

Personal Safety

Month: Mar.

Week #: 27

Day: b. Tues. Time: 45 min.

Bullied? Not!

Life Tree Learning Systems ©

Objectives/Aims

The students will: learn effective strategies to protect themselves from bullies.

Materials

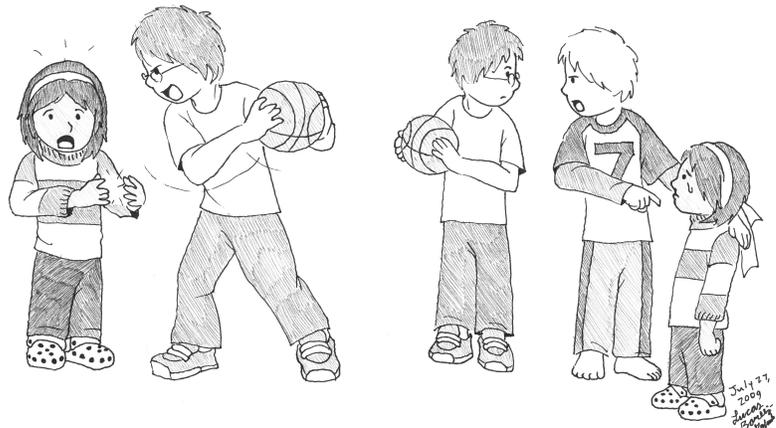
none

Illustration

The little girl decided to take a stand against the larger bully. How did she solve her problem?

Background

Being a victim of bullying can have severe detrimental effects on a person. The bullied student may feel isolated and lonely, anxious and fearful, and ultimately depressed. Besides adversely affecting a person's social and psychological well being, bullying also has negative effects on the victim's academic achievement as well.



Every person, including children, has the right to be and feel physically and emotionally safe. To physically assault or slander an adult can result in either

criminal or civil charges. All children deserve the same protection. Bullying is not a rite of childhood, nor is it child's play; it is abuse. The first step in eradicating bullying behavior is for adults and teachers not to tolerate it in any shape or form. The second step is to teach students to both recognize bullying behavior and how to take constructive steps to deal with it.

Group Activity

1. Say, "All of you have the right to be physically safe, which means nobody hits, kicks, trips, pinches or slaps you. You also have the right to feel emotionally safe, which means nobody calls you names, makes fun of your race, ethnicity or religious beliefs or threatens you in any way. We all know that they're bullies out there however, so today we will learn how to protect ourselves from them."

2. Say, "We're going to act out situations that involve bullying. We're then going to brainstorm as to what would be the best way to solve the problem." Act out the following scenarios using 'people puppets'. After each vignette, brainstorm the best solution for stopping the bullying as it happens or, brainstorm ways in which the bullying could have been prevented. By a show of hands, have the class choose the best solution or prevention strategy and then have the actors insert the chosen solution into the play.

Solutions in General:

1. Tell a teacher or an adult. This is not 'tattling' but reporting that someone's safety is at risk. It is inherently unfair for a bigger, stronger student (or group of students) to take advantage of a younger or lone student.

2. Avoid the bully. Walk in an opposite direction. Use strong words such as, such “Leave me alone!” and “Stop it!” Run if they physically threaten you. If cornered, yell and shout for help. If they physically assault you, do whatever is necessary to protect yourself (e.g. stomp on their toes, kick them in their privates).

3. Become a friend of a victim. This is even better if you are older than that person. Encourage the victim to talk to an adult. Stick by his/her side when he/she is confronted by a bully. Tell jokes to diffuse tense situations.

4. At recess, while walking home, or at other times when an adult isn't monitoring the situation, stay with a friend or group of friends. Always let an adult know where you are going. Be aware of your surroundings and what is happening around you.

5. In a safe situation (i.e. with an adult in close proximity), be friendly with the bully.

Possible Vignettes:

- A bully grabs your hat and runs away laughing. They have done this before on several occasions.

- A bully intentionally kicks or trips you in the hallway.

- A group of students tells a malicious lie about you.

- You are teased about your religious beliefs (or ethnic or racial identity).

- A bully confronts you after school and threatens to beat you up.

- A known bully, who is in your class, needs help on a math problem (An old saying is, “The best way to defeat your enemy is to make him your friend.”).

(Students can also be asked for situations where they have experienced bullying.)

