



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 K-2

Grade Level	Grades K-2					
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"> ○ Print copies of the 5 Safety Rules Poster (optional) ○ Print Kind Vibes Poster (https://www.mbfpreventioneducation.org/wp-content/uploads/2018/07/MBF_KindVibesSign_17x11_Final.pdf) 					
Key Terms	<ul style="list-style-type: none"> ○ Bullying ○ Bystander ○ Cyberbullying ○ Mindful ○ Safe Adult 			<ul style="list-style-type: none"> ○ Safety Buddy ○ Strong Voice ○ Tattling or Snitching ○ Upstander 		
Related Florida Standards and Next Generation Sunshine State Health Standards	Kindergarten		1st Grade		2nd Grade	
	LAFS.K.SL.1.1	HE.K.B.4.3	LAFS.1.SL.1.1	HE.1.B.4.3	LAFS.2.SL.1.1	HE.2.B.5.1
	LAFS.K.SL.1.2	HE.K.B.5.1	LAFS.1.SL.1.2	HE.1.B.5.1	LAFS.2.SL.1.2	HE.2.B.5.2
	LAFS.K.SL.1.3	HE.K.B.5.2	LAFS.1.SL.1.3	HE.1.B.5.2	LAFS.2.SL.1.3	HE.2.C.1.1
	LAFS.K.SL.2.6	HE.K.C.2.4	LAFS.1.L.1.1	HE.1.C.1.1	LAFS.2.L.1.1	HE.2.C.1.4
	LAFS.K.L.1.1	HE.K.P.7.1	HE.1.B.3.2	HE.1.C.2.4	HE.2.B.3.2	HE.2.C.2.4
	HE.K.B.4.1	HE.K.P.8.1	HE.1.B.4.1	HE.1.P.7.1	HE.2.B.4.1	HE.2.P.7.1
	HE.K.B.4.2		HE.1.B.4.2	HE.1.P.8.1	HE.2.B.4.3	HE.2.P.8.1
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 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. Michelle 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 the Kind Vibes Poster (https://www.mbfpreventioneducation.org/wp-content/uploads/2018/07/MBF_KindVibesSign_17x11_Final.pdf) for students to sign at the end of the lesson.
- 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 expectations for respectful discussions (i.e. listen before responding, don't interrupt, respect the opinions of others).
- Good Morning/Afternoon students. October is National Bullying Prevention Month. Today we are going to talk about being caring 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.
- First, let's do an activity to learn more about being kind and caring. I am going to read you a couple of sentences. I will tell you about a situation and I want you to tell me if you think the child in that situation is being kind and caring. While I am reading, I also want you to think about what you would do and how it would feel if it were you.
- I want everyone to stand up and show me a touchdown signal if you think the child is being kind and caring. (*Demonstrate the motion*)
- If you think the child is NOT being kind and caring, I want you to squat down beside your desk. (*Demonstrate the motion*)
- You see Mary yelling at Billy when he tries to sit down beside her.
- Show me a touchdown if Mary is being kind and caring or squat down if she is not. (*Squat down*)
- How do you think Billy feels? (*Elicit responses*)
- What would you do? (*Elicit responses*)
- Sam always sits by himself at recess. Carson goes over and asks Sam to play soccer with him.



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

- Show me a touchdown if Carson is being kind and caring or squat down if he is not. (*Touchdown*)
- How do you think Sam feels? (*Elicit responses*)
- What would you do? (*Elicit responses*)
- Sophia kicks Amber under the desk, tries to trip her when they are walking in a line and even pulls her hair when she walks by on her way to the pencil sharpener.
- Show me a touchdown if Sophia is being kind and caring or squat down if she is not.
- How do you think Amber feels? (*Elicit responses*)
- What would you do? (*Elicit responses*)
- When we are aware of how we treat others and how others might be feeling, we are being **mindful**.
- Being aware or thinking about your choices, using kind words, and wanting to help others helps spread Kind Vibes and makes our school a safe space.
- An unsafe choice or example of NOT spreading Kind Vibes is 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.
- 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.
- 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.
- There are two kinds of people around when bullying happens.
- **Upstanders** are mindful people that act or help in some way when they see bullying. **Bystanders** are people that just "stand by" and watch the bullying and don't do anything to stop it or help the person being bullied.
- Who is more likely to spread Kind Vibes, an Upstander or a Bystander? (*Elicit responses*)
- An Upstander is likely to think about how they would feel if something unsafe was happening to them and would want to help others and spread Kind Vibes.
- To help you learn how to be mindful, spread Kind Vibes, and respond to bullying, we are going to use the *MBF Child Safety Matters* Safety Rules. Some of you may have heard these rules before, for others, these will be new rules to help keep you safe.



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

- *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 you know what bullying is. It also means being mindful and thinking about how others might be feeling.
- **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 could use some Kind Vibes? (*Elicit responses, being sure to include the following:*)
 - *A student who does not have anyone to play with at recess.*
 - *A student who is always made fun of.*
 - *A student who sits alone.*
 - *A student being picked on by another student or group of students.*
- **Safety Rule #3 is Make a Move.** Making a Move involves making good choices, both in person and when we are using technology, like a computer, a cell phone, an iPad, or a tablet. It also means getting away and staying away from an unsafe situation or person. You are also Making a Move when you spread Kind Vibes.
- **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 get 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.

