



MONIQUE BURR
FOUNDATION FOR CHILDREN
PREVENTION EDUCATION PROGRAMS

Dear Educator,

This year has been a unique experience for all of us!

In honor of Bullying Prevention Month, the Monique Burr Foundation for Children (MBF) wants to celebrate the resilience of children and youth and ***Make Kindness Count***. We want to help teach students the importance of empathy, the value of relationships with others, and we want every child to be safe. During the 2020-2021 school year, we want to empower children to spread Kind Vibes.

Bullying is intentional peer cruelty where there is an imbalance of power. It is viewed as a serious public health problem in schools, but it is preventable. A schoolwide effort such as spreading Kind Vibes can help make lasting impacts and measurable differences for schools. The purpose of this initiative is to remind everyone that the first step in preventing and countering abusive behavior is to spread Kind Vibes. Sharing kindness offers the opportunity to connect with others, which builds a stronger sense of community and can help diminish bullying.

Educators and prevention specialists at MBF have developed bullying prevention lesson plans for use during the month of October (Bullying Prevention Month). We can teach empathy, kindness, and bullying prevention strategies through lessons such as this one. 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 while spreading kindness and practicing empathy. The lesson plans include:

- the **5 Safety Rules** from the *MBF Child Safety Matters*® and *MBF Teen Safety Matters*® prevention education programs.
- a **Safety Brief: Identifying and Reporting Bullying** for your professional reference.
- a **Mood Map** resource for students, teachers, and staff.
- **#KindVibes** resources for parents, educators, coaches, and students.

Help spread Kind Vibes 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 4.5 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, trafficking, 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.
- To order *program materials*, visit www.mbfpreventioneducation.org and click on “Shop”.
- To learn more about #KindVibes and the resources available visit Kind Vibes Headquarters at <https://www.mbfpreventioneducation.org/resource/kindvibes/>.
- For additional information or assistance, email info@mbfpreventioneducation.org or call 904-642-0210.



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

Grade Level	Grades 3-5					
Lesson Length	30 Minutes					
Lesson Objectives	<p>Upon completion of this lesson, students will better understand:</p> <ul style="list-style-type: none"> ○ bullying and cyberbullying ○ the <i>MBF Child Safety Matters</i>® Safety Rules ○ how to be an Upstander and how to report bullying ○ the connection between empathy/kindness and bullying prevention ○ the connection between empathy/kindness and safety at school 					
Materials Needed	<ul style="list-style-type: none"> ○ Copies of the Kind Vibes Quiz for each student (attached) ○ Pen or pencil ○ Copy of the Safety Rules Poster (optional) 					
Key Terms	<ul style="list-style-type: none"> ○ Assertive Voice ○ Bullying ○ Bystander ○ Cyberbullying ○ Mindful 		<ul style="list-style-type: none"> ○ Reporting ○ Safe Adult ○ Safe Friend ○ Tattling/Snitching ○ Upstander 			
Related Florida Standards and Next Generation Sunshine State Health Standards	3rd Grade		4th Grade		5th Grade	
	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				
Background Information	<ul style="list-style-type: none"> ○ 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 make connections between kindness and safety at school. ○ 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. ○ Bullying may be physical, verbal, digital, or involve social isolation. ○ Please be aware of your school's policy and procedures for reporting bullying, so you will be able to share them with your students. 					



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

<p>Additional Resources (For teachers and parents)</p>	<p>MBF Child Safety Matters (Bullying Resources and Kind Vibes campaign) https://www.mbfpreventioneducation.org</p> <p>MBF Child Safety Matters App Free download from the App Store or Google Play</p> <p>Dr. Michele Borba, author of <i>Unselfie: Why Empathetic Kids Succeed in our All-About-Me World</i> https://www.micheleborba.com</p> <p>National School Climate Center - BullyBust Resources https://www.schoolclimate.org/bully-prevention</p> <p>National Center for Missing & Exploited Children http://www.netsmartz.org</p> <p>National Education Association (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 and Cell Phone Communication http://www.publicandpermanent.com</p> <p>Wired Kids Internet Safety http://www.WiredSafety.org</p>
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Prior to the Lesson:

- Print enough copies of the **Kind Vibes Quiz** (attached) for each student to have a copy or display/project the quiz and have students write down their answers.
- Print and display the Safety Rules Poster, if you don't have a poster, 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
- 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:

