



**MONIQUE BURR**  
FOUNDATION FOR CHILDREN  
PREVENTION EDUCATION PROGRAMS

Dear Educator,

October is National Bullying Prevention Month!

Bullying is preventable, but it takes everyone's commitment to recognize and respond to it, and it takes consistent education and intervention to prevent it. According to the US Department of Health and Human Services, students who are bullied can experience negative physical, school, and mental health issues and are more likely to experience:

- Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood.
- Health complaints
- Decreased academic achievement—GPA and standardized test scores—and school participation. They are more likely to miss, skip, or drop out of school.

At the Monique Burr Foundation for Children (MBF), we believe that every child deserves to be safe. Educators and prevention specialists at MBF have developed bullying prevention lesson plans for use during the month of October (Bullying Prevention 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. These lesson plans cover a variety of grade levels.

Please share these lesson plans with your teachers. The concepts taught in the lessons provide your students with proven tools to address bullying and cyberbullying. The lesson plans include:

- the **5 Safety Rules** from the *MBF Child Safety Matters*® and *MBF Teen Safety Matters*® prevention education program.
- a **Safety Brief: Identifying and Reporting Bullying** for your professional reference.

The secondary lesson plan includes:

- a **Student Bullying Survey** adapted from Dr. Michele Borba's book *End Peer Cruelty, Build Empathy*\*. We hope you will use the results of the survey to assist in the development of your school's comprehensive bullying prevention plan. (\*See special offer under the Resources section.)

Help prevent bullying by completing these brief, fun, and educational lessons with your students, and by encouraging your school to adopt and consistently using MBF Prevention Education Programs.

MBF Prevention Education Programs are comprehensive, evidence-based and evidence-informed programs, which have reached over 3 million students in Florida since 2010. *MBF Child Safety Matters*® is taught to students in grades K-5, while *MBF Teen Safety Matters*® is taught to students in grades 6-12. The programs cover bullying, cyberbullying, all types of child abuse, and digital safety. The programs are typically facilitated by members of the school staff. **MBF Prevention Education Programs are provided at no cost to Florida public schools.**

- To learn more about our programs and access additional resources for parents and school staff, visit our website at [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org).
- To order *program materials*, visit [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org) and click on "Shop."
- For additional information or assistance, email [info@mbfpreventioneducation.org](mailto:info@mbfpreventioneducation.org) or call 904-642-0210.

## October – National Bullying Prevention Month

### Lesson Plan: Grades K-2

<b>Grade Level</b>	Grades K-2					
<b>Lesson Length</b>	30 Minutes					
<b>Lesson Objectives</b>	<p>Upon completion of this lesson, students will better understand:</p> <ul style="list-style-type: none"> <li>○ bullying and cyberbullying</li> <li>○ the <i>MBF Child Safety Matters</i>® Safety Rules</li> <li>○ how to be an Upstander and how to report bullying</li> <li>○ the connection between empathy/kindness and bullying prevention</li> <li>○ the connection between empathy/kindness and safety at school</li> </ul>					
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>○ White board or chart paper to record student responses</li> <li>○ Copy of the Stop Bullying Pledge for each student</li> <li>○ Print copies of the 5 Safety Rules poster (optional)</li> </ul>					
<b>Key Terms</b>	<ul style="list-style-type: none"> <li>○ Bullying</li> <li>○ Cyberbullying</li> <li>○ Safe Adult</li> <li>○ Safety Buddy</li> <li>○ Strong voice</li> <li>○ Upstander</li> <li>○ Tattling or snitching</li> </ul>					
<b>Related Florida Standards and Next Generation Sunshine State Health Standards</b>	<b>Kindergarten</b>		<b>1st Grade</b>		<b>2nd Grade</b>	
	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
<b>Background Information</b>	<ul style="list-style-type: none"> <li>○ 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.</li> <li>○ 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.</li> <li>○ Bullying may be physical, verbal, digital, or involve social isolation.</li> <li>○ The acronym RIP is helpful in determining if a behavior meets the definition of bullying: <ul style="list-style-type: none"> <li>– Repeated – The behavior happens over and over, not just one time.</li> <li>– Imbalance of Power – There is a real, or perceived imbalance of power between the bully and the victim.</li> <li>– Purposeful – The harmful behavior does not happen by mistake, it is done intentionally.</li> </ul> </li> <li>○ 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.</li> </ul>					

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

**Additional  
Resources**  
(For teachers  
and parents)

MBF Child Safety Matters (Bullying Resources and Kind Vibes campaign)

<https://www.mbfpreventioneducation.org>

MBF Child Safety Matters App

Free download from the App Store or Google Play

Dr. Michelle Borba, author of *End Peer Cruelty, Build Empathy* and *UnSelfie*

<http://micheleborba.org/>

*\*Get 25% off plus free shipping (to the continental US) on “End Peer Cruelty, Build Empathy” when you use the code **EMPATHY** at checkout on [freespirit.com](http://freespirit.com) or by calling 1-800-735-7323.*

National School Climate Center- BullyBust Resources

<https://www.schoolclimate.org/bully-prevention>

National Center for Missing & Exploited Children

<http://www.netsmartz.org>

National Education Association (NEA) Bullying Prevention Kit

<http://www.nea.org/home/neabullyfree.html>

PACER National Bullying Prevention Site

<http://www.pacer.org/bullying/>

Stopbullying.gov

<https://www.stopbullying.gov>

The Bully Project (with Educator Toolkit)

