MONIQUE BURR
FOUNDATION FOR CHILDREN
PREVENTION EDUCATION PROGRAMS

Dear Educator,

October is National Bullying Prevention Month!

Did you know?

- 13 million students will be bullied in the United States this year.
- 1 in 4 students will be bullied and 1 in 3 will be cyberbullied.
- Research shows that in over half of bullying situations (57%) when someone intervenes, the bullying stops within 10 seconds.

Bullying is intentional peer cruelty where there is an imbalance of power. These statistics indicate the reason we need to bring attention to bullying and promote kindness, acceptance, and inclusion. 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.

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 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 **Social Behavior Scale** resource for students, teachers, and staff.

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 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".
- For additional information or assistance, email info@mbfpreventioneducation.org or call 904-642-0210.

TEEN SAFETY MATTERS

October – National Bullying Prevention Month
Lesson Plan: Grades 9-12

OVERVIEW

Grade Level	Grades 9-12		
Lesson Length	30 Minutes		
Lesson Objectives	Upon completion of this lesson, students will better understand: – bullying and cyberbullying – the MBF 5 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	○ MBF Social Behavior Scale (attached) ○ Create Your Own Scenario Worksheet (attached) ○ Pen or pencil ○ Copy of the Safety Rules Poster (optional) ○ White board or chart paper		
Key Terms	○ Acceptance ○ Assertive Voice ○ Bullying ○ Bystander ○ Conflict ○ Cyberbullying ○ Empathy	○ Inclusion ○ Keyboard Courage ○ Reporting ○ Safe Adult ○ Safe Friend ○ Upstander	
Related Florida Standards & Related Florida Next Generation Sunshine State Standards for Health Education	LAFS.910.L.1.1 LAFS.910.L.2.3 LAFS.910.L.3.6 LAFS.910.SL.2.4 LAFS.1112.L.1.1 LAFS.1112.L.2.3 LAFS.1112.L.3.6 LAFS.1112.SL.2.4	HE.912.B.3.2 HE.912.B.4.1 HE.912.B.4.2 HE.912.B.4.3 HE.912.B.4.4 HE.912.B.5.1 HE.912.B.5.2 HE.912.B.5.5	HE.912.C.1.4 HE.912.C.1.8 HE.912.C.2.2 HE.912.C.2.6 HE.912.P.7.1

Background Information	○ 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. ○ See attached Safety Brief for additional information regarding how to recognize the signs of bullying, as well as how to prevent and respond to bullying.
Additional Resources (For teachers and parents)	MBF Teen Safety Matters (Bullying and Cyberbullying Resources) https://www.mbfpreventioneducation.org MBF Child Safety Matters App Free download from the App Store or Google Play National School Climate Center - BullyBust Resources https://www.schoolclimate.org/bully-prevention National Center for Missing & Exploited Children http://www.netsmartz.org 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 http://www.WiredSafety.org

PRIOR TO THE LESSON

- Print copies of the Create Your Own Scenario Worksheets.
- Display or project the **MBF Social Behavior Scale** 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 MBF 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

Introduction:

- *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 how the 5 Safety Rules from the *MBF Teen Safety Matters* program can help keep you safe from bullying and cyberbullying. We'll also talk about being caring, compassionate, accepting each other's differences, and taking a stand against bullying. The 5 Safety Rules can be your guidelines as you interact online and as you encounter potentially unsafe situations throughout high school.

- October is National Bullying Prevention Month.
- 13 million students will be bullied in the United States this year. 1 in 4 students will be bullied and 1 in 3 will be cyberbullied. These statistics indicate the reason we need to bring attention to bullying and promote kindness, acceptance, and inclusion.
- **Bullying**, by law, is repeated acts of hostility or aggression where there is a real or perceived imbalance of power.
- For a behavior to be bullying, it must include these three things: *(have students write this down or write on board for them to see.)*
    1. R – It is repeated; it happens more than once.
    2. I – It is intentional; it is done on purpose to be harmful.
    3. P – It has to do with power; the person being bullied feels that the bully has power over him or her, such as being bigger, stronger, older, or more popular.
- A lot of you are spending more time than ever on digital devices watching videos, playing games, or messaging with friends. Because of the increased use of technology, some of you may have experienced cyberbullying or witnessed it happening to someone else.
- **Cyberbullying** is repeated, threatening, or harassing behavior that occurs online through social media, gaming, or text messaging.
- Which happens more in high school? Bullying or Cyberbullying? *(Elicit responses)*
- Research shows us that physical bullying declines in high school, while cyberbullying increases.
- Cyberbullying can include: *(Write responses given on board or chart paper)*
    - intentionally hurting someone with online posts or comments.
    - sending harassing texts.
    - posting false information about someone online.
    - threatening someone online, or
    - spreading rumors online.

