

**Unit 1 Title:** Keeping Myself Safe By Making Safe and Healthy Choices.

**Lesson Title:** What Are Bullying And Harassment? Part 1 **Lesson 1 of 2**

**Grade Level:** 4

**Length of Lesson:** 30 minutes

**Missouri Comprehensive Guidance and Counseling Big Idea:**  
PS.3: Applying personal safety skills and coping strategies.

**Grade Level Expectations (GLEs):**  
PS.3.A.04: Apply effective problem-solving, decision-making, and refusal skills to make safe and healthy choices in various life situations.  
PS.3.B.04: Describe different types of violence and harassment, and identify strategies for intervention.

**American School Counselor Association (ASCA) National Standard:**  
Personal/Social Development  
B. Students will make decisions, set goals, and take necessary action to achieve goals.  
C. Students will understand safety and survival skills.

**Materials (include activity sheets and/ or supporting resources)**

- What is Bullying?* Survey
- What is Bullying?* Note-Taking worksheet
- Writing utensils
- STAR poster
- Student Safety Rules* poster
- Teacher Notes and Key*
- Definitions* sheet
- Scenarios for Group Discussion* sheet (for Lesson 2)
- Star Model of Problem Solving* sheet (for Lesson 2)

**Show Me Standards: Performance Goals (check one or more that apply)**

X	Goal 1: Gather, analyze and apply information and ideas 1. Develop questions and ideas to initiate and refine research 5. Comprehend and evaluate written, visual, and oral presentations and works
X	Goal 2: Communicate effectively within and beyond the classroom 1. Plan and make written, oral and visual presentations for a variety of purposes and audiences 2. Review and revise communications to improve accuracy and clarity 3. Exchange information, questions, and ideas while recognizing the perspectives of others
X	Goal 3: Recognize and solve problems 1. Identify problems and define their scope and elements 2. Develop and apply strategies based on ways others have prevented or solved problems

	Goal 4: Make decisions and act as responsible members of society
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**This lesson supports the development of skills in the following academic content areas.**

	Academic Content Area(s)	Specific Skill(s)
X	Communication Arts	1. Speaking and writing standard English (including grammar, usage, punctuation, spelling, capitalization) 4. Writing formally (such as reports, narratives, essays) and informally (such as outlines, notes) 6. Participating in formal and informal presentations and discussions of issues and ideas
	Mathematics	
	Social Studies	
	Science	
	Health/Physical Education	
	Fine Arts	

**Enduring Life Skill(s)**

	Perseverance		Integrity	X	Problem Solving
X	Courage		Compassion		Tolerance
	Respect		Goal Setting	X	Responsibility

**Lesson Measurable Learning Objectives:**

The student will answer and review the ten true and false questions about bullying.
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**Lesson Formative Assessment (acceptable evidence):**

<p><b>Assessment should relate to the performance outcome for goals, objectives and GLEs.</b>  <b>Assessment can be question answer, performance activity, etc.</b>                  Students will complete a <i>What is Bullying?</i> Survey and notes on bullying.</p>
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**Lesson Preparation**

<p><b>Essential Questions:</b> Why is bullying a problem?</p> <p><b>Engagement (Hook):</b> Students receive a <i>What is Bullying?</i> Survey to complete at the beginning of the class.</p>
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**Procedures**

Instructor Procedures/Instructional Strategies:	Student Involvement/Instructional Activities:
<p><b>Session 1</b>                      1. Counselor hands out the <i>What is Bullying?</i> Survey and gives students a few minutes to complete.</p>	<p><b>Session 1</b>                      1. Students complete the survey.</p>

