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.

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

OVERVIEW

Grade Level	Grades K-2
Lesson Length	30 Minutes
Lesson Objectives	Upon completion of this lesson, students will better understand: – bullying – the MBF 5 Safety Rules© – the connection between kindness and accepting others and bullying prevention
Materials Needed	○ Copies of the Take A STAND Against Bullying Pledge sheet for students to sign ○ Copies of the Kindness Matters Coloring Sheet ○ Crayons or markers ○ Safety Rules Poster/Sheet
Key Terms	○ Bullying ○ Bystander ○ Considerate ○ Kindness ○ Reporting ○ Safe Adult ○ Safety Buddy ○ Strong Voice ○ Upstander ○ Tattling ○ Snitching

Related Florida Standards and Next Generation Sunshine State Health Standards	Kindergarten		1st Grade		2nd Grade	
	LAFS.K.SL.1.1	LAFS.K.SL.1.1	LAFS.1.SL.1.1	LAFS.1.SL.1.1	LAFS.2.SL.1.1	LAFS.2.SL.1.1
	LAFS.K.SL.1.2	LAFS.K.SL.1.2	LAFS.1.SL.1.2	LAFS.1.SL.1.2	LAFS.2.SL.1.2	LAFS.2.SL.1.2
	LAFS.K.SL.1.3	LAFS.K.SL.1.3	LAFS.1.SL.1.3	LAFS.1.SL.1.3	LAFS.2.SL.1.3	LAFS.2.SL.1.3
	LAFS.K.SL.2.6	LAFS.K.SL.2.6	LAFS.1.L.1.1	LAFS.1.L.1.1	LAFS.2.L.1.1	LAFS.2.L.1.1
	LAFS.K.L.1.1	LAFS.K.L.1.1	HE.1.B.3.2	HE.1.B.3.2	HE.2.B.3.2	HE.2.B.3.2
	HE.K.B.4.1	HE.K.B.4.1	HE.1.B.4.1	HE.1.B.4.1	HE.2.B.4.1	HE.2.B.4.1
	HE.K.B.4.2	HE.K.B.4.2	HE.1.B.4.2	HE.1.B.4.2	HE.2.B.4.3	HE.2.B.4.3

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 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 and intentional acts of hostility or aggression where there is a real or perceived imbalance of power. ○ 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 Child 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://schoolclimate.org/services/bullybust/ 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 enough copies of the Kindness Matters coloring sheet for each student to have a copy.
- Print copies of the Take A STAND Against Bullying Pledge sheet for each student to have a copy or one copy to show students when discussing.
- Print and display the Safety Rules Poster/Sheet or 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. So, today we are going to talk about how the 5 Safety Rules from the MBF Child Safety Matters program can help keep you safe from bullying. We'll also talk about being kind and accepting each other's differences, to help stop bullying. Because kindness is essential to prevent bullying.

Activity 1:

- As a warm-up, let's do an activity and get to know each other better.

Option 1 (Group Activity):

- I want everyone to stand up and form a large circle.
- I am going to read a statement and if it is true for you, I want you to move to the center of the circle.
- Please be honest and don't wait to see what others in the group do.
- If you are in the center, stay there if the next statement is true, or move back to the outer circle if it is not true.

Option 2: (Individual Activity):

- I am going to read a statement and if it is true for you, I want you to show me a thumbs up. If it's not true for you, show me a thumbs down.
- Please be honest and don't wait to see what others in the group do.

STATEMENTS:

  - I like popcorn.
  - I like popcorn better than ice cream.
  - I have a sister or brother at home.
  - I have a pet at home.
  - I was born here in _____ (name city where you currently are).
  - My favorite subject in school is art.
- *(Note: Feel free to add additional statements that may further demonstrate the similarities and difference among the children in this group.)*
- Good job. *(If needed, have students return to their seats.)*
- What did you learn from this activity? *(Elicit responses)*
- We have some things about us that are alike, and some that are different, right?
- Individual differences are okay and make life more interesting, don't they?