- Sometimes, being online causes people to think they're anonymous and gives them what is called **keyboard courage**. This is when someone says or does things online that they normally would not do in person.
- Cyberbullying can have a negative impact on all areas of a person's life, including their self-esteem, academic performance, relationships, and more. Your actions online can have damaging and permanent consequences.
- Bullying and cyberbullying are wrong, and they hurt people. These behaviors can also have potential criminal and/or civil consequences, including charges for harassment, slander, and defamation, for both you and for your parents if you are a minor.
- Raise your hand if you've experienced conflict.
- **Conflict** is when people can't agree on something, but they want to work it out.
- Because we're all unique, conflict is normal and happens when people have a difference of opinion, a disagreement, or a clash of ideas. But it's important to learn how to work out our differences.
- What are some typical conflicts that happen in school or at home or when you're hanging out with friends? *(Elicit responses)*
- Examples of conflict might include: *(Write responses given on board or chart paper)*
  - arguing with a brother/sister.
  - disagreeing with your parents/guardians about rules at home.
  - drama, for example someone gossiping behind your back.
  - disagreements working in a group.
- Is conflict the same as bullying? *(Elicit responses)*
- Conflict is not the same as bullying. In most conflict situations, it happens suddenly and those that are involved want to find a solution. In bullying situations, one person has power over the other and intentionally harms them repeatedly and on purpose.
- What is kindness? *(Elicit responses)*
- To be kind, we need to be:
  - helpful.
  - supportive and encouraging.

  - honest.
  - positive with your words and actions.
  - a good listener.
  - considerate of others' feelings, meaning that we think about how they might feel or empathize.

- **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.
- **Acceptance** means to be admitted into a group and **inclusion** is the state of including or being included within a group. But sometimes people judge others negatively or make assumptions because they are different, and this may cause problems with people getting along or cause bullying.
- Kindness Matters! Research shows that in over half of bullying situations (57%) when someone intervenes, the bullying stops within 10 seconds.
- Other things that help stop bullying and cyberbullying are empathy, acceptance, and inclusion.
- Next, to help you learn how to recognize and respond to bullying and conflict, we are going to use the MBF 5 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 able to recognize if a situation is bullying, conflict or just someone being mean, both online and offline.
- **Safety Rule #2** is **Spot Red Flags**. Spotting Red Flags means being aware of warning signs that might make you or those around you unsafe. Bullying behaviors are red flags.
- 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. 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 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.

- **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 learn more about the difference between conflict, bullying, and being mean.
- *Divide the class into small groups of 3-4 students in whatever way works best. Display or project the **Create Your Own Scenario 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 brainstorm scenarios that you may have experienced or someone else has experienced and share ways to resolve the situations with acts of kindness and the Safety Rules.
- *Allow 10-15 minutes for the small group activity.*
- What are some ideas you came up with to resolve the situation with acts of kindness and the Safety Rules?
- *Call on a group to share for each of the examples.*
- If you witness someone bullying someone else, or if someone is just being mean, remember to use your Safety Rules.
- You can use **Safety Rule #3** to **Make a Move** and GET AWAY if you can.
- You can also be an Upstander and do something to help someone else. Remember, kindness is essential.
- You can use **Safety Rule #4** to **Talk It Up** and talk to a Safe Adult.

Wrap-Up:

- Thank you for participating in the lesson today. I hope if you ever see bullying happening you will use your Safety Rules and be an Upstander because it is the right thing to do. It is

the kind thing to do, and kindness is essential to prevent bullying. 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, Talk It Up, and get help.
- Remember the 5 Safety Rules can 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 20, 2021 is Unity Day. Encourage your school community to wear ORANGE. Take and share pictures on your school's social media page and tag MBF @mbfchildsafety.
- Have students write an act of kindness on a pre-cut paper leaf and add it to a Kindness Tree on a bulletin board in a common area of the school. Over time, leaves can be added and students can watch the tree "grow" as acts of kindness increase throughout the school community.
- Another simple option is to have students create an Acts of Kindness Jar. Students can write down on small pieces of papers acts of kindness that they have done or seen around school. Share them with the class and see how acts of kindness can be contagious and spread throughout the school.