<http://www.thebullyproject.com>

The Institute for Responsible Online and Cell Phone Communication

<http://www.publicandpermanent.com>

Wired Kids Internet Safety Site

<http://www.WiredSafety.org>

## October – National Bullying Prevention Month

### Lesson Plan: Grades K-2

#### Prior to 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.

#### ***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

- Print copies of the Stop Bullying Pledge so that each student will have one.
- 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, and 5 Safety Rules that can help keep you safe from bullying and cyberbullying.
- Let's start with **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. Bullying can happen in a lot of places, including the classroom, the lunchroom, the hallway, the playground, and on the bus.
- If someone accidentally runs into you in the hall, and quickly apologizes, is that bullying? (*Elicit responses*)
- No, it is not bullying, because it was an accident.
- If someone knocks you down on purpose, is that bullying? (*Elicit responses*)
- Yes, it is bullying, because the person did it on purpose.
- If someone gossips, or tells mean stories about another student, is that bullying? (*Elicit responses*)
- If a student does not have a lot of clothes and has to wear the same shirt for several days, and people make fun of him and won't sit by him at lunch or play with him on the playground, is that bullying? (*Elicit responses*)
- If two friends get in a fight, and one friend tells other students in the class not to be friends or talk with the other student, is that bullying? (*Elicit responses*)
- Another kind of bullying is **cyberbullying**. This is when someone bullies another person using technology, like a computer or cell phone. They may send emails or pictures, or post mean things on social media to try and hurt someone.
- Neither form of bullying is ever safe. To help you learn how to respond to bullying we are going to learn the 5 Safety Rules from the *MBF Child Safety Matters* program. Some of you may have heard these rules before, for others, these will be new rules to help keep you safe.

## October – National Bullying Prevention Month

### Lesson Plan: Grades K-2

- *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. 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, 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 someone 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 might be 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.*
  - *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. You are also Making a Move if you do something to help a 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**, or someone who stands up to a bully or helps the person who is being bullied in some way. 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 mean and 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 to help. Telling, or reporting, to get someone help is not the same as **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. This person is called 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.

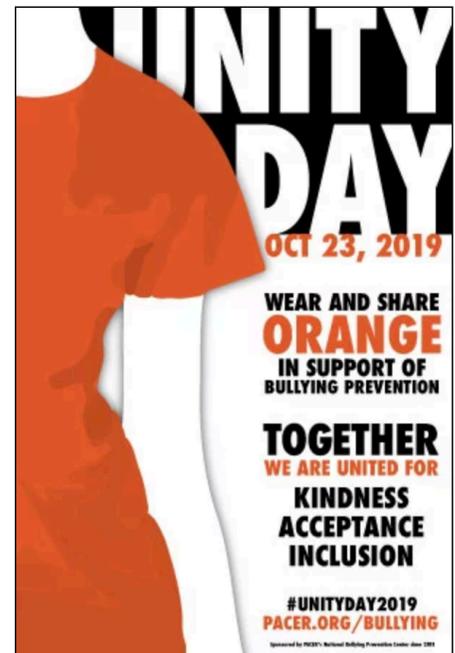
## October – National Bullying Prevention Month Lesson Plan: Grades K-2

### Wrap-Up:

- *Distribute the Stop Bullying Pledge sheet.*
- If you are ever bullied, or if you see someone else being bullied, remember to use the 5 Safety Rules. Here is a Stop Bullying Pledge to help you remember those rules. As a reminder, at our school, here is how you can report bullying: \_\_\_\_\_ (*share your school's bullying reporting policy with students*).
- We can also work together to make sure our school is bully-free. Here are some things students at other schools have done:
  - At one school, students made a pledge that they would never let anyone eat alone. So, when they see a student sitting alone at lunch, students go and sit with them.
  - At another school, they put a Friendship Bench on the playground. If someone was lonely or sad, they could sit on the bench and other students would come up to talk to them. What are some ways you think we could help make our school a kinder, safer place?
- We have talked a lot about bullying, and we have learned how the *MBF Child Safety Matters Rules* can help keep you safe. I hope you all have enjoyed this lesson and will continue to help stop bullying.

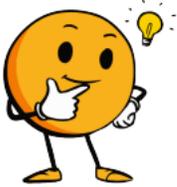
### Optional Activities:

- October 23, 2019 is Unity Day. Encourage your school community to wear ORANGE.
- Have students brainstorm ways their school could encourage a culture of kindness and acceptance (for example, put a “Friendship Bench” on the playground and when someone sits on the bench others will go talk to them; encourage students to never let someone sit alone at lunch time).
- Have students write or draw a picture about a time when they were bullied or saw someone bullied. How did it make them feel?
- 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.
- Have students research Bullying Prevention on websites such as [www.stopbullying.gov](http://www.stopbullying.gov) and [www.WiredSafety.org](http://www.WiredSafety.org).
- Have students brainstorm motivational words about being kind or about bullying prevention. They can create posters to be placed around your classroom or around the school. painted on a wall at your school.

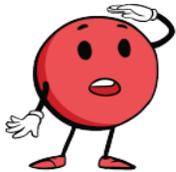


# Stop Bullying Pledge

I agree to help stop bullying.



I will **Know What's Up** when it comes to bullying.



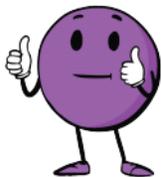
I will **Spot Red Flags** of words or actions that may be bullying.



I will **Make a Move** to get away or stay away from bullying or other unsafe situations.



I will **Talk It Up** and report bullying to a **Safe Adult** and be an **Upstander** if I see someone else bullied.

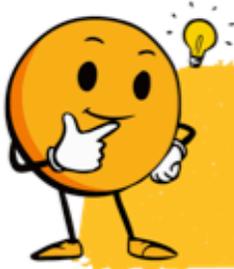


I know there is **No Blame | No Shame** if I am ever bullied, and that it is never too late to tell.

Student  
Signature

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# THE 5 SAFETY RULES



Know What's Up



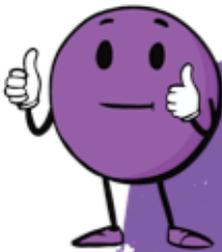
Spot Red Flags



Make a Move



Talk It Up



No Blame | No Shame



## 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](http://www.mbfpreventioneducation.org) or [www.publicandpermanent.com](http://www.publicandpermanent.com).

