



Educator Guide: Take Action Lesson

Recommended for Grades:

4th

Time:

10 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 4: Use interpersonal communication skills to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors 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. State two different comebacks when given a bullying situation.
2. Describe two different ways that a bystander can help someone being bullied.
3. Name at least two trusted adults that they can go to if they need help.
4. Identify whether someone is tattling or telling when given a written scenario.

Lesson Description:

The Take Action Lesson teaches students what to do when bullying occurs. They will learn how to take action if they are the one being bullied, or if they are a bystander. The importance of telling an adult is discussed, as well as the difference between tattling and telling. 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 it directly from the Take Action Lesson page on the E-Learning Center 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. What are two ways a bystander can help someone who is being bullied?
Choose two answers.
 - a. Pretend to side with the bully.
 - b. Talk with the person being bullied later.**
 - c. Promise you won't tell anyone.
 - d. Invite the person being bullied to join you and your friends.**

2. Which of the following is an example of a comeback you could use if you're being bullied? Choose two answers.
 - a. "Whatever."**
 - b. "Knock it off."**
 - c. "Can you please leave me alone?"
 - d. "Go pick on someone else."

3. Ryder comes in from recess and tells Mr. Martin that Will and Elijah kept trying to change the rules of the game they were playing. Is this tattling or telling?
 - a. Tattling**
 - b. Telling

4. Nyla tells her mom that two of her friends have been leaving her out of things lately and talking about her behind her back. Is this tattling or telling?
 - a. Tattling
 - b. Telling**

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Take Action 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
- Comeback – a quick or witty reply to bullying
- Tattling – telling an adult about something that's not very important just to get someone in trouble
- Trusted adult – telling an adult about a serious situation, like bullying, where a person could get hurt
- Trusted adult – a grown-up at home, school or other safe place that you can go to for help
- Upstander – a person who speaks up for and supports a person who is being bullied

Take Action Lesson: Worksheet

Name: _____ Date: _____

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

1. Write down three examples of comebacks.

a. _____

b. _____

c. _____

2. List two trusted adults you could go to for help.

a. _____

b. _____

3. Write down four ways a bystander can help someone who is being bullied.

a. _____

b. _____

c. _____

d. _____



4. What is the definition of tattling?

5. What is the definition of telling?

Take Action Lesson: Worksheet Answer Key

1. Write down three examples of comebacks.

Answers can include:

- “So what?”
- “Whatever.”
- “Thanks. You’re right.”
- “Knock it off.”
- “Leave me alone.”

2. List two trusted adults you could go to for help.

Answers can include: parent or caregiver, grandparent, neighbor, coach, teacher, school nurse, counselor, principal, school social worker, school psychologist, etc.

3. Write down four ways a bystander can help someone who is being bullied.

- a. Help them get out of the situation.
- b. Invite them to join your friends.
- c. Offer to go with them to report the bullying.
- d. Talk to them later.

4. What is the definition of tattling?

Telling an adult about something that’s not very important to get someone in trouble.

5. What is the definition of telling?

Telling an adult about a serious situation where someone could get hurt.

Supplemental Activity: Taking Action Role Plays

Objectives:

After completing this activity, students will be able to:

- Demonstrate using a comeback in a role play situation.
- Demonstrate being an upstander in a role play situation.
- Demonstrate telling an adult about a bullying situation.

Materials Needed:

- Bullying scenarios
- Props, if desired

Time Required:

60 minutes

Instructions:

Discuss with students some bullying situations that they have observed. Make a list of these situations on a whiteboard or chalkboard so students can reference them throughout the activity. Feel free to include situations you have observed, too.

Next, review with students what they can do if they are being bullied, including using a comeback. Discuss how students can be upstanders and help others who are being bullied. Also remind students that an adult should be told about bullying situations and that would not be considered tattling.

Divide students into groups of 3-4 and assign each group a bullying situation from the list you created. Then allow each group time to role play the situation so that each person in the group has a chance to do the following:

- Demonstrate using a comeback.
- Demonstrate being an upstander.
- Demonstrate telling an adult about a bullying situation.

