



Educator Guide: Bullying Lesson

Recommended for Grades:

4th

Time:

7 minutes

National Health Education Standards:

This lesson aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 3: Access valid and reliable resources to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson, students will be able to:

1. Identify the three things that are usually true in bullying as:
 - a. It is intentional.
 - b. It is repeated.
 - c. There is an imbalance of power.
2. Recognize bullying behaviors.
3. Recognize the difference between bullying and conflict.
4. Define cyberbullying.
5. Describe how bystanders may feel when they see someone being bullied.
6. Name two trusted adults they could talk to if they see or experience bullying.



Lesson Description:

The Bullying Lesson teaches students what bullying is and the different types of bullying. Students also learn the difference between bullying and conflict. There is a worksheet and answer key included in this guide for students to complete as they move through the lesson. You may choose to print copies for students or have them download the worksheet directly from the lesson and save it to their devices.

Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. In the definition of bullying behavior, which is true?
 - a. It is intentional.
 - b. It is repeated over time.
 - c. There is an imbalance of power.
 - d. **All of these are true.**

2. Which of the following is an example of a bullying behavior?
 - a. Arguing over individual roles for a group project
 - b. **Threatening to harm someone**
 - c. Disagreeing with a friend over which movie to watch

3. Which of the following is true about conflict. Choose two.
 - a. **Conflict is a normal part of life.**
 - b. Conflict is one sided.
 - c. One person usually has more power than the other.
 - d. **Conflict can be solved by talking and listening to each other.**

4. What is cyberbullying?
 - a. Bullying someone about things they say and do online
 - b. Bullying that involves damaging someone's electronic devices
 - c. **Bullying that takes place over digital devices like cell phones, computers and tablets**



Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Bullying Lesson. You may choose to use this list in any way that fits your needs.

- Bully – someone who intentionally tries to hurt another person
- Bullying – mean, or hurtful behavior done on purpose to make someone feel bad or unsafe (bullying is intentional, usually repeated over time and there is an imbalance of power)
- Bystander – someone who witnesses, or sees, a bullying situation
- Conflict – a normal part of life that can happen when there are differences in opinions, needs, wants, values or ideas
- Cyberbullying - using technology to repeatedly harass, threaten or embarrass someone
- Intentional – on purpose
- Physical bullying – hurting a person's body or their things
- Social bullying – hurting someone's relationships or reputation
- Trusted adult – a grown-up at home, school or other safe place that you can go to for help
- Verbal bullying – using words to hurt or scare someone
- Victim – the target of a bully

Bullying Lesson: Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you work through the Bullying Lesson.

1. What three things are included in the definition of bullying?

a. _____

b. _____

c. _____

2. List two examples of physical bullying.

a. _____

b. _____

3. List two examples of verbal bullying.

a. _____

b. _____

4. List two examples of social bullying.

a. _____

b. _____



5. List two examples of cyberbullying.

a. _____

b. _____

6. What are the five questions to ask when determining if something is bullying or conflict?

a. _____

b. _____

c. _____

d. _____

e. _____

Bullying Lesson: Worksheet Answer Key

1. What three things are included in the definition of bullying?

- a. Intentional
- b. Repeated over time
- c. Difference in power

2. List two examples of physical bullying.

Answers can include: hitting, kicking, spitting, tripping, pushing, taking or breaking someone's things etc.

3. List two examples of verbal bullying.

Answers can include: teasing, name-calling, making inappropriate comments about someone's body, taunting, threatening to harm someone etc.

4. List two examples of social bullying.

Answers can include: leaving a person out on purpose, telling others not to be friends with someone, spreading rumors, embarrassing someone in public etc.

5. List two examples of cyberbullying.

Answers can include: texting, emailing or sending mean, threatening or rude messages to someone, posting mean, embarrassing or hurtful things about someone online, commenting on someone's social media posts in a hurtful, negative way etc.

6. What are the five questions to ask when determining if something is bullying or conflict?

- a. Does one person have more power than the other?
- b. Is it one sided or two sided?
- c. Can it be solved by talking and listening to each other?
- d. How does each person feel?
- e. Has it happened more than once?

Supplemental Activity: Bullying or Conflict?

Objectives:

After completing this activity, students will be able to:

- Determine if a situation involves bullying or conflict.

Materials Needed:

- Bullying or Conflict Scenarios

Time Required:

30 minutes

Instructions:

Review with students the questions they can ask themselves when trying to determine if a situation is bullying or conflict.

1. Does one person have more power than the other?
2. Is it one sided or two sided?
3. Can it be solved by talking and listening to each other?
4. How does each person feel?
5. Has it happened more than once?

Also discuss with students that not all mean behaviors fit the definition of bullying. Oftentimes kids display mean behaviors, but those behaviors aren't targeted to a specific person or there isn't a power difference. Or it may not be repeated.

Go through different situations with students and have them determine whether each one involves bullying or conflict. Feel free to use the situations listed on the next page or share situations that you have seen in your school.