## October – National Bullying Prevention Month

### Lesson Plan: Grades 3-5

<b>Grade Level</b>	Grades 3-5					
<b>Lesson Length</b>	30 Minutes					
<b>Lesson Objectives</b>	<p>Upon completion of this lesson, students will better understand:</p> <ul style="list-style-type: none"> <li>○ bullying and cyberbullying</li> <li>○ the <i>MBF Child Safety Matters</i>® Safety Rules</li> <li>○ how to be an Upstander and how to report bullying</li> <li>○ the connection between empathy/kindness and bullying prevention</li> <li>○ the connection between empathy/kindness and safety at school</li> </ul>					
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>○ Copies of the <b>Student Bullying Small Group Activity worksheet</b> for each small group</li> <li>○ Pen or pencil</li> <li>○ Copy of the Safety Rules Poster (optional)</li> </ul>					
<b>Key Terms</b>	<ul style="list-style-type: none"> <li>○ Assertive Voice</li> <li>○ Bullying</li> <li>○ Bystander</li> <li>○ Cyberbullying</li> <li>○ Imbalance of Power</li> <li>○ Purposeful</li> </ul>	<ul style="list-style-type: none"> <li>○ Repeated</li> <li>○ Reporting</li> <li>○ Safe Adult</li> <li>○ Safe Friend</li> <li>○ Tattling/Snitching</li> <li>○ Upstander</li> </ul>				
<b>Related Florida Standards and Next Generation Sunshine State Health Standards</b>	<b>3<sup>rd</sup> Grade</b>		<b>4<sup>th</sup> Grade</b>	<b>5<sup>th</sup> Grade</b>		
	LAFS.3.SL.1.1	HE.3.B.4.3	LAFS.4.SL.1.1	HE.4.B.4.4	LAFS.5.SL.1.1	HE.5.C.1.1
	LAFS.3.SL.1.2	HE.3.B.4.4	LAFS.4.SL.1.3	HE.4.B.5.2	LAFS.5.L.1.1	HE.5.C.2.2
	LAFS.3.SL.1.3	HE.3.B.5.1	LAFS.4.L.1.1	HE.4.B.5.4		HE.5.B.4.4
	LAFS.3.L.1.1	HE.3.B.5.2	HE.4.C.1.1	HE.4.B.5.5		HE.5.B.5.4
	HE.3.C.1.1	HE.3.B.5.3	HE.4.C.2.2	HE.4.P.7.2		HE.5.P.7.1
	HE.3.C.2.6	HE.3.B.5.4	HE.4.B.4.2	HE.4.P.8.1		HE.5.P.7.2
	HE.3.B.4.1	HE.3.B.5.5	HE.4.B.4.3			HE.5.P.8.1
	HE.3.B.4.2	HE.3.P.7.1				
<b>Background Information</b>	<ul style="list-style-type: none"> <li>○ 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.</li> <li>○ 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.</li> <li>○ Bullying may be physical, verbal, digital, or involve social isolation.</li> <li>○ The acronym RIP is helpful in determining if a behavior meets the definition of bullying: <ul style="list-style-type: none"> <li>– Repeated – The behavior happens over and over, not just one time.</li> <li>– Imbalance of Power – There is a real, or perceived imbalance of power between the bully and the victim.</li> <li>– Purposeful – The harmful behavior does not happen by mistake, it is done intentionally.</li> </ul> </li> <li>○ 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.</li> </ul>					

## October – National Bullying Prevention Month

### Lesson Plan: Grades 3-5

<p><b>Additional Resources</b> (For teachers and parents)</p>	<p>MBF Child Safety Matters (Bullying Resources and Kind Vibes campaign) <a href="https://www.mbfpreventioneducation.org">https://www.mbfpreventioneducation.org</a></p> <p>MBF Child Safety Matters App Free download from the App Store or Google Play</p> <p>Dr. Michelle Borba, author of <i>End Peer Cruelty, Build Empathy</i> and <i>UnSelfie</i> <a href="http://micheleborba.org/">http://micheleborba.org/</a></p> <p><i>*Get 25% off plus free shipping (to the continental US) on “End Peer Cruelty, Build Empathy” when you use the code <b>EMPATHY</b> at checkout on <a href="http://reespirit.com">reespirit.com</a> or by calling 1-800-735-7323.</i></p> <p>National School Climate Center- BullyBust Resources <a href="https://www.schoolclimate.org/bully-prevention">https://www.schoolclimate.org/bully-prevention</a></p> <p>National Center for Missing &amp; Exploited Children <a href="http://www.netsmartz.org">http://www.netsmartz.org</a></p> <p>National Education Association (NEA) Bullying Prevention Kit <a href="http://www.nea.org/home/neabullyfree.html">http://www.nea.org/home/neabullyfree.html</a></p> <p>PACER National Bullying Prevention Site <a href="http://www.pacer.org/bullying/">http://www.pacer.org/bullying/</a></p> <p>Stopbullying.gov <a href="https://www.stopbullying.gov">https://www.stopbullying.gov</a></p> <p>The Bully Project (with Educator Toolkit) <a href="http://www.thebullyproject.com">http://www.thebullyproject.com</a></p> <p>The Institute for Responsible Online and Cell Phone Communication <a href="http://www.publicandpermanent.com">http://www.publicandpermanent.com</a></p> <p>Wired Kids Internet Safety Site <a href="http://www.WiredSafety.org">http://www.WiredSafety.org</a></p>
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## October – National Bullying Prevention Month

### Lesson Plan: Grades 3-5

#### Prior to the Lesson:

- Print enough copies of the **Student Bullying Small Group Activity** sheet for each small group to have a copy.
- 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.
  - **RIP** (Repeated, Imbalance of Power, Purposeful)
  - **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
- Print and display the Safety Rules Poster (Optional).
- At the beginning of the lesson, reinforce classroom and small group expectations for respectful discussions (i.e. listen before responding, don't interrupt, respect the opinions of others). Remind students to use "I" language rather than the more accusatory "you" language when responding to others.
- Divide students into small groups at the start of the lesson, or just before distributing the small group activity sheet. Ask each group to select a Recorder (to fill out the worksheet), and a Reporter (to share their groups' ideas at the end of the activity).
- Note: 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.

