



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 6–8

Grade Level	Grades 6-8					
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 Teen 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 Activity Sheet for each student (attached) ○ Mood Map (attached) ○ Kind Vibes Action Plan Worksheet (attached) ○ Pen or pencil ○ Copy of the Safety Rules Poster (optional) ○ White board or chart paper 					
Key Terms	<ul style="list-style-type: none"> ○ Assertive Voice ○ Bullying ○ Bystander ○ Cyberbullying ○ Empathy ○ Influence ○ Peer Pressure 		<ul style="list-style-type: none"> ○ Persuade ○ Reporting ○ Role Model ○ Safe Adult ○ Safe Friend ○ Tattling/Snitching ○ Upstander 			
Related Florida Standards and Next Generation Sunshine State Health Standards	6th Grade		7th Grade		8th Grade	
	6.SL.1.1	6.B.4.1	7.SL.1.2	7.B.4.2	8.SL.1.1	8.C.2.8
	6.SL.1.2	6.B.4.2	7.SL.1.3	7.B.4.3	8.SL.1.2	8.B.4.1
	6.SL.1.3	6.B.4.3	7.L.1.1	7.B.4.4	8.L.2.3	8.B.4.3
	6.SL.2.6	6.B.4.4	7.L.2.3	7.B.5.1	8.L.3.4	8.B.5.3
	6.C.2.2	6.B.5.1	7.L.3.6	7.B.5.2	8.L.3.5	8.B.6.1
	6.C.2.4	6.B.5.2	7.C.2.9	7.P.7.1	8.L.3.6	8.B.6.2
	6.C.2.5	6.B.5.3	7.B.4.1	7.P.8.1	8.C.1.4	8.P.7.1
	6.B.4.1	6.P.7.1			8.C.1.8	8.P.7.2
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. 					



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<p>Additional Resources (For teachers and parents)</p>	<p>MBF Teen 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. Michelle Borba, author of <i>Unselfie: Why Empathetic Kids Succeed in our All-About-Me World</i> https://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 **Activity Sheet** (attached) for each student to take notes throughout the lesson.
- Display or project the **MBF Mood Map** on an overhead or utilizing a document camera throughout the lesson, and/or provide students a copy as an additional resource.
- Print and display the MBF 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. Today, we're going to talk about being caring, empathetic, and spreading Kind Vibes to help prevent **bullying**. A schoolwide effort such as spreading Kind Vibes can help make lasting impacts and improve the culture at our school. We will also talk about the importance of communication, ways to prevent 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. The 5 Safety Rules can be your guidelines as you interact online and as you encounter potentially unsafe situations throughout middle school.
- It is normal for middle school students to experience stress from the demands of school, sports, friendships/relationships, and/or their homelife. This year has been more stressful for some students than others, but it has certainly been a challenging experience for all of us, each experience unique to the individual. With all the unknown and uncertainty of this year, there are bound to be ups and downs. Utilizing a tool like the **MBF Mood Map** can help you become more mindful, and help you develop self-awareness and self-regulation skills. Checking in with yourself and being aware of your feelings is an important step. When we are able to recognize and manage feelings in ourselves, we are better able to empathize with others.
- Who can define empathy? (*Elicit responses*)
- **Empathy** is the ability to understand and share the feelings of another. You can think of it as learning to walk in another person's shoes. Take a minute to write down the definition of empathy on your Activity Sheet. (*Allow students a minute to write down the definition. Repeat the definition if needed.*)



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- It is important to be able to identify feelings, emotions, and/or moods. Not only does this help you communicate with others what you need or what you are feeling, but also helps you to recognize what others might be feeling. Good communication is essential to healthy relationships.
- Healthy relationship skills help us establish and maintain rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, negotiating conflict, seeking and offering help, and being kind and caring.
- There are four ways you can improve your communication with and help care for your friends. (*Remind students to take notes on their Activity Sheet.*)
 1. 🧠 Focus and listen, pay attention to what your friend is telling you. Be open and interested.
 - What does this look like?
 - Body language shows interest, what you are paying attention to, and if you are truly listening or just waiting for a moment to jump in with your perspective instead of trying to understand your friend.
 2. 👂 Describe what you heard or repeat some things they said to ensure you understand.
 - So, you want...
 - I heard you say...
 - What else?
 3. 👁️ Look for the feeling. Your friend might not say how they are feeling, but there will be clues. And it's okay to ask questions if you're not sure.
 - You must be feeling _____.
 - Are you feeling _____?
 4. ❤️ Empathize or put yourself in their shoes. Imagine what your friend is thinking or how they might be feeling.
 - It sounds like...
 - I feel...
- These skills will help strengthen your healthy relationships with friends. The support of friends is important to all of us, because strong friendships can help us manage challenges we may face in middle school, like bullying or peer pressure. We can work to strengthen our ability to empathize with others by practicing recognizing and managing our own emotions and by developing a habit of spreading Kind Vibes.
- In middle school you meet a lot of new people and communicate more with friends. A lot of you are spending more time online or playing games online and rely on communicating through technology because of the limitation of face-to-face time with peers.
- Because of the increased use of technology, some of you may have witnessed negative or unhealthy behaviors such as bullying or cyberbullying. To meet the definition of **bullying**, the behavior must be repeated, it must intend to hurt the target, and the bully must be more powerful, or seem more powerful. Keep in mind bullying occurs face-to-face, while cyberbullying occurs through electronic devices like computers or cell phones. However, bullying is never safe, no matter how it happens.
- Take a minute to write down the definition of bullying and the definition of cyberbullying on your Activity Sheet.
- Positive and healthy relationships should make you feel supported, more confident, and help you resist social pressure such as **peer pressure**.