Bullying or Conflict Situations

- Nevaeh had a sleepover for her birthday but didn't invite Ana because she's mad at her. Afterwards, Nevaeh posted a bunch of pictures of the party on social media and tagged Ana to make sure she saw all the fun that she missed. Nevaeh has done things like this before to Ana. Is this bullying or conflict? Why?
- Every day after lunch Keaton walks by Jordan's desk and says something mean to him. He always starts by saying "No offense, but..." or "I'm not trying to be rude, but..." Yesterday he said "Man your breath really stinks. I'm just trying to help you out. I'm not trying to be mean." But then he walked away laughing. Is this bullying or conflict? Why?
- Lacey and her friends are hanging out and trying to decide what movie to watch. They've been arguing about it for twenty minutes. Lacey's not sure they're ever going to agree on one. Is this bullying or conflict? Why?
- Monty and his friends like to shoot hoops at recess. They like to goof around and poke fun at each other. It's all done in good fun, and no one ever feels bad about it. Is this bullying or conflict? Why?
- Jaxon cut in line in front of Mikey at lunch today. When Mikey called him on it Jaxon denied it. Is this bullying or conflict? Why?
- Today before lunch a group of girls hid Javi's lunch box. This isn't the first time they've done this, and he gets very upset when he discovers it's gone. Is this bullying or conflict? Why?
- Oliver and Issac were playing a game during recess. Issac repeatedly told Oliver he wasn't following the rules. At one point, he said, "You're hogging the ball. Why don't you pass it? The game isn't all about you!" Is this bullying or conflict? Why?

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Is Your Child Involved in Bullying?

What is Bullying?

Bullying is when someone hurts another person on purpose, more than once.

Bullying includes:

- **Power difference:** The child who bullies has more power. They might be stronger, older, or more popular.
- **Repeated behavior:** It usually happens more than once.
- **Done on purpose:** The child means to hurt someone. Accidents are not a form of bullying.

Signs Your Child May Be Being Bullied

Watch for changes in your child. Ask questions like:

- “Did anything at school make you feel sad or scared?”
- “Do you ever feel scared to go to school?”

Possible Signs of Bullying:

- Unexplained injuries or bruises
- Lost or ruined clothes, books, schoolwork, art or toys
- Headaches or stomachaches
- Pretending to be sick so they do not have to go to school
- Changes in eating, like skipping meals or eating a lot
- Lower grades or not wanting to go to school
- Losing friends or being left out
- Acting angry after school
- Nervous habits like chewing nails or pulling out hair
- Acting more shy, scared or fearful

How to Get Help

Do not ignore bullying.

If it happens at school:

1. Talk to your child’s teacher.
2. If it keeps happening, talk to the school counselor, principal, or superintendent.

If the bullying happens outside of school:

- Talk to the adult in charge, like a coach or group leader.



Signs Your Child May Be Bullying Others

Stay involved in your child's life. Look for changes in your child.

- Go to school meetings.
- Watch how your child treats others.
- Ask about their day, friends, and activities.

A child may be bullying others if they:

- Are being bullied themselves
- Get into fights
- Have friends who bully others
- Blame others for their problems
- Make excuses for their actions
- Test limits or break rules
- Try to control people or situations

If Your Child Needs to Talk to Someone

If your child is being bullied, or is bullying others, they may need to talk to someone.

You can:

- Ask the school about support services.
- Talk to your child's doctor or health care providers.
- Look for counseling or community resources.

Repurposed from <http://www.stopbullying.gov>. More information for parents and caregivers, children and educators may be found at this site.



Effects of Bullying

Bullying Hurts Everyone

Children who are bullied may:

- Feel insecure
- Avoid school
- Have trouble learning

As they grow up, children who have been bullied may:

- Be depressed
- Have low self-esteem
- Have health problems
- Get poor grades
- Think about killing themselves

Those who have observed bullying may feel:

- Afraid
- Powerless to help
- Guilty for not helping
- Pressure to join in

Children who bully are more likely to:

- Get into fights
- Damage property
- Drop out of school

Children who bully often get involved in other behaviors like:

- Breaking rules
- Stealing
- Carrying a weapon
- Drinking alcohol and smoking at young ages

Repurposed from <http://www.stopbullying.gov> and <http://www.olweus.org/public/effects-bullying.page>



Transcript

Slide 1

Ashton: Hi! I'm Ashton.

Dayeliz: And I'm Dayeliz. Have you ever seen someone being treated unfairly? Or being made fun of? Or even being hurt physically? We've probably all seen unkind behaviors like these at some point. And sometimes unkind behavior can escalate to bullying.

Ashton: I've definitely seen bullying, and it's not cool. Bullying affects everyone, not just the person who is being bullied. So, it's important that we learn about it and try to stop it.

Dayeliz: That's right. Let's get started!

Slide 2

First, we need to define bullying. Bullying is mean, or hurtful behavior done on purpose to make someone feel bad or unsafe. Not all unkind behaviors are bullying, though. Three things are usually true for it to be considered bullying. Click the numbers to learn what they are.

1 - It is intentional, which means it's done on purpose. It isn't an accident.