#### Begin the Lesson:

- Good Morning/Afternoon students. October is National Bullying Prevention Month. So, today we are going to talk about bullying and cyberbullying, and the 5 Safety Rules from the *MBF Child Safety Matters* program that can help keep you safe from bullying and cyberbullying. You will also do a small group activity about bullying, and we will talk about some ways we can prevent bullying at our school.
- Some people think fighting, arguing, or mean and rude behavior are bullying. These are inappropriate behaviors, but they may not be bullying. Bullying occurs face-to-face, while cyberbullying occurs through electronic devices like computers or cell phones.
- You can use the acronym **RIP** to help determine if a behavior meets the definition of bullying:
  - **Repeated** – This means it happens over and over, NOT just one time.
  - **Imbalance of Power** – This means someone who is bigger, stronger, and/or more popular than another person is using the imbalance of power to bully. It can also include the bully telling someone to do something and even if the person does not want to do it, they do not have the courage or confidence to say no.
  - **Purposeful** – This means it happens on purpose. It does not happen by mistake, it is done intentionally.

## October – National Bullying Prevention Month

### Lesson Plan: Grades 3-5

Some of you may have experienced bullying or cyberbullying, or you may have seen it happen. Bullying is never safe no matter how it happens. To help you learn how to respond to bullying we are going to use the *MBF Child Safety Matters* Safety Rules. For some of you this may be review, for others, these may be some new strategies 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 being aware of bullying in your environment, both online and offline. Where do you see bullying happen? *(Elicit responses)*
- **Safety Rule #2 is Spot Red Flags.** Spotting Red Flags means using your awareness to determine if someone's behavior or a social interaction, online or offline, is unsafe or inappropriate. This also means that you know what bullying behaviors look like. Bullying behaviors are Red Flags.
- What are some Red Flags you might see related to bullying? *(Elicit responses. If students do not give examples of cyberbullying, ask for red flags related to cyberbullying. Make sure the following are included:)*
  - *A student or group of students picking on someone else.*
  - *A student who doesn't have any friends.*
  - *A student who is always sitting or walking alone.*
  - *A student who is constantly made fun of by others.*
  - *Someone texting or posting on social media about someone else in a hurtful way.*
- **Safety Rule #3 is Make a Move.** Making a Move involves using good decision-making skills to respond to bullying situations, both online and offline. If you see bullying occur, you can choose to get away and stay away from the situation or you can do 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 an assertive voice if you or others are being bullied. An assertive voice is when you say something confidently, like you mean it, to make sure the listener understands. It's not yelling or being mean.
- Talking It Up can also mean being an **Upstander**, someone who sees bullying occur, stands up to the bully, and helps the person being bullied. You can be an Upstander alone, or with a group of other people. Upstanders can use their Assertive Voice tell a bully to STOP, and that their behavior is hurtful. 57% of the time when Upstanders intervene, bullying stops within 10 seconds. Unlike an Upstander, a **Bystander** sees bullying occur, but does nothing about it.
- Raise your hand if you think it's better to be an **Upstander**. *(Raise hands)*
- Talking It Up can also mean talking to a **Safe Adult** about unsafe situations or people. A Safe Adult is an adult that you trust, feel comfortable talking to, and who will not break the safety rules. It is someone who will listen and help you if you go to them about an unsafe situation such as bullying or cyberbullying. You can also Talk It Up by talking to your peers and being a role model for creating a culture of kindness and safety.
- Who could be a **Safe Adult** at our school? *(Elicit responses, such as the teacher, the principal, a school counselor, etc.)*
- Who could be a **Safe Adult** that you know and trust outside of school? *(Elicit responses)*
- You can also talk to a **Safe Friend** if you do not feel comfortable talking to a **Safe Adult** alone. Sometimes it is easier to talk to an adult if you have someone with you for support. If you have a good

## October – National Bullying Prevention Month

### Lesson Plan: Grades 3-5

friend that you trust, they can go with you to talk to a Safe Adult. But, you should always talk to a Safe Adult; never talk to a Safe Friend INSTEAD of a Safe Adult.

- It is important to remember that reporting isn't snitching. Snitching or tattling is done just to get someone in trouble. Reporting bullying to a Safe Adult is done to help someone. Reporting will also help the person who is hurting you or someone else, and it may also prevent them from hurting others in the future.
- **Safety Rule #5 is No Blame | No Shame.** This means that you are never at fault and you are never to blame if an adult or another child hurts, bullies, or abuses you, online or offline. You are never to blame and you should not be ashamed to tell. Even if something happened in the past, it is never too late to tell!

#### Small Group Activity:

- So, we have talked about what bullying is and what it is not. Next, we are going to do a small group activity about bullying at our school.
- *Divide the class into small groups of 4-5 students in whatever way works best. Distribute the small group worksheet.*
- You will need to pick a Recorder for your group to write down your groups' answers and ideas, and a Reporter, to report out your suggestions.
- In your group,
  - Read each Yes/No question. Record the number of people in your group who answer Yes, and the number who answer No.
  - Put an X on any area where you group sees bullying happening.
  - Read and talk about the three questions at the bottom of the activity. Each group will have a chance to report out their ideas and suggestions.
- *Allow 10 minutes for the small group activity.*
- Let's talk about each the activity you just worked on.
- Have you seen bully at our school? (*Elicit responses*)
- Where does your group think bullying happens most often? (*Elicit responses*)
- What could be done to make our school safer? (*Elicit responses*)
- Anything else you would share about bullying at our school? (*Elicit responses*)