<p>2. Counselor distributes <i>What is Bullying?</i> Note-Taking worksheet.</p> <p>3. Counselor first asks students to give their definitions or examples of what a bully is and then she/he shows the supplied definition.</p> <p>4. Counselor follows up with each of the other definitions:</p> <ul style="list-style-type: none"> <li>• Target</li> <li>• Witness/Reporter</li> <li>• Harassment</li> <li>• Types of bullying             <ul style="list-style-type: none"> <li>○ Physical</li> <li>○ Emotional</li> <li>○ Verbal</li> <li>○ Sexual</li> </ul> </li> </ul> <p>5. Counselor wraps up the class by looking at the survey and going over it to see if students have changed their minds about their answers.</p> <p>6. Counselor collects the survey and note-taking worksheets and keeps them for the second lesson.</p>	<p>2. Students look at the <i>What is Bullying?</i> Note-Taking worksheet.</p> <p>3. Students take notes.</p> <p>4. Students take notes on each of the definitions given.</p> <p>5. Students review survey answers and discuss the correct answers.</p> <p>6. Students turn in their survey and note-taking worksheets to the counselor.</p>
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**Teacher Follow-Up Activities**

Use information from the *What Is Bullying?* materials when needed to address issues in the classroom.

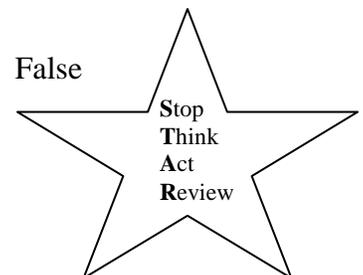
**Counselor reflection notes (completed after the lesson)**

**Survey:**

# What is Bullying?

**DIRECTIONS:** Read each statement carefully and circle your response.

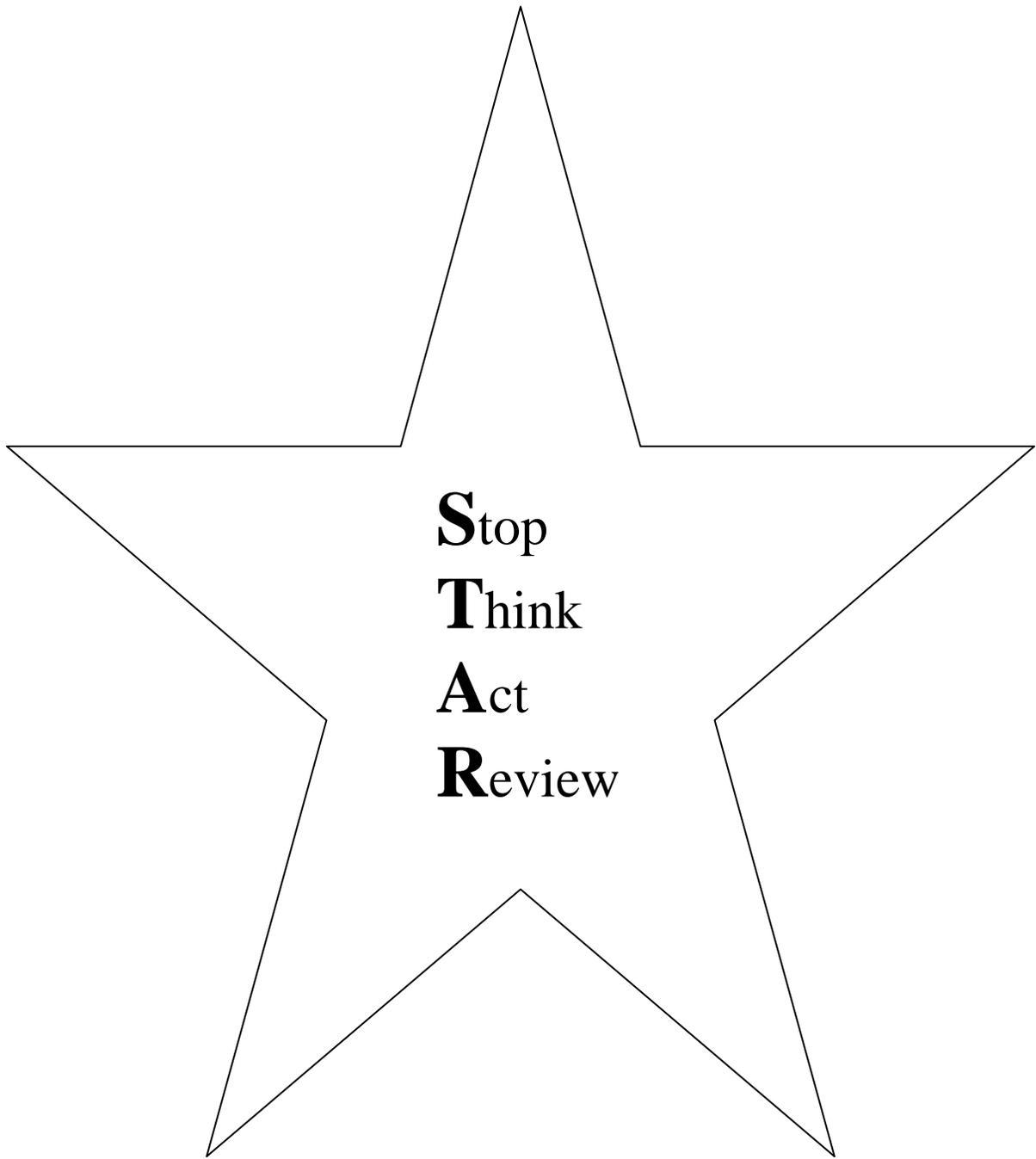
- |   |      |       |
|---|------|-------|
| 1. Bullying is just teasing.  | True | False |
| 2. Some people deserve to be bullied.   | True | False |
| 3. Only boys are bullies.   | True | False |
| 4. People who complain about bullies are just babies.   | True | False |
| 5. Bullying is a normal part of growing up.   | True | False |
| 6. Bullies will go away if you ignore them long enough.   | True | False |
| 7. All bullies have low self-esteem.  | True | False |
| 8. When you tell an adult when you are being bullied, that is tattling.   | True | False |
| 9. The best way to deal with a bully is by trying to get even or fighting.  | True | False |
| 10. People who are bullied might hurt for a while, but they will get over it, especially if they did not receive any marks. | True | False |