2 - It is repeated over time, or it happens more than once.

3 - There is an imbalance of power, which means the bully has more power than the victim in some way. For example, they may be older, bigger in size or more popular.

Slide 3

There are several different types of bullying. We're going to learn about physical, verbal, social and cyberbullying. Click on each type to learn more.

Physical - Physical bullying involves hurting a person's body or their things, and could include hitting, kicking, spitting, tripping, pushing and taking or breaking someone's things.

Verbal - Verbal bullying is when someone uses their words to hurt or scare someone. It could include teasing, name-calling, making inappropriate comments about someone's body, taunting and threatening to harm someone.



Social - Social bullying involves hurting someone's relationships or reputation, and could include leaving a person out on purpose, telling others not to be friends with someone, spreading rumors and embarrassing someone in public.

Cyberbullying - Cyberbullying is bullying that takes place over digital devices like cell phones, computers and tablets. It's using technology to repeatedly harass, threaten or embarrass someone. It could include texting, emailing or sending mean, threatening or rude messages to someone, posting mean, embarrassing or hurtful things about someone online and commenting on someone's social media posts in a hurtful, negative way.

It's important to always stop and think before you post something or text someone. You shouldn't say anything online that you wouldn't be willing to say to someone's face.

And remember, anything you post or send could be shared to others and saved by someone. Anything you post online lasts forever.

Slide 4

Sometimes it can be hard to tell if a behavior is bullying or not. We know that everyone doesn't get along all the time, but that doesn't mean that every time someone disagrees about something bullying is occurring. Same thing with name calling and other unkind behaviors. Conflict is a normal part of life, and it can happen when there are differences in opinions, needs, wants, values or ideas. Examples of conflict include arguing over a game, disagreeing about what movie to watch, or arguing over who does what for a school project. Conflicts can be solved by talking, listening and finding a way to fix the problem together.

Slide 5

Here are some questions you can ask yourself to determine if a situation is bullying or conflict. Click on each one to learn more.

Does one person have more power than the other? - Does one person have more power than the other? Maybe they're bigger, older, or more popular than the other person. If so, it's probably a bullying situation.

Can it be solved by talking and listening? - Can it be solved by talking and listening to each other? If yes, it's most likely conflict. With bullying, an adult is usually needed to help.



Is it one-sided or two-sided? - Is it one sided or two sided? For example if two people are always insulting each other or talking bad about the other person behind their back, that means it's two sided. They're both being unkind. So that's conflict between two people. But if one person is always talking about someone behind their back or insulting them to their face and the other person isn't doing the same, then it's one sided ... and that's bullying.

How does each person feel? - How does each person feel? If both people are feeling frustrated or mad, it's probably a conflict. But, if only one person is feeling sad or hurt then it's most likely bullying.

Has it happened more than once? - Has it happened more than once? If similar situations keep happening it's most likely bullying.

Slide 6

Bullying affects everyone, not just the person who is bullying others and the person being bullied. The person who is being bullied can feel sad, hurt, lonely, scared, confused, and even angry. And the person bullying others often feels angry, unhappy and sometimes even guilty. They may be dealing with things in their own life and don't know how to handle their feelings.

Slide 7

Those who witness bullying are affected too. They're often called bystanders and they can have many feelings from seeing others being bullied. Click on each feeling to learn more.

Angry - Bystanders may feel angry. They may be angry that someone is bullying others and no one is stopping it.

Afraid - Seeing someone being bullied can be scary. Bystanders may feel afraid that if they step in to help, they may be bullied too.

Confused - Bystanders may feel confused because they may not understand what is happening. They might wonder if they should tell an adult or stay quiet.

Sad - Seeing someone get hurt or left out can make bystanders feel sad. They may feel like there is nothing they can do to help.

Guilty - Depending on what they did, or didn't do to help, bystanders may feel guilty. They may wonder if they did the right thing or if they could have done more.



Slide 8

Ashton: It's pretty clear that bullying really does hurt everyone, not just the person being bullied. Whatever you may be feeling, if you see bullying, or experience it, it's important to talk to an adult about it.

Dayeliz: Yes, definitely! Trusted adults can step in and work to stop the bullying, and they can help you work through your feelings.

Ashton: Think about the trusted adults in your life. They could be at home, at school, or other places in your community.

Dayeliz: Right, your trusted adult could be a parent, grandparent, teacher, school counselor, your family doctor, or a police officer. Don't be afraid to ask for help.

Ashton: Ok, that's all we have for now. Have a great day!

Acknowledgements

Thank you for providing dedication, passion and leadership:

Les Weil – Zink the Zebra Foundation

Thank you to Pewaukee School District for allowing us to film at Horizon Elementary School.

Thank you to the following individuals who served as subject matter experts to make our 4th grade bullying lessons as accurate and age appropriate as possible:

- Amanda DeSua, MS, Ed.D, School District of Waukesha
- Heidi Edwards, MS, School District of Waukesha
- Jody Kittson, Richmond School District
- Carolyn Neumann, MS, Milwaukee Public Schools





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