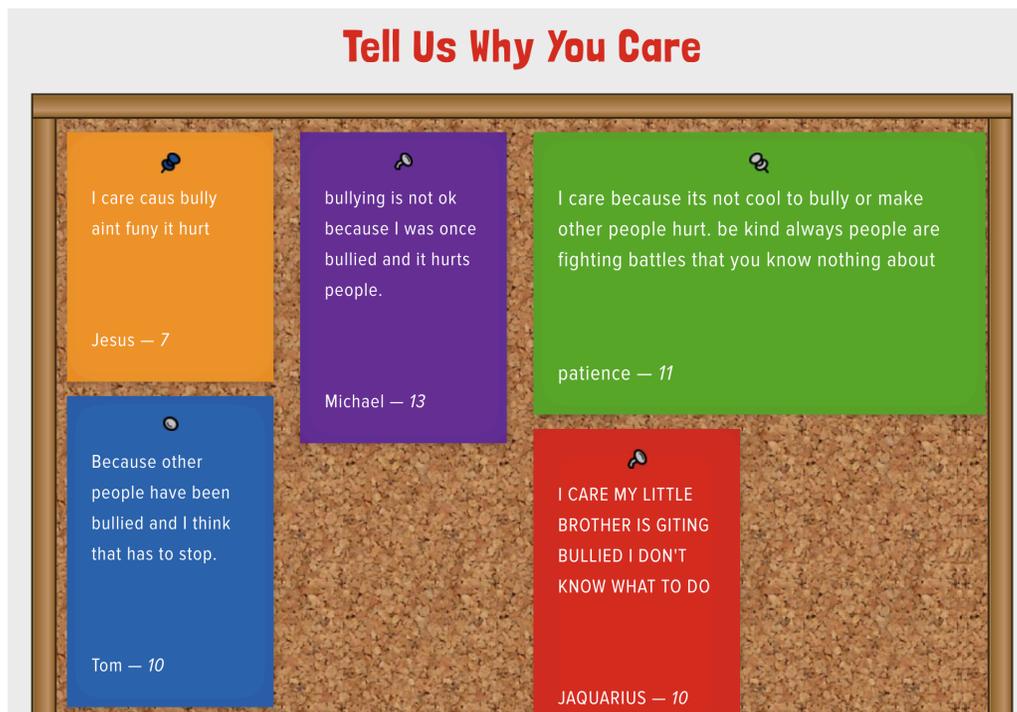
#### Wrap-Up:

- Thank you for participating in the lesson on bullying today. Bullying can be prevented, but we all have to keep the lessons from the 5 Safety Rules in mind:
  - 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**
- When you see bullying, be an Upstander, speak up, and get help. If you have been a victim of bullying, it is not your fault, and it is never too late to get help.

## October – National Bullying Prevention Month Lesson Plan: Grades 3-5

### Optional Activities:

- Have students total the responses from the small group activity and create graphs to show their data.
- October 23, 2019 is Unity Day. Encourage your school community to wear ORANGE.
- 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.
- Have students research Bullying Prevention on websites such as [www.stopbullying.gov](http://www.stopbullying.gov) and [www.WiredSafety.org](http://www.WiredSafety.org).
- Allow students to bring in media/social media articles/messages about Upstanders and helping someone who is being bullied. There have been a number of good examples in the media lately!
- Create a "Tell Us Why You Care.." bulletin board or a chart/paper list in your classroom. How has bullying impacted them, or someone they care about? Adapted from <https://pacerkidsagainstbullying.org/>



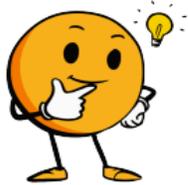
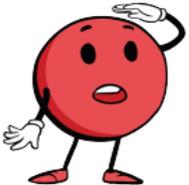
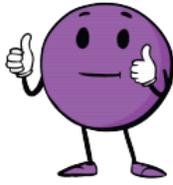
# Stop Bullying

## Small Group Activity

Write the number of people in your group who answer Yes and the number who answer No to each question.		Yes	No
Has anyone in your group been a target of a bully at this school?			
Is bullying a problem at this school?			
Do you feel safe going to school?			
Have you ever not wanted to go to school because of bullying?			
If bullying could be stopped, would school be better?			
Should a target walk away from a person bullying to keep the peace?			
If you have been a target of bullying, did you tell a school adult?			
If yes, did the adult help you?			
If you have been a target, did you tell your parents?			
<b>Put an X on places around school where you see bullying happening.</b>			
in the hallways	in the classrooms	in the bathrooms	
on the playground	on the school bus	in the cafeteria	
<b>Talk about each of these questions with your small group. Be prepared to share your ideas.</b>			
If bullying is a problem, where is it happening most of the time?			
What could be done to make our school feel safer?			
Is there anything else you would like to say about bullying at our school?			

## THE 5 SAFETY RULES

The 5 Safety Rules are taught to children in the MBF Prevention Education Programs. Parents or other adults can reinforce the rules with children by asking them to explain each Safety Rule and practicing the motions with elementary aged children. Additionally, parents and adults can use the 5 Safety Rules themselves to better protect children. For additional information, visit [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org), and/or download our "Child Safety Matters" app at no cost from the App Store or Google Play.

How to Use the Safety Rules to Better Protect Children	
	<h3>Know What's Up</h3> <p>Talk to your child. Listen to them. Ask them questions about times when they are away from you. Know whom they are with and what they are doing. Help them understand unsafe situations and how to use the Safety Rules to keep them safe. Make sure they know your personal contact information and how to reach you. Have a private family password and make sure they know to never go with anyone who doesn't know it. Learn about the technology and devices they are using or have access to, and talk to them about potential online dangers.</p>
	<h3>Spot Red Flags</h3> <p>Teach your child safety concepts such as personal space and boundaries, respecting themselves and others, safe vs. unsafe situations, secrets and tricks, and digital safety. Teach them the correct names for their private body parts, and how to report if anyone looks at, touches, or photographs their private parts. Educate them about Red Flags, both online and off, and how to seek help. If you are talking to your child and educating them about possible dangers and how to spot the Red Flag behaviors that lead to those dangers, it minimizes their risk of being victimized.</p>
	<h3>Make a Move</h3> <p>If you suspect a child is being harmed, trust yourself and Make a Move to keep them safe. If a child tells you about abuse or bullying that has happened to him/her or another child, praise them for telling you and take action right away. Report bullying to the school or organization where it occurred. Report abuse to your state child welfare agency, and unsafe online behaviors to law enforcement, and the Cybertipline at 800-843-5678. <b>(Visit <a href="http://www.childwelfare.gov/organizations/">www.childwelfare.gov/organizations/</a> for state child welfare agencies and contact information.)</b></p>
	<h3>Talk It Up</h3> <p>Talk about child safety because Child Safety Matters. Talk to other adults about what you have learned, so they too become better educated and empowered. Talk to your child using everyday opportunities to discuss safety and safe vs. unsafe situations. Ask your child to spot Red Flags and use the Safety Rules to protect themselves using role-play opportunities. Let your child know they can talk to you about anything, so if the need arises, they will feel comfortable talking to you about difficult topics.</p>
	<h3>No Blame   No Shame</h3> <p>Let your child know that no matter what happens to them, they are never to blame because adults are responsible for keeping kids safe ALWAYS. Let them know that no matter what they are told, they should never be ashamed to tell you or another Safe Adult about Red Flags, abuse, or anything else they need to tell you to help keep them safe. Let them know you support them. If your child is a victim, remember you are not to blame and you should not be ashamed to seek help. Support is available.</p>



## 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](http://www.mbfpreventioneducation.org) or [www.publicandpermanent.com](http://www.publicandpermanent.com).