If time allows, and groups want to share their role plays, they can. You can also hold a class discussion about how it's often helpful for students to think about what they would do if they find themselves in these types of situations before it happens. It can be hard to think of what to do in the moment so it helps to already have an idea of what they would say or do.



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.



Tattling and Telling

Tattling and telling are not the same thing. Children need to know the difference.

Tattling is when a child tells an adult about something another child did that is not going to hurt anyone. A lot of the time, it is about something that does not matter. It is done to get the other child in trouble.

Example: LaToya tells her teacher that she thinks Javon is looking at her in class.

Telling is when a child tells an adult about a serious situation where someone could get hurt.

Example: After school Joel hears Sam in the hall saying he's going to beat up his classmate. Joel finds Ms. Jones and tells her what he heard.

Talk with your child about tattling and telling. Use these questions to get started.

1. What is the difference between tattling and telling?
2. Can you tell me about a time that you used telling to get help from an adult?
3. Can you tell me about a time that you tattled to try to get someone in trouble? Have you ever heard someone else tattle?

Repurposed from Bullying Prevention Program, WI Department of Public Instruction
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Transcript

Slide 1

Dayeliz: Hey! I'm Dayeliz.

Ashton: And I'm Ashton.

Dayeliz: Have you ever seen someone being bullied, or mistreated, and not known what to do? Or, maybe you've been bullied and didn't know how to handle it.

Ashton: Yeah, it can be hard to know exactly what to do in bullying situations. Whether you are being bullied, or you see someone who's being bullied, it's important to do something. By taking action you can help keep yourself and your school bully-free.

Dayeliz: In this lesson you will learn different ways you can take action to stop bullying. We'll also talk about the importance of telling an adult about it, and we'll learn the difference between tattling and telling.

Ashton: Alright. Let's get started!

Slide 2

There are a few ways you can take action. First of all you can speak up when you see bullying. You can simply tell the bully to stop or you can use a comeback. A comeback is just a quick, or witty reply.

If you are being bullied, you could say something as simple as "So what?" or "Whatever" in a normal tone of voice. Bullies are usually looking to get a reaction out of the person they are bullying. By using a simple comeback like this and responding calmly, you don't give them the reaction they want or that feeling of power they're looking for.

Another example of a comeback is thanking the bully for their comments or agreeing with them and saying that they're right. This type of response can be effective because you're not arguing with the bully and giving them any of your time or energy. So, again, the bully is not getting the response that they want.

Or, you may want to try a strong assertive comeback. That could be saying "Knock it off", "Leave me alone", or "Stop it" using an assertive voice. You don't need to yell or be aggressive. This shows that you are confident, that you're not going to put up with what they are doing, and you're not going to be mean back to them.



Slide 3

Let's take a look at some different comebacks. Here's the first situation. Owen is really quiet at school. Lately a few kids in his class have been calling him names and making fun of him. They'll even say to his face that he needs to shower because he smells. This has been going on for a while now. Today, Caden walks past his desk, sniffs the air and says "what stinks over here?" Owen decides that he needs to do something about it. Click on each comeback button to watch Owen use different types of comebacks.

Comeback 1 – Owen: Whatever.

Comeback 2 – Owen: Yeah, I smell something too. I wonder what it could be.

Comeback 3 – Owen: You know what, I need you to stop. You may think you're funny, but you're not. So leave me alone.

Slide 4

Let's take a look at another bullying situation. Sofia is at her locker when she hears giggling behind her. Then Ava "accidentally" bumps into her, causing all of her things to fall. This is not the first time something like this has happened. Click on each comeback button to watch Sofia use different types of comebacks.

Comeback 1 – Sofia: You know what, I'm not going to let you ruin my day.

Comeback 2 – Sofia: You gotta stop messing with me every morning. You don't have to be mean to get attention.

Comeback 3 – Sofia: Well that wasn't very nice.

Slide 5

Another way to take action is by seeking help. There are many different people you can seek help from. Think of all the trusted adults you know: a parent or a caregiver, grandparent, teacher, the school nurse, counselor, principal, school social worker, school psychologist or any other adult you trust. These adults can help make sure the bullying stops. And if the first adult you go to doesn't listen, find another one that will. Even if you are able to get the bullying to stop, an adult should be aware of what's going on.