- 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.
- Good Morning/Afternoon students. October is National Bullying Prevention Month. So, today we are going to talk about being caring, compassionate, and spreading Kind Vibes to help prevent bullying. We will also talk about the importance of being kind to others, ways to prevent 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 complete a quiz about bullying, and we will talk about some ways we can prevent bullying at our school. *(Pass out a quiz for each student.)*

Activity:

- First, let's take a quiz. But this isn't the kind of quiz that you receive a grade for. This quiz is to help you become more mindful about the kind of friend you are to others. Are you always kind? Sort of Kind? And maybe there is room for more kindness in how you treat others. *(Allow students to answer independently or read aloud questions and answers. Allow students time to consider their options and mark their individual responses.)*
- Next, we are going to calculate your score. You will count up how many questions you answered letter "a", list the total number on the line, and do the same thing for the letter "b", and the letter "c". *(Allow students a few minutes to total their responses and read aloud the results to the class.)*
- Raise your hand if you were surprised by the results. Who is willing to share what surprised them? *(Elicit responses)*
- When we are aware of the kind of friend we are or how we treat others, we are being **mindful**.



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- Does anyone know what being mindful means? (*Elicit responses*)
- Being mindful is being aware. Being aware of how we are feeling, how others might be feeling, and wanting to help others, helps spread Kind Vibes and makes our school a safe space.
- As you get older, you naturally start to become more mindful and you also start to communicate more with friends. A lot of you are spending more time on digital devices watching videos, playing games, or using texting apps. Because of the increased use of technology, some of you may have experienced bullying or cyberbullying or you may have seen it happen.
- **Bullying** is when someone hurts another person, either hurts their body or hurts them with words, and they do it over and over to be mean, even if they are asked to stop.
- **Cyberbullying** is when someone repeatedly hurts another person with mean words or by posting mean pictures or thoughts online, or by sending messages by email or on a digital device such as a cell phone or tablet.
- To help you learn how be mindful, to spread more Kind Vibes, and 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 have a poster visible or 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 mindful or aware of how others are feeling. It also means being aware of bullying in your environment, both online and offline.
- **Safety Rule #2 is Spot Red Flags.** Spotting Red Flags means using your mindfulness to know if others are being bothered by unkind, unsafe, inappropriate, or bullying behaviors. Bullying behaviors are Red Flags.
- **Safety Rule #3 is Make a Move.** Making a Move involves using good decision-making skills, both online and offline. You can also Make a Move to stop unkind and mean behavior by spreading Kind Vibes. If you see bullying occur, you can choose to help the person being bullied get away and help them stay away from unsafe situations.
- If you know someone that is being bullied, what are some ways you could help? (*Elicit responses such as; walking with them in the halls, sitting with them at lunch, inviting them to play at recess, 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 also means 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.
- 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*)



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- 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.
- 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.
- Talking It Up can also mean being an **Upstander**, someone who sees bullying occur and helps the person being bullied. Just like being kind, loyal, compassionate, and courageous are positive character traits of Upstanders, so is being mindful. **Bystanders** are people who see bullying happening but do nothing about it.
- Let's review to be sure you understand the meaning of an Upstander and Bystander. For each statement I read, tell me if the statement is true with a thumbs up or false with a thumbs down.
- A Bystander is someone who stands up to bullies or helps someone being bullied. (*Thumbs down/False. This is an Upstander.*)
- An Upstander reports bullying to a Safe Adult. (*Thumbs up/True. There are different ways to be an Upstander that do not necessarily involve you directly confronting a bully. An Upstander can talk to a Safe Adult and ask them for help.*)
- You can also Talk It Up by talking to your peers and being an Upstander or role model for spreading Kind Vibes.
- **Safety Rule #5 is No Blame | No Shame.** This means that it is never your 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!

Wrap-Up:

- Thank you for participating in the lesson today. In every school, there are kids who suffer from feeling left out, like they do not have any friends, or kids that have even been a victim of bullying. We all have to do our part to spread Kind Vibes and to help stop bullying.
- When you see bullying or something unsafe occurring, be an Upstander, speak up, and get help.
- Remember the 5 Safety Rules to help.
- Everyone say them with me:

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

Additional (Optional) Activities:

