinder and safer place.
- ▶ Let’s talk about bullying. **Bullying** is when someone hurts another person, either hurts their body or hurts them with words. They do it over and over, just to be mean, even when they are asked to stop.
- ▶ Another kind of bullying is **cyberbullying**. This is when someone bullies another person using an electronic device, like a computer or cell phone.
- ▶ Neither form of bullying is ever safe. To help you learn how to respond to bullying we are going to learn the 5 *MBF Child Safety Matters Safety Rules*. Some of you may have heard these rules before, for others, these will be new rules to help keep you safe.
- ▶ *If you wrote the 5 Safety Rules on the board prior to the lesson point to each Rule as you talk about it.*
- ▶ **Safety Rule #1 is Know What’s Up** - Knowing What’s Up means you know what bullying is, and what bullying behaviors look like. Raise your hand if you think you know how a bully might act. *(Elicit several responses, providing clarification if an example is not really bullying. Remember that bullying is Repeated, there is an Imbalance of Power, and it is done on Purpose.)*
- ▶ Bullying behaviors might include hurtful words, someone physically hurting another person’s body, or forcing someone to do something they do not want to do. It could also be not letting someone sit with you and your friends at lunch or not letting them play a game with you and your friends at recess.
- ▶ **Safety Rule #2 is Spot Red Flags** – A red flag is something you see that is unsafe or hurtful. What are some Red Flags that might tell you someone is being bullied? *(Elicit responses, being sure to include the following:)*
 - A student being picked on by another student or group of students.
 - A student who does not have any friends.



October – National Bullying Prevention Month

Lesson Plan: Grades K-2

- A student who sits alone.
- A student who is always made fun of.

- ▶ **Safety Rule #3 is Make a Move**- Making a Move means getting away and staying away from a situation or person when you see bullying happen or doing something to help the person being bullied (walking with them in the halls, sitting with them at lunch, etc.)
- ▶ **Safety Rule #4 is Talk It Up** - Talking It Up means using a **Strong Voice** to say NO when you see a Red Flag for bullying. A strong voice is when you say something like you mean it to make sure the listener understands. It's not being mean or yelling.
- ▶ Talking It Up can also mean being an **Upstander**, someone who stands up to a bully, and helps the person who is being bullied. You can be an Upstander alone, or with a group of other people. You can use a Strong Voice tell a bully to STOP, and that their behavior is hurtful. You can also be an Upstander by getting help from a Safe Adult. A **Safe Adult** is a grown up you know well, that will listen and help you when you tell them about an unsafe situation.
- ▶ Raise your hand if you can tell me who might be a Safe Adult at our school. *(Elicit several responses)*
- ▶ Raise your hand if you can name a Safe Adult you know and trust outside of school. *(Elicit several responses)*
- ▶ You can talk to a Safe Adult about bullying or cyberbullying to try and get someone help. It is not **tattling or snitching**, which is done just to get someone in trouble. Sometimes it is easier to talk to a Safe Adult if you have a friend with you. We call this person a **Safety Buddy**. A Safety Buddy is a good friend that you trust. You can tell them what is happening and they can go with you to talk to a Safe Adult. But you should never talk to a Safety Buddy INSTEAD of a Safe Adult. If you or someone else is being bullied or hurt in any way, you should always Talk It Up to a Safe Adult.
- ▶ **Safety Rule #5 is No Blame | No Shame** – This means that if you are bullied, you are never to blame and you should not be ashamed or afraid to tell a Safe Adult and get help.
- ▶ At our school, here is how you can report bullying*(share your school's bullying reporting policy with students)*.
- ▶ We have talked a lot about bullying, and we have learned how the *MBF Child Safety Matters* Safety Rules can help keep you safe. Let's do an activity about creating a culture of kindness and safety at our school, because everyone should feel safe at school, and no one should ever be bullied.

Complete the Activity:

- ▶ I want to read a poem to you called "Be The Nice Kid". It was written by a man named Bryan Skavnak. Listen carefully as I read it to you.

Some kids are smarter than you.
Some kids have cooler clothes than you,
Some kids are better at sports than you.
It doesn't matter.
You have your thing too.



October – National Bullying Prevention Month Lesson Plan: Grades K-2

Be the kid who can get along.
Be the kid who is generous.
Be the kid who is happy for other people.
Be the kid who does the right thing.

Be The Nice Kid.