- But sometimes people judge others negatively because they are different, or not like them, and this may cause problems with people getting along.
- Today we are going to talk about getting along with others and about bullying.
- Who can tell me what bullying is? *(Elicit responses)*
- **Bullying** is when someone hurts someone with words or actions, and they do it over and over again on purpose.
- Bullying is wrong and it hurts people. And in some states, bullying is against the law.
- Sometimes people bully or hurt others because they see that person as different from them.
- But accepting and even liking each other's differences is good.
- What is **kindness**? *(Elicit responses. Capture students' responses on a board or sheet of paper so you can refer to it later.)*
- To be kind, we need to be:
  - Helpful
  - Supportive and encouraging
  - Honest
  - **Considerate** of others' feelings, meaning that we think about how they might feel
  - Positive with your words and actions
  - A good listener
  - Other suggestions?
- Even if you're not friends with someone, we all need to be kind to one another because if we are kind to others, hopefully they will be kind to us.
- If we are kind to one another, we will see much less bullying. Kindness is essential.
- But what if someone isn't being kind? What if they are being mean or are bullying someone? What can you do?
- To help you learn how to recognize and respond to bullying, 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 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 able to recognize if a situation is bullying.
- **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.
- Examples of Red Flags include:
  - Someone being mean or using mean words;
  - Someone using hurtful touches;
  - Someone playing tricks on a child;
  - Someone asking a child to keep a secret.
- **Safety Rule #3 is Make a Move**. Making a Move involves getting away and staying away from unsafe people or situations. And if you see someone being bullied, you can choose to help the person being bullied get away and stay away from those people and situations.
- **Safety Rule #4 is Talk It Up**. Talking It Up means using a **strong voice** if you or someone else is being bullied. This means 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 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.
- 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 **Safety Buddy** 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 Safety Buddy 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. Being kind, loyal, compassionate, and courageous are positive character traits of Upstanders. **Bystanders** are people who see bullying happening but do nothing about it.
- **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 in person. 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 2:

- Let's do another activity and "Take a Stand Against Bullying" together with this pledge. *(Refer to Take a STAND Against Bullying pledge handout or image projected on board)*
- I'm going to read a pledge aloud and hopefully you will all agree with me that kindness matters, and you will pledge to take a STAND against bullying!

  S – Show good character every day.

  T – Treat others the way I want to be treated.

  A – Always report bullying to an adult.

  N – Never bully others or laugh with a bully.

  D – Do my best to help anyone being bulled.

- *Optional: pass out the Take a Stand Against Bullying Pledges and ask students to sign their names if they pledge to Take a Stand Against Bullying! (You can display the pledges around the room as a reminder to students.)*

Activity 3:

- Let's do one last activity to help remind us all how important kindness is.
- I have Kindness Matters coloring sheets for each of you to color.
- *Optional: tell students you will display the sheets around the classroom as a reminder that Kindness Matters.*

Wrap-Up:

- Thank you for participating in the lesson today. In every school, there are students who suffer from feeling left out, like they do not have any friends, or students that have even been a victim of bullying. We all must do our part to be kind and stand against bullying.
- When you see bullying or something unsafe occurring, use your Safety Rules, be an Upstander, and get help.
- Remember the 5 Safety Rules can 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:

- Have students each take a strip of construction paper and write down an act of kindness that they have done or seen. Have them share with the group. Then staple them together in loops to create a Kindness Chain you can display in the room.
- October 20, 2021 is Unity Day. Encourage your school community to wear ORANGE.
- Assign small teams to create role plays depicting some of the conflict, being mean, or bullying behaviors or situations. Have them perform them for larger group. Have the group work together to identify Red Flags and use the 5 Safety Rules and kind behaviors to help resolve the situations.
- Play the MBF Safety Matters video: https://www.youtube.com/watch?v=efjIR3dok30
- Have students create an Acts of Kindness jar. Students can write down on small pieces of paper 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 environment.

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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.**

I Agree Kindness Matters & Pledge to Take a STAND Against Bullying!

S - Show good character every day.

T - Treat others the way I want to be treated.

A - Always report bullying to an adult.

N - Never bully others or laugh with a bully.

D - Do my best to help anyone being bullied.

KINDNESS
Matters!
SAFETY
#STOPBULLYING
MBF
Child Safety
Matters®

THE 5 SAFETY RULES

Know What's Up

Spot Red Flags

Make a Move

Talk It Up

No Blame | No Shame