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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.**

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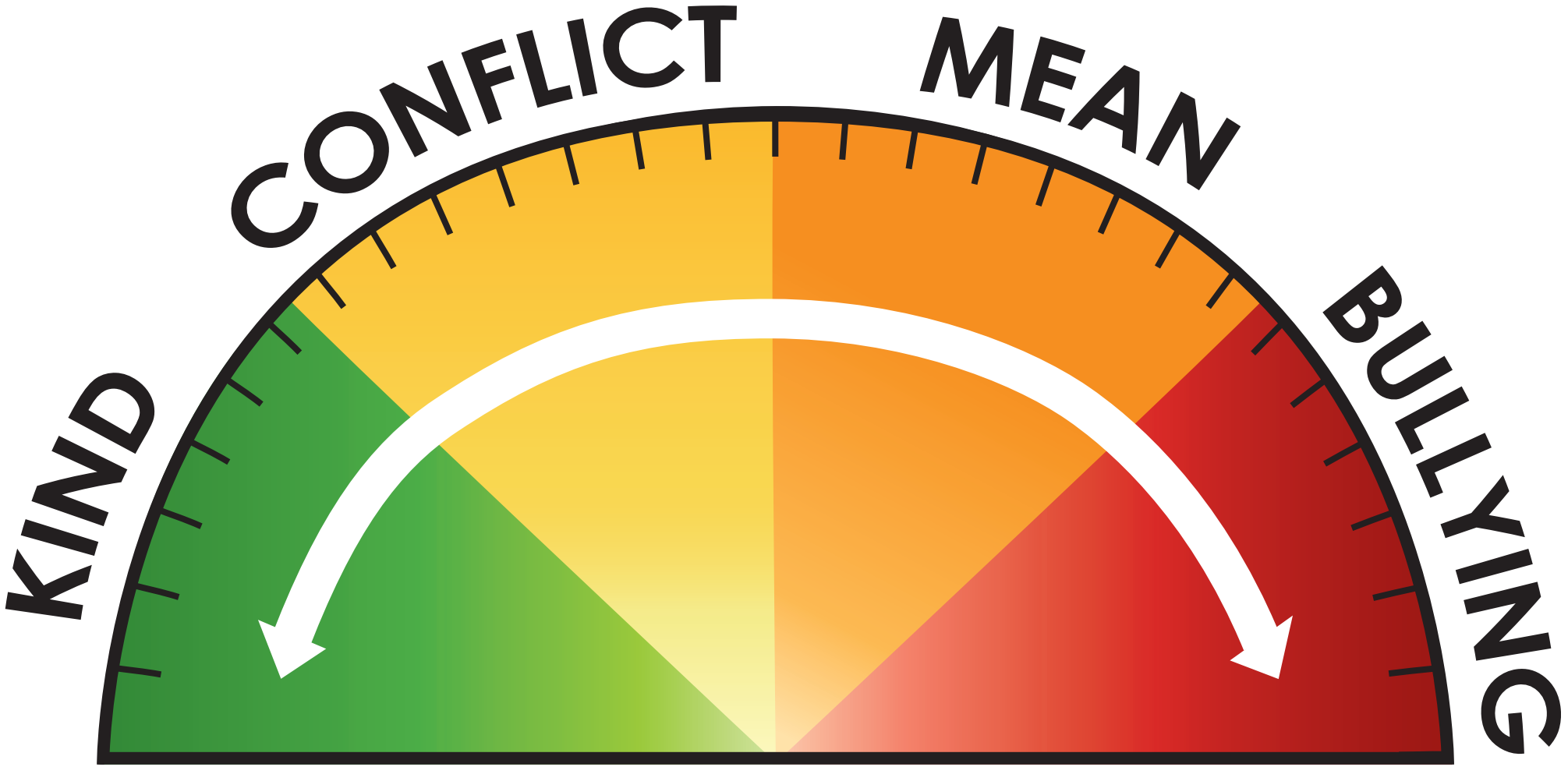
SOCIAL BEHAVIOR SCALE



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CREATE YOUR OWN SCENARIO

Directions: Under each word, write an example of what this behavior looks like or a possible scenario.

Conflict	Mean	Bullying	Cyberbullying
When people can't agree on something, but they want to work it out.	Purposefully hurting someone with words or actions, but not usually repeated.	Repeatedly hurting someone with words or actions; real or perceived imbalance of power.	To bully someone with words or images through a digital device, computer, tablet, emails, or texts.
How would you resolve these situations with acts of kindness and the Safety Rules?			

THE 5 SAFETY RULES

Know What's Up

Spot Red Flags

Make a Move

Talk It Up

No Blame | No Shame