- ▶ Everyone has something they are really good at it. Can you give an example of something you are good at? *(Elicit responses)*
- ▶ Can you think of something someone else is really good at, but you are not? *(Elicit responses)*
- ▶ Everyone has different skills and is good at different things, and that is ok. But what we all need to work at getting along, being generous, and doing the right thing.
- ▶ What does generous mean? *(Elicit responses)*
- ▶ Being **generous** means being kind and doing the right thing. It means, Being the Nice Kid, like in the poem.
- ▶ Can anyone tell me about when they have seen someone Being The Nice Kid? *(Elicit responses and write the on the board or chart paper under Be The Nice Kid.)*
- ▶ Being The Nice Kid can help decrease bullying.
- ▶ How can we get more kids to Be The Nice Kid here at our school? *(Elicit responses and reinforce positive strategies, like standing up to a bully, being kind to someone who has been bullied, saying hello to someone at school they do not normally talk to, sitting with someone at lunch who does not seem to have a friend.)*
- ▶ In closing, thank you for your participation today. Bullying at our school can be stopped, but it requires everyone working together to create a culture of kindness and safety. We have a pledge form that we are going to ask everyone to sign, that says “I Will Be The Nice Kid”. I hope you will look for opportunities to “Be The Nice Kid.”

Optional Activities:

1. Draw a T-chart of the board and write Nice on one column, Unkind on the other. Ask students to provide examples of what a Nice Kid would do and examples of what someone who is Not Nice would do.
2. Create a “Be The Nice Kid” bulletin board or corner in your room. Allow students to share when they have seen someone Being the Nice Kid, and add stories and pictures to the bulletin board throughout the month. Students could also bring in media/social media articles/messages about kindness and /or doing the right thing.
3. Have students write or draw a picture about a time when they saw someone “Be The Nice Kid.” (That someone could be them.)
4. Have students create a Public Service Announcement (PSA) promoting bullying prevention month for your school’s morning announcements or news show. Consider adding the 5 Safety Rules to the PSA.

SOME KIDS ARE SMARTER THAN YOU,
SOME KIDS HAVE cooler clothes THAN YOU,
SOME KIDS ARE better at sports THAN YOU.
≧ IT DOESN'T MATTER. ≦
YOU HAVE your THING TOO.
BE THE KID WHO CAN GET ALONG.
BE THE KID WHO IS GENEROUS.
BE THE KID WHO IS happy FOR OTHER PEOPLE.
BE THE KID WHO DOES THE RIGHT THING.
Be the nice kid.

- Bryan Skavnak



October – National Bullying Prevention Month
Lesson Plan: Grades K-2

Some kids are smarter than you.
Some kids have cooler clothes than you,
Some kids are better at sports than you.

It doesn't matter.

You have your thing too.

Be the kid who can get along.

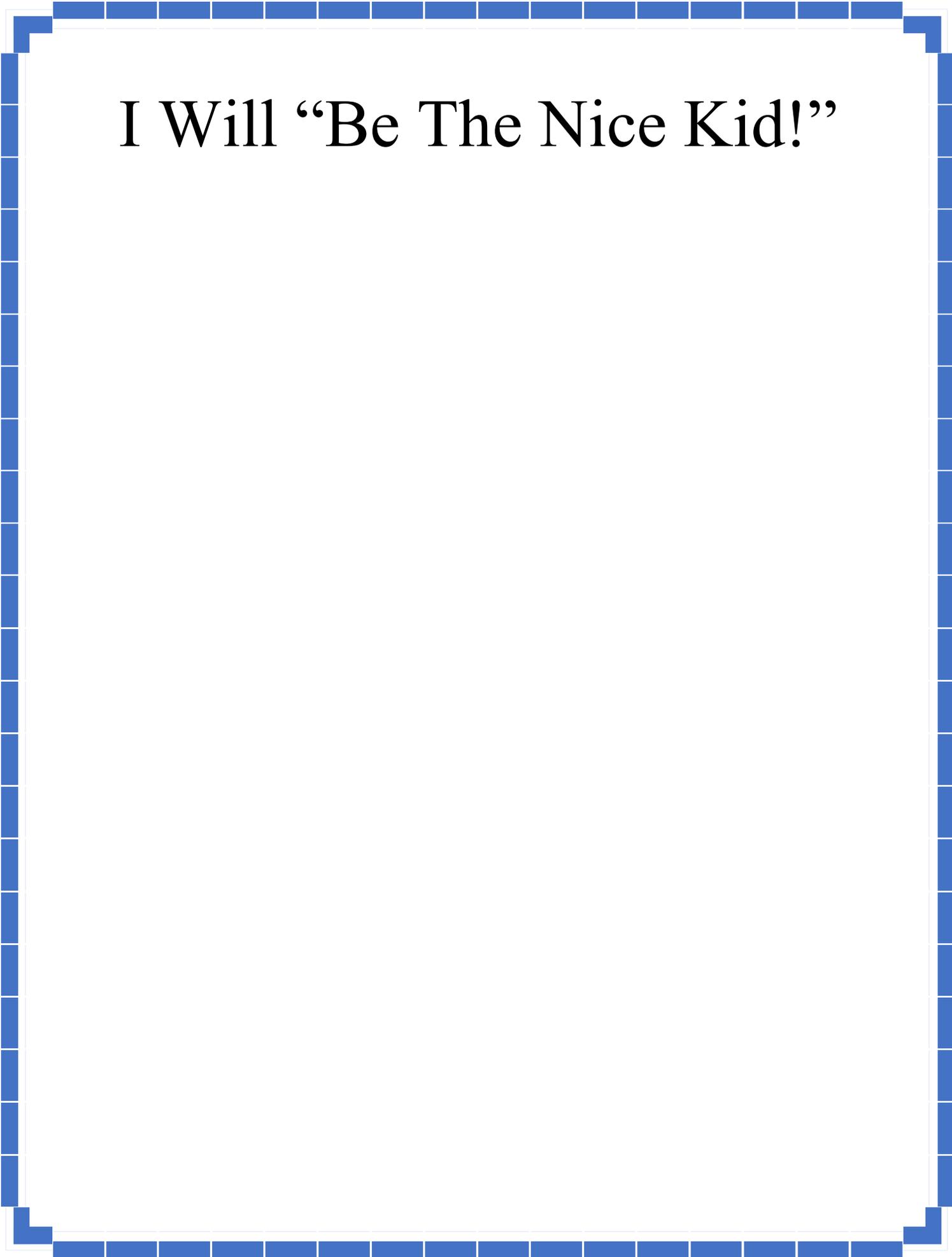
Be the kid who is generous.