## **What is Bullying?**

### **Note-taking Worksheet**

<b>Bully</b>	<b>Target vs. Victim</b>
<b>Witness/reporter vs. tattling</b>	<b>Harassment</b>
<b>Physical Bullying</b>	<b>Verbal Bullying</b>
<b>Emotional Bullying</b>	<b>Sexual Bullying/Harassment</b>



**Student Safety Rules:**  
**Words to Remember**

**Say NO!**

**Get Away!**

**Tell!**

## Teacher Notes and Key

### Answers to the survey:

They are all FALSE, except TRUE number 6. It can be True and False. If you leave a bully alone sometimes they do go away.

1. Bullying is more than teasing. It can include teasing, but it can also be violent and intimidating. Bullying always hurts, while teasing can be fun sometimes.
2. No one asks to be hurt, and bullying is intentional hurting.
3. Both boys and girls bully, although they can do it in different ways. Boys tend to be much more physical and girls can be less obvious. They can use looks and words to hurt others.
4. People who say they don't like to be hurt are standing up for themselves. They are more grown up than the bullies.
5. Having someone HURT you should not be a normal part of growing up. Bullying is hurtful. If you think that hurting others is okay, then you are saying it is okay to bully. It is not.
6. Sometimes this is true. Sometimes if bullies cannot use intimidation on a person, they will move on to someone else they can use it on. Other times ignoring can make the bully angry and cause a worse situation. Reporting is the best thing to do.
7. Some bullies do not feel good about themselves and that is why they bully. They feel more powerful when they bully someone. Others were victims themselves and are taking out their hurts on others. It's all about power.
8. It's smart to tell an adult when someone bullies you or when you see someone being bullied. That is the best way to break the cycle.
9. Fighting is never a good answer. It always leads to someone getting hurt. Many times this only makes the bully angrier, and can cause problems to get worse.
10. Bullying hurts for a long time. Statistics show that children all over the country stay home from school each day because they are afraid to go. Physical bullying can leave visible marks that will eventually go away, but emotional and verbal bullying can leave marks on a person forever.