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- Who can tell me what peer pressure is? (*Elicit responses*)
- Peer pressure occurs when an individual or a group of people try to **persuade** or **influence** you to do something. Peer pressure tends to increase in middle and high school but is not always negative.
- You can be persuaded or influenced by a positive group of people or a role model.
- A **role model** is a person who leads by example.
- Write down the definition of peer pressure and role model on your Activity Sheet.
- We can all choose to be role models or at least work to have a positive influence on peers. We can even use peer pressure to build a culture of kindness.
- It is your responsibility to decide how you will influence your peers. From whom you chose to spend time with, to what you chose to share about yourself and how you interact with others.
- To help you apply the 4 ways to care for your friends we discussed previously, and to practice empathy and spread Kind Vibes, 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 you make positive and safe choices.
- *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 aware of how others are feeling. Focus, listen, and pay attention to your friends and peers, both online and offline.
- **Safety Rule #2 is Spot Red Flags.** Spotting Red Flags means using your knowledge of empathy to determine if someone is being affected by unkind, unsafe, or bullying behaviors.
- What are some Red Flags you might see? (*Elicit responses.*)
 - *Someone being left out/ no longer interested in hanging out.*
 - *Someone who doesn't have any friends.*
 - *Someone who is always sitting or walking alone.*
 - *Someone who is constantly made fun of by others.*
 - *Someone texting or posting on social media about someone else in a hurtful way.*
 - *Someone being new and not knowing anyone.*
- **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 and combat abusive behavior by spreading Kind Vibes. If you encounter an unsafe situation or bullying, you can choose to get away and stay away. If you are aware or know someone that is the target of a bully, you can do something to help the person to get away and stay away (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**. 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. You can talk to a friend or several friends and ask them to stand up with you to confront bullying behaviors.
- Talking It Up means knowing when to involve 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



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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*)
- 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 and stands up and helps the person. You can be an Upstander alone, or with a group of other people. Setting this example helps create a culture of kindness and safety. Unlike an Upstander, a **Bystander** sees something unsafe occur, but does nothing about it. Talking It Up includes being a positive role model, having confidence and the belief in yourself to stand up for what is right. Think about what an environment characterized by a culture of kindness and safety looks like. Think about what it looks like at school. Think about what it looks like at home. Think about what an environment of kindness and safety looks like online.
- Take a moment to record your thoughts on your Activity Sheet.
- **Safety Rule #5 is No Blame | No Shame.** This means that you are never at fault 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!

Activity:

- Next, we are going to do a small group activity to brainstorm and create a schoolwide Kind Vibes initiative.
- *Divide the class into small groups of 3-4 students in whatever way works best. Display or project the Kind Vibes Action Plan worksheet on an overhead or utilizing a document camera throughout the lesson, and/or provide groups a printed copy of the worksheet.*
- In your group, you will develop an action plan to help spread Kind Vibes.
- *Allow 10 minutes for the small group activity.*
- What are some ideas or steps you came up with to spread help Kind Vibes? (*Elicit responses*)
- What are some of the expected results for your action plan? (*Elicit responses*)

Wrap-Up:



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- Thank you for participating in the lesson today. In every school, there are students who suffer from feeling left out or have been a victim of bullying. When you see bullying or something unsafe occurring, be an Upstander, speak up, and get help. We all have to do our part to spread Kind Vibes and to help stop bullying.
- Remember the 5 Safety Rules to help.

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:

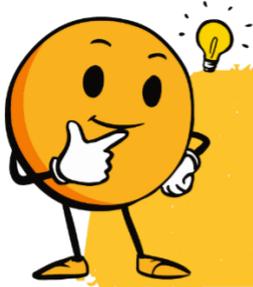
- October 21, 2020 is Unity Day. Encourage your school community to wear ORANGE.
- Share MBF Kind Vibes Headquarters with staff, parents, coaches, and students. <https://www.mbfpreventioneducation.org/resource/kindvibes/>
- Have students sign the Kind Vibes poster (https://www.mbfpreventioneducation.org/wp-content/uploads/2018/07/MBF_KindVibesSign_17x11_Final.pdf) 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 and/or sit alone at events. Hang the poster in the classroom as a reminder of the commitment made.



- Create an Upstander Club to put student action plans to work.
- 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



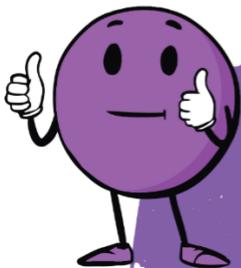
Spot Red Flags



Make a Move



Talk It Up



No Blame | No Shame



National Bullying Prevention Month Activity Sheet

VOCABULARY

Empathy: _____

Bullying: _____

Cyberbullying: _____

Peer Pressure: _____

Role Model: _____

Safety Rule #1 is Know What's Up.

