

# Dealing with Bullying Behaviors

*Because the impact of bullying behavior can be potentially devastating to a person's social and intellectual development, learning to confront it is an essential part of a person's social development.*

## SEL COMPETENCY

Relationship Skills

**SKILLS** communication, resolving conflicts, seeking help

## MATERIALS

- ✓ Connecting Projectables 3.7.2, 3.3.2
- ✓ Practicing Projectable 3.6.3
- ✓ Student Journals
- ✓ Family Connection take-home worksheet

## CLASSROOM CONFIGURATION

- 1 whole class 2 whole class
- 3 small groups/individuals
- 4 individuals/whole class

## OBJECTIVES

Students will

- ✓ identify bullying behaviors and feelings associated with bullying;
- ✓ demonstrate five effective actions for dealing with bullying behaviors.

## ★ COMMON CORE CONNECTION

This lesson addresses the following Common Core Standards:

## SPEAKING AND LISTENING: COMPREHENSION AND COLLABORATION

- ✓ SL.3.1.b, SL.3.1.d

## SKILLS Progression



**LAST YEAR**, students demonstrated ways to respond appropriately to bullying situations.



**THIS YEAR**, students learn to deal effectively with bullying behaviors and intimidation.



**NEXT YEAR**, students will learn to resolve conflict effectively and build healthy relationships.

## 1 DISCOVERING 10 MINUTES Lesson Link

Tell students that they are going to learning about bullying behaviors and situations and will discuss possible ways to handle bullying situations. Ask students to think about what they already know about bullying. Instead of a Discovering projectable, show **Practicing Projectable 3.6.3** used in the previous lesson to review the definition of bullying as detailed by HARM. Ask students to lead a discussion about HARM and how it is helpful.

**H—Harmful**

**A—Actions or words**

**R—Repeated**

**M—More than once to hurt or control others.**

**ASK:** *When was the last time you encountered bullying behaviors in a situation? How did you know it was a bullying situation?*

Acknowledge that knowing what to do when you are being bullied can be hard and that sometimes what you say or do just seems to make the situation worse.

**3.6.3 Practice Activity** **Bullying Means HARM**

**H**armful  
**A**ctions or words  
**R**epeated  
**M**ore than once to hurt or control others.

## 2 CONNECTING 10 MINUTES

Remind students that bullying is harmful and that sometimes the responses to bullying can make things worse. However, there are ways to respond that can help to make the situation better, instead.

## Introduce ways to respond to bullying behaviors

Display the Ways to Respond to Bullying Behaviors projectable (**Connecting Projectable 3.7.2**) and spend a few minutes reviewing the Don't Bug Me Messages projectable (**Connecting Projectable 3.3.2**). Explain that each bullying situation is different and that students must use their best judgment when deciding how to respond to bullying behaviors. If one response doesn't work, another may be more effective. Share the following information:

- Calm down and breathe deeply.
- Ignore the bullying behavior. Walk away.
- Get help from an adult.
- Travel with friends.
- Send a Don't Bug Me Message.

**3.7.2 Connecting Activity** **Ways to Respond to Bullying Behaviors**

- Keep calm and breathe deeply.
- Ignore the behavior and walk away.
- Get help from an adult.
- Travel with friends.
- Send a Don't Bug Me Message.