

PBIS Behavioral Lesson – Bully Cool Tool

Universal Expectation: Be Respectful

Name of Skill: Bullying Awareness and Prevention

SEL Standard: Goal 2 - *Use social-awareness and interpersonal skills to establish and maintain positive relationships.*

Purpose of the lesson/why it is important

- To provide an overview of bullying
- To provide strategies when dealing with a bully
- To maintain a safe and orderly environment

Teaching Lesson (Overview for Students)

- There are three characteristics of bullying:
 1. Intent to hurt
 2. Power imbalance
 3. Repetition
- There are different forms of bullying:
 - Physical Bullying - Hitting, punching, pushing, etc.
 - Verbal Bullying - Teasing or name-calling.
 - Nonverbal or Emotional Bullying - Intimidation through gestures or social exclusion.
 - Cyberbullying - Sending insulting or threatening messages through e-mail, Facebook, twitter, text messaging, etc.

***REMEMBER THAT JUST BECAUSE SOMEONE CALLS YOU A NAME ONCE DOESN'T MEAN YOU ARE BEING BULLIED (REPETITION).

- Other information about bullying:
 - Bullies usually have a small group of friends who support or encourage the bullying.
 - Don't fight back or try to bully others.
 - Try not to show anger or fear. Bullies like to see how much they can upset you.
 - Calmly tell the bully to stop, or say nothing and walk away.
 - Use humor to downplay the bully's insult.
 - Tell parents or other trusted adults.

- Did you know at Peacock that:
 - You can trust any adult (counselors, teachers, office staff) and tell them if you are being bullied or if you know of someone being bullied.
 - If you don't feel comfortable with this, you can fill out the **bully report found on our website**.
 - No one can help if you don't talk - communicating is important.

Student Activities and Discussions

- Ask students if they have been bullied or have bullied someone (this can be done with a thumbs up-thumbs down or by raising a hand).
- Ask if any students would like to talk about it with the class.
- Have a discussion with your class about what we can do to reduce bullying in our school.
- Have students make an anti-bullying poster or bulletin board for your classroom or the hallway.

The Peacock Way of Dealing With Bullying

Two ways you can deal with bullying:

Pass out *How to Deal With Bullying* at Peacock sheet

When it is happening to you:

Stop – Walk – Talk

1. If someone is bullying you or being mean, tell them to **stop**.
2. If the person doesn't stop, **walk** away from him/her.
3. If the person still doesn't stop the bullying after you asked them to stop and even walked away, **talk** to a trusted adult.

Remember that telling is not tattling.

- Telling is when you want to keep out of trouble and keep safe here at school.
- Tattling is when you are trying to get someone in trouble.

When it's happening to someone else and you're watching (you are the bystander):

Take a Stand – Lend a Hand

1. **Speak up for the person being bullied.**
 - Bullies expect bystanders to be silent. The bully may be unnerved by your support.

- 2 Speak kindly to the person being bullied.**
 - “I’m sorry about what happened. I don’t like it”. Help them understand it’s not their fault.
- 3 Include the person being bullied.**
 - Invite the student to do things with you in class, sit with you at lunch, or hang with you at recess. Include them in activities.
- 4 Make it a rule in your group of friends to help people who need help.**
 - It’s okay to be nice.
- 5 Don’t participate in gossip.**
 - Let people know that you’re only interested in what you know is true. Spreading rumors and talking negatively about others doesn’t help anyone.
- 6 Notice who the other bystanders are.**
 - Are any of these people joining in or laughing. If so, they are part of the problem.
- 7 Encourage the student being bullied to tell an adult.**
 - Too often students don’t want to admit that they are being bullied. Admitting it is the first step toward ending it. Offer to go along with the student as a witness.
- 8 Tell an adult.**
 - The bully and the person being bullied both need help. This isn’t about tattling. It’s about getting the right help for the right people. If you don’t want to go alone, take a friend with you.

Challenges with Taking a Stand

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| <u>Fear of Retaliation</u> | In reality, retaliation often doesn’t happen. However, we understand it is a concern and we will not let anyone know you talked. |
| <u>Fear of Losing Social Status</u> | There is strength in numbers. You can ask a friend to take a stand with you. |
| <u>Afraid of Making Things Worse</u> | Remember, when someone is being hurt, things can’t get much worse. Doing something is much better than doing nothing. |

Follow Up/Reinforcement

- Reward students with Charger Checks when you see them following our expectation of being respectful.
- Continue to discuss being respectful towards each other and bullying throughout the school year - model this in your class and praise students when you witness positive behavior happening that is respectful towards others.