Wrap-Up:

- *Pass the Kind Vibes poster around the classroom for students to sign their name.*



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

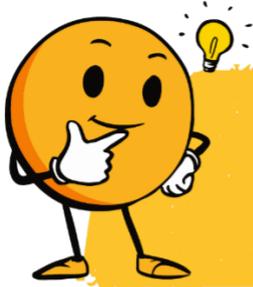
- Today, we are each signing the Kind Vibes poster as a promise to spread Kind Vibes. When you sign your name, you are promising to never let anyone eat alone in the cafeteria or sit alone on the bus and to always include others to play at recess.
- We have talked a lot about bullying, spreading Kind Vibes and we have learned how the *MBF Child Safety Matters* Rules can help keep you safe.
- If you are ever bullied, or if you see someone else being bullied, remember to use the 5 Safety Rules.
- 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**
- I hope you all have enjoyed this lesson and will help spread Kind Vibes. When you see bullying, be an Upstander, speak up, and get help.

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>
- Have students write or draw a picture about a time when they were bullied or saw someone bullied. How did it make them feel?
- 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/>
- 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



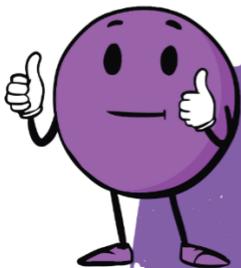
Spot Red Flags



Make a Move

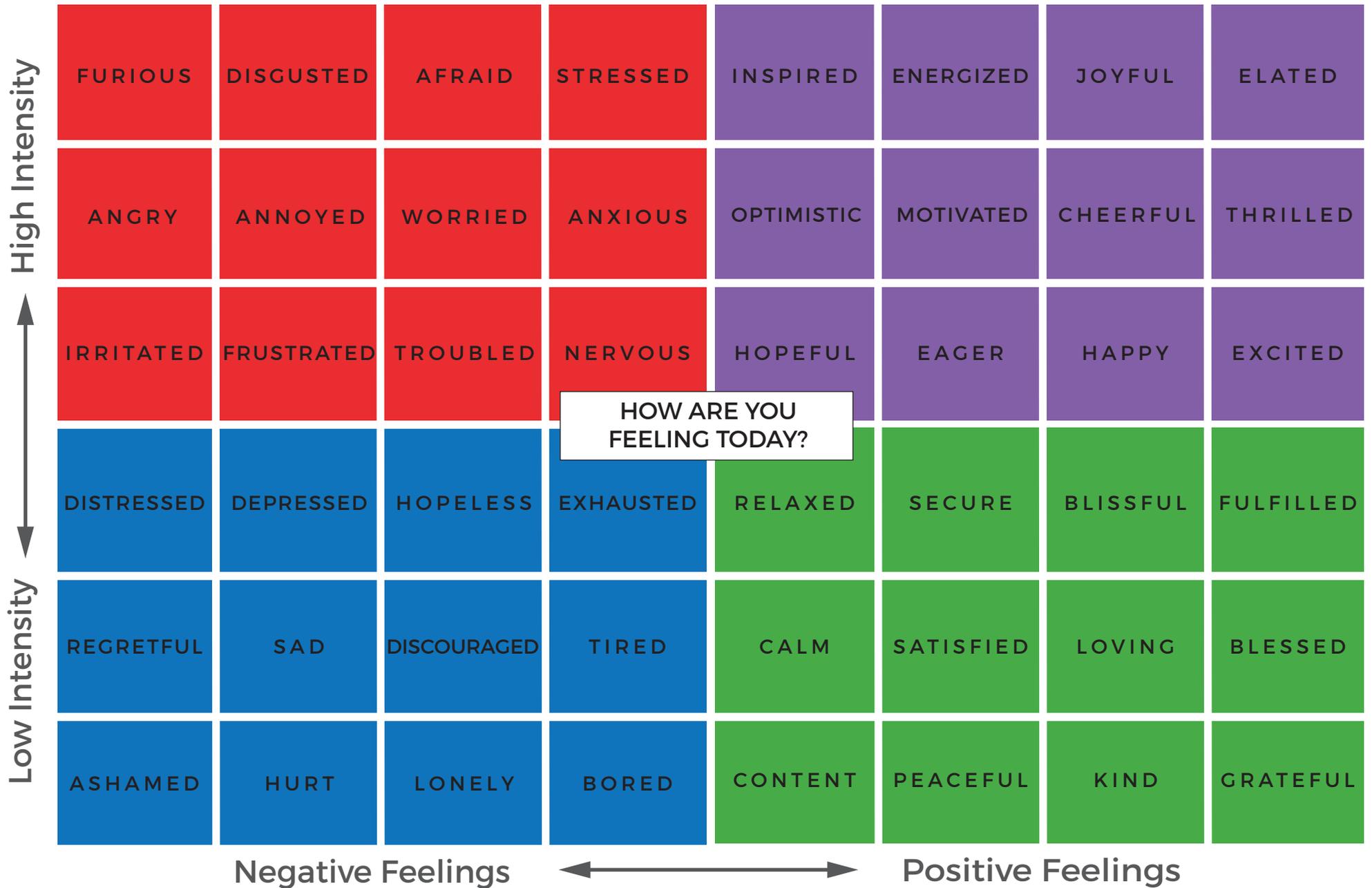


Talk It Up



No Blame | No Shame

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.