Your friends could also be helpful in dealing with bullying. They can help you figure out what to do and say, and they can be a great source of support. Friends can be there for you if you need or want to talk.



Slide 6

You may find yourself in a situation where you're not the one being bullied, but you see someone else being bullied. That means you are a bystander. Click the buttons to hear about things that you can do to become an upstander and help the person being bullied.

Help - Help the person being bullied get out of the situation. That could be as simple as putting your arm around them, saying "Hey, come on. Let's go."

Invite - Invite the person who's being bullied to join you and your friends at recess or lunch. This makes them feel included and part of the school community.

Offer - Offer to go with the person being bullied to report the bullying. They may be afraid to tell an adult or they may think telling an adult isn't really going to help. Showing your support will make them more likely to get the help they need.

Talk - If you're uncomfortable stepping in during the situation, talk to the person who's being bullied later. Tell them you're sorry about what happened to them and it's not ok. This is called showing empathy. Showing that you care and that you understand how they feel makes them feel less alone.

The important thing is that you reach out in some way to help the person being bullied. You don't have to be their best friend to help them. It's every student's responsibility to stand up to bullying and to show respect for others.

Slide 7

Let's go back to our example of Owen being bullied in the classroom and see what would've happened if someone would have stepped in to help him. Click on each Bystander button to see a different way that a bystander could help Owen.

Bystander 1 – Sam: Don't listen to him. He sucks. You really need to talk to Mr. Warren about this. He can make it so he stops messing with you. I could go with you after school today if you want.

Owen: Alright, I'll go if you go with me.

Sam: Cool.

Bystander 2 – Talon: Are you serious?! You are so immature. Picking on him every day. You're the real loser. Leave him alone.

Slide 8

Sometimes the bystanders or victim don't tell an adult because they think it's tattling, or snitching. Well, there's a big difference between tattling and telling. Tattling is usually done to try and get someone in trouble over something that's not very important. Telling is when there's a serious situation and someone could get hurt. All bullying situations are serious and an adult needs to be told.

Slide 9

Let's take a closer look at the difference between tattling and telling. Listen to the following situation and decide if it's tattling or telling.

After recess, Jadyn finds her teacher and says, "I saw Malik push Dezi on the playground, and Dezi looks really upset." Is this tattling or telling?

Tattling - This sounds like a serious situation that an adult should know about, which means it's telling. Dezi could be hurt.

Telling - Great job! This sounds like a serious situation that an adult should know about, which means it's telling. Dezi could be hurt.

Slide 10

Here's another one. Listen to this situation and decide if it's tattling or telling.

After school Diego says to his teacher, "Mr. Stuart, Jamal was chewing gum in class today. He's always chewing gum." Is this tattling or telling?

Tattling - You're right! While chewing gum may be against the rules, this is not a serious situation where someone could get hurt. Diego is tattling.

Telling - This doesn't sound like a serious situation where someone could get hurt. Diego is tattling.

Slide 11

Let's try one more. Listen to the following situation and decide if it's tattling or telling.

After class Ben says to his teacher, "Mr. Brewster, Zach has been messing with me every day after school, and he won't stop." Is this tattling or telling?

Tattling - It sounds like this is a serious situation, and Ben is being bullied. Telling an adult about bullying is not tattling.

Telling - Great job! It sounds like this bullying has been going on for a while. Ben did the right thing by telling an adult.



Slide 12

Dayeliz: Now that you've learned some different comebacks and learned the difference between tattling and telling we hope you feel more comfortable becoming an upstander and taking action in bullying situations.

Ashton: We know that if someone doesn't tell an adult, the bullying will most likely continue. Adults can help end bullying in ways that kids often can't on their own. When you speak up and tell an adult, you might be helping someone else who's afraid to come forward.

Dayeliz: Absolutely! Never underestimate your power as an upstander. Have a great day!

Dayeliz and Ashton: Bye!



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