## October – National Bullying Prevention Month

### Lesson Plan: Grades 6-8

<b>Grade Level</b>	Grades 6-8					
<b>Lesson Length</b>	30 Minutes					
<b>Lesson Objectives</b>	<p>Upon completion of this lesson, students will better understand:</p> <ul style="list-style-type: none"> <li>○ bullying and cyberbullying</li> <li>○ the <i>MBF Teen Safety Matters</i>® Safety Rules</li> <li>○ how to be an Upstander and how to report bullying</li> <li>○ the connection between empathy/kindness and bullying prevention</li> <li>○ the connection between empathy/kindness and safety at school</li> </ul>					
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>○ Copies of the <b>Student Bullying Survey</b> for each student</li> <li>○ Pen or pencil</li> <li>○ Copy of the Safety Rules Poster (optional)</li> <li>○ White board or chart paper</li> </ul>					
<b>Key Terms</b>	<ul style="list-style-type: none"> <li>○ Assertive Voice</li> <li>○ Bullying</li> <li>○ Bystander</li> <li>○ Cyberbullying</li> <li>○ Imbalance of Power</li> <li>○ Purposeful</li> </ul>		<ul style="list-style-type: none"> <li>○ Repeated</li> <li>○ Reporting</li> <li>○ Safe Adult</li> <li>○ Safe Friend</li> <li>○ Tattling/Snitching</li> <li>○ Upstander</li> </ul>			
<b>Related Florida Standards and Next Generation Sunshine State Health Standards</b>	<b>6<sup>th</sup> Grade</b>		<b>7<sup>th</sup> Grade</b>		<b>8<sup>th</sup> Grade</b>	
	6.SL.1.1 6.SL.1.2 6.SL.1.3 6.SL.2.6 6.C.2.2 6.C.2.4 6.C.2.5 6.B.4.1	6.B.4.1 6.B.4.2 6.B.4.3 6.B.4.4 6.B.5.1 6.B.5.2 6.B.5.3 6.P.7.1	7.SL.1.2 7.SL.1.3 7.L.1.1 7.L.2.3 7.L.3.6 7.C.2.9 7.B.4.1	7.B.4.2 7.B.4.3 7.B.4.4 7.B.5.1 7.B.5.2 7.P.7.1 7.P.8.1	8.SL.1.1 8.SL.1.2 8.L.2.3 8.L.3.4 8.L.3.5 8.L.3.6 8.C.1.4 8.C.1.8	8.C.2.8 8.B.4.1 8.B.4.3 8.B.5.3 8.B.6.1 8.B.6.2 8.P.7.1 8.P.7.2
<b>Background Information</b>	<ul style="list-style-type: none"> <li>○ 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.</li> <li>○ 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.</li> <li>○ Bullying may be physical, verbal, digital, or involve social isolation.</li> <li>○ The acronym RIP is helpful in determining if a behavior meets the definition of bullying: <ul style="list-style-type: none"> <li>– Repeated – The behavior happens over and over, not just one time.</li> <li>– Imbalance of Power – There is a real, or perceived imbalance of power between the bully and the victim.</li> <li>– Purposeful – The harmful behavior does not happen by mistake, it is done intentionally.</li> </ul> </li> <li>○ 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.</li> </ul>					

## October – National Bullying Prevention Month Lesson Plan: Grades 6-8

<p><b>Additional Resources</b> (For teachers and parents)</p>	<p>MBF Teen Safety Matters (Bullying Resources and Kind Vibes campaign) <a href="https://www.mbfpreventioneducation.org">https://www.mbfpreventioneducation.org</a></p> <p>MBF Child Safety Matters App Free download from the App Store or Google Play</p> <p>Dr. Michelle Borba, author of <i>End Peer Cruelty, Build Empathy</i> and <i>UnSelfie</i> <a href="http://micheleborba.org/">http://micheleborba.org/</a></p> <p><i>*Get 25% off plus free shipping (to the continental US) on “End Peer Cruelty, Build Empathy” when you use the code <b>EMPATHY</b> at checkout on <a href="http://freespirit.com">freespirit.com</a> or by calling 1-800-735-7323.</i></p> <p>National School Climate Center- BullyBust Resources <a href="https://www.schoolclimate.org/bully-prevention">https://www.schoolclimate.org/bully-prevention</a></p> <p>National Center for Missing &amp; Exploited Children <a href="http://www.netsmartz.org">http://www.netsmartz.org</a></p> <p>National Education Association (NEA) Bullying Prevention Kit <a href="http://www.nea.org/home/neabullyfree.html">http://www.nea.org/home/neabullyfree.html</a></p> <p>PACER National Bullying Prevention Site <a href="http://www.pacer.org/bullying/">http://www.pacer.org/bullying/</a></p> <p>Stopbullying.gov <a href="https://www.stopbullying.gov">https://www.stopbullying.gov</a></p> <p>The Bully Project (with Educator Toolkit) <a href="http://www.thebullyproject.com">http://www.thebullyproject.com</a></p> <p>The Institute for Responsible Online and Cell Phone Communication <a href="http://www.publicandpermanent.com">http://www.publicandpermanent.com</a></p> <p>Wired Kids Internet Safety Site <a href="http://www.WiredSafety.org">http://www.WiredSafety.org</a></p>
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## October – National Bullying Prevention Month Lesson Plan: Grades 6-8

### Prior to the Lesson:

- Print enough copies of the **Student Bullying Survey** sheet for each student to have a copy.
- 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.
  - **RIP** (Repeated, Imbalance of Power, Purposeful)
  - **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
- Print and display the Safety Rules Poster (Optional).
- At the beginning of the lesson, reinforce classroom and small group expectations for respectful discussions (i.e. listen before responding, don't interrupt, respect the opinions of others). Remind students to use "I" language rather than the more accusatory "you" language when responding to others.
- Divide students into small groups at the start of the lesson, or just before distributing the small group activity sheet. Ask each group to select a Recorder (to fill out the worksheet), and a Reporter (to share their groups' ideas at the end of the activity).