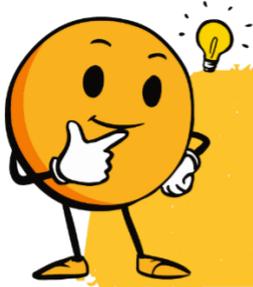
- To further reinforce the lesson and foster discussions, consider sharing the video:
Friendship Soup Recipe: A NED Short (3:13)
<https://www.youtube.com/watch?v=H7w7yXkJTu0>
- October 21, 2020 is Unity Day. Encourage your school community to wear ORANGE.
- Share MBF Kind Vibes Headquarters with staff, parents, coaches, and students. <https://www.mbfpreventioneducation.org/resource/kindvibes/>
- Have students sign the Kind Vibes poster (available to print from the MBF website) for your classroom as a pledge to their commitment to spread Kind Vibes. When students sign, they are making a commitment not to let anyone eat lunch alone or sit alone on the bus and to always include others to play at recess. Hang the poster in the classroom as a reminder of the commitment made.



- Create a photo opportunity at school and encourage students to be the "I" in Kind or expand the wording to include Vibes so that a student is never alone. Be the I's in #KindVibes.



THE 5 SAFETY RULES



Know What's Up



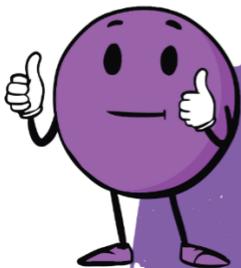
Spot Red Flags



Make a Move



Talk It Up



No Blame | No Shame

“What’s Your #KindVibes score?”

Are you always kind? Sorta kind? Maybe there is room for more kindness in how you treat others. Find out how awesome your #KindVibes score is with the following quiz! Share your results with family and friends in celebration of National Bullying Prevention Month, using the #KindVibes hashtag on Facebook, Instagram and Twitter!

Example Multiple Choice Questions:

1. You see Mary yelling at Billy when he tries to sit down at the table with Mary and her friends. She does this every week, and Billy walks off sadly to sit by himself. What do you do?
 - a. Pretend nothing happened.
 - b. Get up and sit with Billy.
 - c. Tell Mary her behavior is hurtful, tell a Safe Adult about the situation, and offer to sit with Billy.
2. Sam is crying on the playground. What do you do?
 - a. Ignore Sam.
 - b. Tell a teacher that Sam needs help.
 - c. Invite Sam to sit with you and offer him a hug.
3. You overhear Jessica repeatedly making fun of the way Sarina looks. What do you say to Sarina?
 - a. “Don’t worry about it, she looks weird too.”
 - b. “Let’s ignore Jessica’s comments.”
 - c. “Let’s go tell our teacher! She is a safe adult.”
4. People in the hallway start making fun of Natalie’s weight. Should you tell an adult?
 - a. No. People will think I’m a snitch if I tell.
 - b. No, it’s none of my business.
 - c. Yes, because telling a safe adult about bullying is NOT being a tattletale.
5. Which of the following should you do if you see a bully picking on someone?
 - a. Blame the person being bullied.
 - b. Be a friend to the person being bullied.
 - c. Use an assertive voice to tell the bully to stop.
6. Eric’s going through the lunch line. When it’s time to pay he realizes he doesn’t have any more money left in his account and is given a substitute lunch. Emma starts laughing at Eric, calling him poor. What should you do?
 - a. Laugh along with Emma.
 - b. Feel bad for Eric but don’t say anything.
 - c. Understand how Eric feels and invite him to sit with you as you share some of your lunch.

7. No one ever chooses Andrew during group projects. What should you do?
 - a. "Ignore Andrew because you don't want him in your group either."
 - b. "Tell some of your classmates they should pick Andrew for their group."
 - c. "Ask Andrew to be in your group."
8. Sophia repeatedly kicks Amber under her desk. Should you say anything to Sophia?
 - a. No, it's none of my business.
 - b. Yes, I will try talking to her but give up if she says anything back.
 - c. Yes, I should use an assertive voice and tell her it's not okay to hurt people.

Calculate your score:

of "a" or Red answers you chose: _____

of "b" or Green answers you chose: _____

of "c" or Blue answers you chose: _____

**If a tie occurs after counting, read both Score Results to determine which one you relate to more.*

Results:

If you chose more "a" or red answers: More #KindVibes needed

You know bullying is bad, you just need some help identifying it! You're working on being a friend who stands up to a bully instead of being a bystander. Your friends and family know you mean well and you're becoming a better friend each day!