## Definitions:

**Bully:** People who pick on other people for a variety of reasons. Usually the need for power is behind the bullying action.

**Target:** Person a bully picks on. Bullies choose targets for many different reasons. They may see them as weak, or just different.

**Witness/Reporter:** A person who witnesses a person being bullied. A reporter tries to get someone OUT of trouble while a tattletale tries to get someone IN trouble. A witness who does not report the act of bullying aligns themselves with the bully by their inaction.

**Harassment:** To wear out; exhaust or to impede and exhaust (an enemy) by repeated attacks. Sexual harassment is using sexual touch or words to continually bother someone. According to the law it is the *perception* of the person being harassed, not the harasser, that matters.

**Physical bullying:** When the bully physically hits, punches, or hurts someone physically. Many times this leaves marks.

**Verbal bullying:** Name-calling, put-downs, using your words to hurt someone else. A good phrase to remember is “*Sticks and stones can break your bones, but words can break your heart.*”

**Emotional bullying:** This is non-verbal bullying such as laughing, pointing, writing notes, shunning, mocking, and using various kinds of body language to put someone down.

**Sexual bullying:** This can be verbal or physical. Using sexual words as put downs (fag, gay, dyke, slut, etc.) or touching others in a sexual way: hitting their butt, touching their chest, etc.

**Scenarios for group discussion**

<p>1. Fifth graders Keya and Andre are walking and talking together in the hall after school. There are many people in the hall. Andre is smaller than the average fifth grader. Thomas, a bigger fifth grader walks up and begins to tease Andre by calling him names (punk, sissy). Keya is also teased because she is walking with Andre.</p>	<p>2. A group of four girls including Tamisha and Jennifer are standing in a circle waiting to go into the cafeteria. Tamisha, a seemingly confident fifth grader, is pretty and has many friends. She teases Jennifer gently about her less than stylish (not name brand) clothes. Jennifer takes the teasing for a while but gets angrier and angrier. Jennifer does not like to talk about her clothes. She knows that her mom works very hard to provide her with nice things but just can't afford "labels."</p>
<p>3. Michael works very hard in his fifth grade math class. Because of his reading problems, however, he has a hard time keeping up. Usually, Michael is a cheerful person with a great sense of humor. Today, however, he erupts in anger when Sean calls him a dummy. Sean says this in front of Michael's friends because he feels Michael is slowing down his group.</p>	<p>4. During free time on the playground, Deontay, a fourth grader who is large for his age, corners Charles, a third grader. Deontay demands Charles' lunch money. Charles is afraid of Deontay but does not want to give up his lunch money. There is a teacher on the playground but she is on the other side with her back to the boys.</p>
<p>5. A group of five fifth grade girls chat informally on the playground during recess. Samantha invites three of the girls to her birthday party to be held at a local pizza parlor. Jamila, though standing with the group, is not asked to the party.</p>	<p>6. Tom and Dion do not care for school very much, except as a place to showcase how tough they are. Many of the other fifth grade boys are a little frightened of them. Yesterday, Juan brought his violin to morning meeting. This morning before school, on the playground, Tom and Dion followed Juan around and harassed him by calling him "sissy" and mocking him by pretending to play the violin saying that only "fags" play such an instrument. Juan knows that if he says anything that the two will beat him up. Many other students see the exchange including Juan's best friend John and his sister Margaret.</p>

# STAR Model of Problem Solving



**Stop**

What is the problem?



**Think**

What are some choices?

What might happen with these choices?



**Act**

Decide and take action



**Review**

How did it work?

Do I need to try again?