Safety Rule #2 is Spot Red Flags.

Safety Rule #3 is Make a Move.

Safety Rule #4 is Talk it Up.

What is a SAFE ADULT?

What is a SAFE FRIEND?

Safety Rule #5 is No Blame | No Shame.

RECORDING MY THOUGHTS...

🌟 At school, a Kind and Safe environment looks like...

🌟 At home, a Kind and Safe environment looks like...

🌟 Online, a Kind and Safe environment looks like...

#KINDVIBES

FOUR WAYS TO CARE FOR A FRIEND:







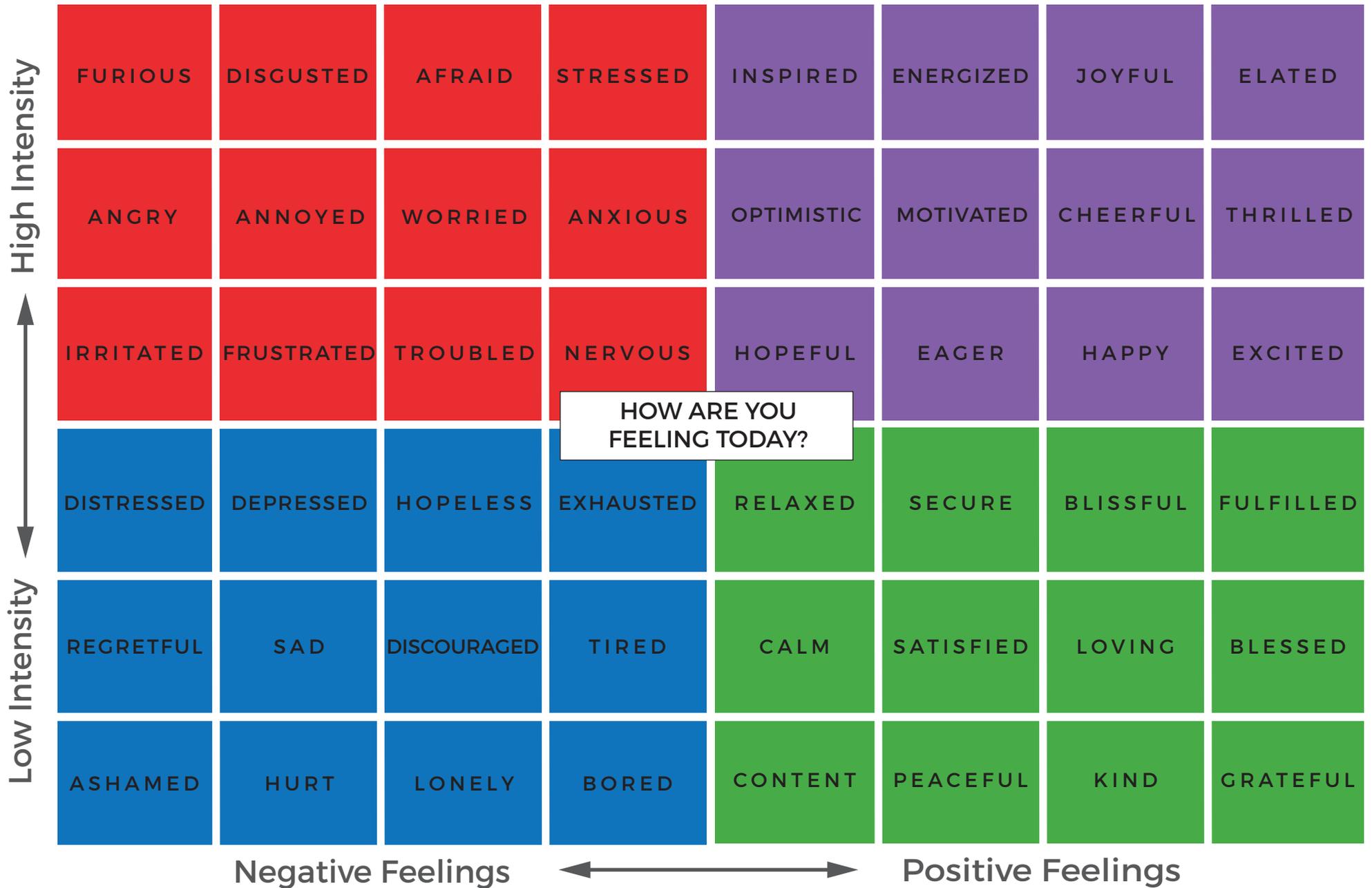


~~BULLYING~~

DEFINE UPSTANDER:

DEFINE BYSTANDER:

MOOD MAP



Kind Vibes Action Plan Template

Action Step <i>What needs to be done?</i>	Expected Result <i>How will you identify success?</i>	Resources Needed <i>What or who can help?</i>	Potential Challenges <i>Are there any possible challenges to consider?</i>	Date to be Completed

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.