Be the kid who is happy for other people.

Be the kid who does the right thing.

Be The Nice Kid.

-Bryan Skavnak



I Will “Be The Nice Kid!”



IDENTIFYING & REPORTING BULLYING

It is important to understand the dangers regarding bullying, cyberbullying, and digital abuse, as well as related indicators, because students often do not report these behaviors.

- » 1 in 4 kids will be bullied, and 1 in 5 will be cyberbullied.
- » 1 in 3 teens consider the Internet as important as air, water, food and shelter, yet most are not provided with digital safety information to help protect them.

Indicators of Bullying

Physical

- » Frequent cuts or bruises
- » Injuries without good explanation
- » Voices frequent physical complaints
- » Changes in sleeping/eating patterns
- » Ripped/torn clothing upon return from school
- » Missing items or valuables

Behavioral/Emotional

- » Suddenly reluctant to go to school
- » Frequently loses lunch money or other possessions
- » Frequently spends time alone
- » Seems sad or depressed
- » Suicidal

Digital/Cyberbullying

- » Spends large amounts of time online, especially at night or when alone
- » Receives an excessive amount of email or text messages
- » Quickly exits computer or cell phone when parent or guardian approaches
- » Withdrawn or depressed
- » Does not want to go to school

Bullying is repeated acts of hostility or aggression where there is a real or perceived imbalance of power and the victim cannot defend himself or herself. There are 4 types of bullying:

- » Physical
- » Verbal
- » Social / Isolation
- » Digital

Cyberbullying is repeated, threatening or harassing behavior that occurs online via the Internet or cellphone and can include:

- » Sending harassing messages
- » Posting false information
- » Posting private pictures
- » Gaining someone's trust to impersonate them and post their private information online

Digital Abuse and Digital Dangers come in the form of online predators seeking and grooming children for sexual abuse, as well as:

- » **Gaming/Virtual Reality:** 97% of kids play computer, online, portable or console games, and of those, 27% play with strangers they meet online. There is also a lot of sexual content on games/virtual reality sites.
- » **Sexting:** Approximately 20% of teens are sending or receiving nude/revealing photos or texts on cell phones.
- » **Apps:** Apps pose many dangers to kids and most do not realize the dangers of agreeing to app policies, access to personal content, etc.

Protecting Children and Teens

Be informed about risks and educate students about bullying prevention and intervention, including being empathetic toward others and being an Upstander. Teach them about digital dangers and digital safety. Report digital abuse and exploitation to local law enforcement or to the CyberTipline at **1-800-843-5678**. To learn more, visit **www.mbfpreventioneducation.org** or **www.publicandpermanent.com**.