### Begin the Lesson:

- Good Morning/Afternoon students. October is National Bullying Prevention Month. So, today we are going to talk about bullying and cyberbullying, and the 5 Safety Rules from the *MBF Teen Safety Matters* program that can help keep you safe from bullying and cyberbullying.
- Some people think fighting, arguing, or mean and rude behavior are bullying. These are inappropriate behaviors, but they may not be bullying. Bullying occurs face-to-face, while cyberbullying occurs through electronic devices like computers or cell phones.
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  - **Purposeful** – This means it happens on purpose. It does not happen by mistake, it is done intentionally.
- Some of you may have experienced bullying or cyberbullying, or you may have seen it happen. Bullying is never safe no matter how it happens. To help you learn how to respond to bullying we are going to use the *MBF Teen Safety Matters* Safety Rules. For some of you this may be review, for others, these may be some new strategies to help keep you safe.

## October – National Bullying Prevention Month

### Lesson Plan: Grades 6-8

- *If you wrote the 5 Safety Rules on the board prior to the lesson point to each Rule as you talk about it.*
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- What are some Red Flags you might see related to bullying? *(Elicit responses. If students do not give examples of cyberbullying, ask for red flags related to cyberbullying. Make sure the following are included:)*
  - *A student or group of students picking on someone else.*
  - *A student who doesn't have any friends.*
  - *A student who is always sitting or walking alone.*
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  - *Someone texting or posting on social media about someone else in a hurtful way.*
- **Safety Rule #3 is Make a Move.** Making a Move involves using good decision-making skills to respond to bullying situations, both online and offline. If you see bullying occur, you can choose to get away and stay away from the situation or you can do something to help the person being bullied (walking with them in the halls, sitting with them at lunch, etc.)
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- Who could be a **Safe Adult** at our school? *(Elicit responses, such as the teacher, the principal, a school counselor, etc.)*
- Who could be a **Safe Adult** that you know and trust outside of school? *(Elicit responses)*
- You can also talk to a **Safe Friend** if you do not feel comfortable talking to a **Safe Adult** alone. Sometimes it is easier to talk to an adult if you have someone with you for support. If you have a good friend that you trust, they can go with you to talk to a Safe Adult. But you should always talk to a Safe Adult; never talk to a Safe Friend INSTEAD of a Safe Adult.

## October – National Bullying Prevention Month

### Lesson Plan: Grades 6-8

- It is important to remember that reporting isn't snitching. Snitching or tattling is done just to get someone in trouble. Reporting bullying to a Safe Adult is done to help someone. Reporting will also help the person who is hurting you or someone else, and it may also prevent them from hurting others in the future.
- **Safety Rule #5 is No Blame | No Shame.** This means that you are never at fault and you are never to blame if an adult or another child hurts, bullies, or abuses you, online or offline. You are never to blame, and you should not be ashamed to tell. Even if something happened in the past, it is never too late to tell!

#### Survey and Small Group Discussion:

- *Break class into small groups of 4-5 students in whatever way works best. Distribute the student surveys.*
- Here is a copy of a **Student Bullying Survey** for each of you complete. You do not need to put your name on the survey, so please be honest and thoughtful with your answers. We will talk about the survey when you are done. You will answer the survey questions on your own, but we will talk more about your answers to questions 16-18 in our small groups.
- *Allow 5 minutes for the students to complete the survey, and an additional 5 minutes for small group discussion on the 3 questions. While the students are working, write questions 16-18 on 3 pieces of chart paper, or set up 3 columns on a white board. Allow a student from each group to come up to the chart paper/board to write their groups' suggestions for each of the three questions. Follow up with a class discussion on the 3 questions.*
- Let's talk about your answers to questions 16-18.
- Where do you see bullying happening most of the time? *(Elicit responses)*
- What could be done to make our school feel safer? *(Elicit responses)*
- Is there anything else you would like to add about bullying at our school? In our class? *(Elicit responses)*

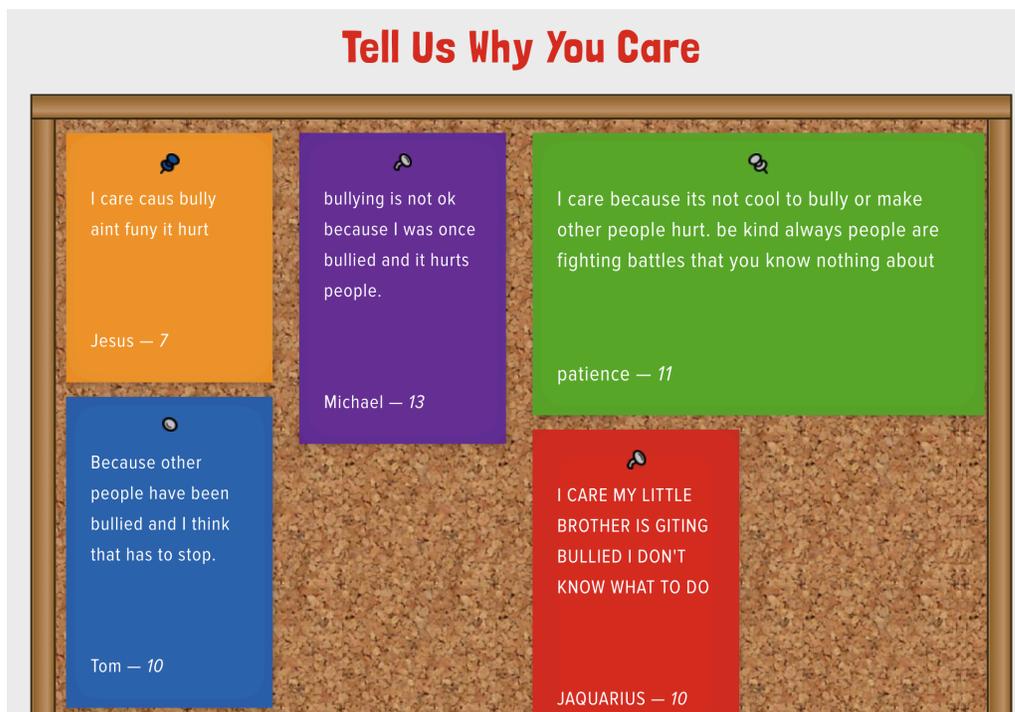
#### Wrap-Up:

- Thank you for participating in the lesson on bullying today. Bullying can be prevented, but we all have to keep the lessons from the 5 Safety Rules in mind:
  - 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**
- When you see bullying, be an Upstander, speak up, and get help. If you have been a victim of bullying, it is not your fault, and it is never too late to get help.