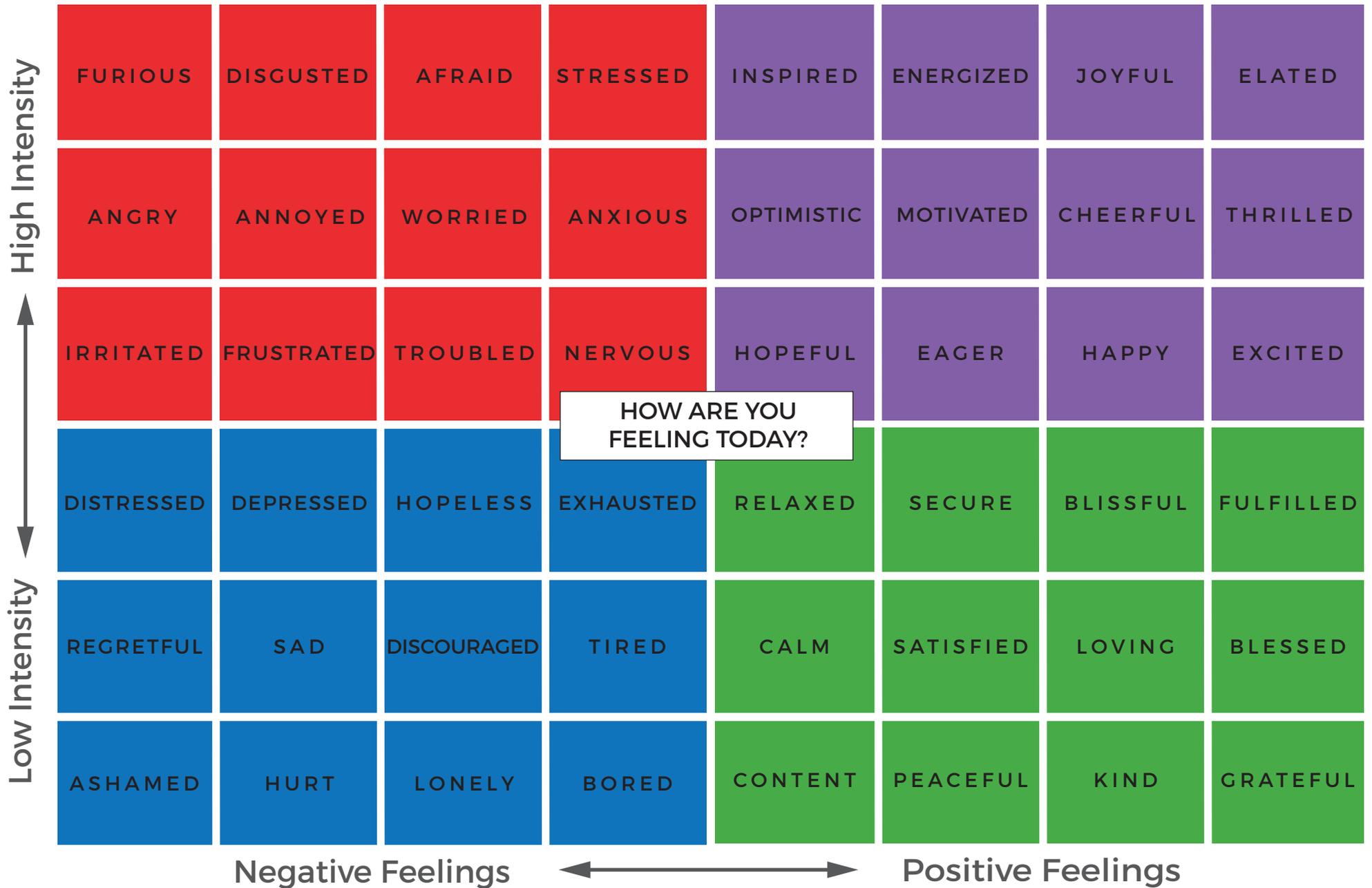
If you chose more "b" or green answers: #KindVibes giver

You're on your way to becoming Super Kind! You know that bullying is not okay, and your heart is in the right place, you just need to step in and be an Upstander more often.

If you chose more "c" or blue answers: #KindVibes rockstar

You're a Super Kind rock star! You're a Safe Friend that people can count on if they need help. You also know to go to a Safe Adult when you see red flags of bullying. Keep doing what you're doing!

MOOD MAP



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 bullying to the school or organization where it occurred. Report digital abuse and exploitation to local law enforcement or to the CyberTipline at 1-800-843-5678.

For additional information and resources, visit www.mbfpreventioneducation.org.