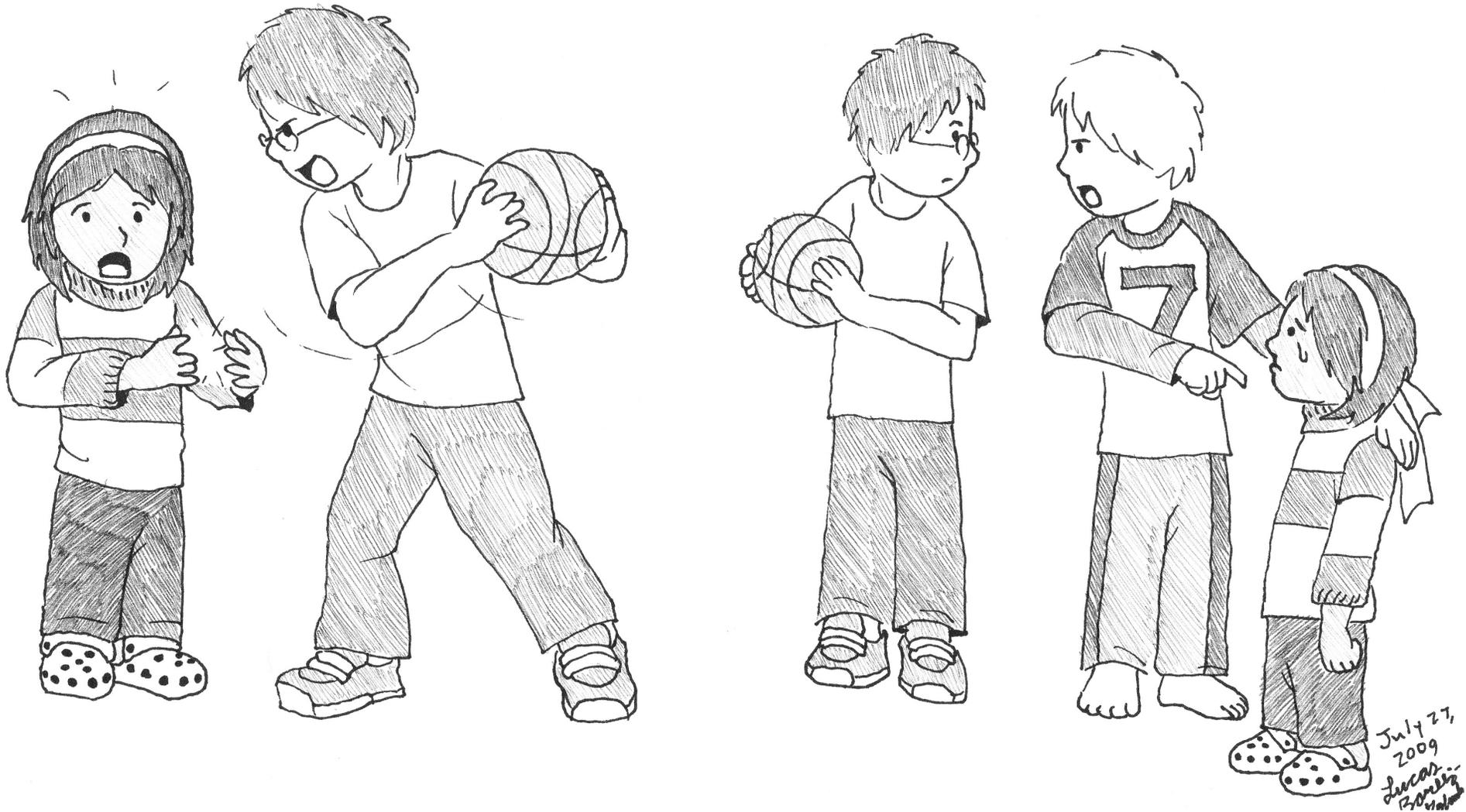
Variations/Extensions

1. Play the *Bully Free Card Game*, free spirit Publishing, 217 Fifth Ave. North, Suite 200, Minneapolis, MN, 55401

2. If you have a subscription to Brainpop.com, you can use the vignette on Bullying for a group discussion. Source: <http://www.brainpop.com/socialstudies/cultureandbehavior/bullying/zoom.weml>

Conclusion

Remember, you have the right to be safe. If someone is bullying you and you've tried different strategies, and you're still being harassed and threatened, go to an adult. If that adult doesn't take action, find an adult who will. You are a unique and special person who deserves to be treated with respect. Don't let others walk on you or abuse you!



**The little girl decided to take a stand against the larger bully.
How did she solve her problem?**