## October – National Bullying Prevention Month Lesson Plan: Grades 6-8

### Optional Activities:

- October 23, 2019 is Unity Day. Encourage your school community to wear ORANGE.
- Have students use their ideas from the survey and the small group discussion to create initiatives to address bullying at your school.
- There have been a number of media reports lately about students standing up against bullying. Consider have your students researching the who, what, when, where and why of some of the situations.
- Have students write essays on bullying related topics (i.e. what it takes to be an upstander, or how someone they know has been impacted by bullying).
- Allow students to bring in media/social media articles/messages about bullying, and cyberbullying. These can lead to discussions or writing prompts for related to prevention.
- Have students research Bullying Prevention on websites such as [www.stopbullying.gov](http://www.stopbullying.gov) and [www.WiredSafety.org](http://www.WiredSafety.org).
- Create an “I Care About Bullying Prevention Because” bulletin board or chart paper list in your classroom. Encourage students to create an “I care because...” statement to add to the board/list. Examples could include how they, or someone they care about has been bullied, or how they can make a difference. They can see how other teens have responded, or add their response at <https://pacerteensagainstabullying.org/i-care-because/>. *Adapted from the Pacer Centers’ Teens Against Bullying initiative.*



# Stop Bullying

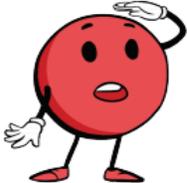
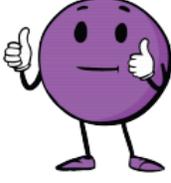
## Student Bullying Survey

1. Have you been a target of a bully at this school?	Yes	No
2. Is bullying a problem at this school?	Yes	No
3. Do you feel safe going to school?	Yes	No
4. Have you ever not wanted to go to school because of bullying?	Yes	No
5. If bullying could be stopped, would school be better?	Yes	No
6. Should a target walk away from a person bullying to keep the peace?	Yes	No
7. If you have been a target of bullying, did you tell a school adult?	Yes	No
8. If yes, did the adult help you?	Yes	No
9. If you have been a target, did you tell your parents?	Yes	No
10. Is bullying a problem on the school bus?	Yes	No
11. Is bullying a problem in the cafeteria?	Yes	No
12. Is bullying a problem in the hallways?	Yes	No
13. Is bullying a problem in the classrooms?	Yes	No
14. Is bullying a problem in the bathrooms?	Yes	No
15. Write the number of times you have been bullied this week at school:		
16. If bullying is a problem, where is it happening most of the time?		
17. What could be done to make the school feel safer for you?		
18. Is there anything else you would like to say about bullying at our school?		

## THE 5 SAFETY RULES

The 5 Safety Rules are taught to children in the MBF Prevention Education Programs. Parents or other adults can reinforce the rules with children by asking them to explain each Safety Rule and practicing the motions with elementary aged children. Additionally, parents and adults can use the 5 Safety Rules themselves to better protect children. For additional information, visit [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org), and/or download our "Child Safety Matters" app at no cost from the App Store or Google Play.

### How to Use the Safety Rules to Better Protect Children

	<h2>Know What's Up</h2> <p>Talk to your child. Listen to them. Ask them questions about times when they are away from you. Know whom they are with and what they are doing. Help them understand unsafe situations and how to use the Safety Rules to keep them safe. Make sure they know your personal contact information and how to reach you. Have a private family password and make sure they know to never go with anyone who doesn't know it. Learn about the technology and devices they are using or have access to, and talk to them about potential online dangers.</p>
	<h2>Spot Red Flags</h2> <p>Teach your child safety concepts such as personal space and boundaries, respecting themselves and others, safe vs. unsafe situations, secrets and tricks, and digital safety. Teach them the correct names for their private body parts, and how to report if anyone looks at, touches, or photographs their private parts. Educate them about Red Flags, both online and off, and how to seek help. If you are talking to your child and educating them about possible dangers and how to spot the Red Flag behaviors that lead to those dangers, it minimizes their risk of being victimized.</p>
	<h2>Make a Move</h2> <p>If you suspect a child is being harmed, trust yourself and Make a Move to keep them safe. If a child tells you about abuse or bullying that has happened to him/her or another child, praise them for telling you and take action right away. Report bullying to the school or organization where it occurred. Report abuse to your state child welfare agency, and unsafe online behaviors to law enforcement, and the Cybertipline at 800-843-5678. <b>(Visit <a href="http://www.childwelfare.gov/organizations/">www.childwelfare.gov/organizations/</a> for state child welfare agencies and contact information.)</b></p>
	<h2>Talk It Up</h2> <p>Talk about child safety because Child Safety Matters. Talk to other adults about what you have learned, so they too become better educated and empowered. Talk to your child using everyday opportunities to discuss safety and safe vs. unsafe situations. Ask your child to spot Red Flags and use the Safety Rules to protect themselves using role-play opportunities. Let your child know they can talk to you about anything, so if the need arises, they will feel comfortable talking to you about difficult topics.</p>
	<h2>No Blame   No Shame</h2> <p>Let your child know that no matter what happens to them, they are never to blame because adults are responsible for keeping kids safe ALWAYS. Let them know that no matter what they are told, they should never be ashamed to tell you or another Safe Adult about Red Flags, abuse, or anything else they need to tell you to help keep them safe. Let them know you support them. If your child is a victim, remember you are not to blame and you should not be ashamed to seek help. Support is available.</p>



## 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](http://www.mbfpreventioneducation.org) or [www.publicandpermanent.com](http://www.publicandpermanent.com).