**UNIT: Bullying Prevention Grade Level 3-5**

**ACTIVITY: What Should I Do? (Standing up for yourself) Lesson 3**

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Standards: A: Students will acquire the knowledge, attitudes and inter-personal skills to help them understand and respect self and others.

 B: Students will make decisions, set goals and take necessary action to achieve goals.

Competencies PS:A.1 Acquire Self-knowledge

 PS:A.2 Acquire Interpersonal Skills

 PS:B.1 Self-knowledge Application

Indicators: PS:A1.6 Distinguish between appropriate and inappropriate behavior

 PS:A2.3 Recognize, accept, respect and appreciate individual differences

 PS:A2.6 Use effective communication skills

 PS:B1.3 Identify alternative solutions to a problem

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Materials:

* *Just Kidding* by Trudy Ludwig (3rd- 4th)
* *My Secret Bully* by Trudy Ludwig (5th)
* “Just Kidding” Activity Sheet from Safe and Caring Schools, 3-5, p. 110 (3rd and 4th)
* “Bully Smart: Paired Up” Activity Sheet (from the Bully Smart Series, p. 43) (5th)

Related Materials:

* “Don’t Pick on Me” from Learn 360 (4th or 5th)
* “Harassment Hurts: Gossiping, Taunting, and Bullying” from Learn 360 (4th or 5th)
* “Five Ways to Stop a Bully” DVD (from Bully Smart Series) available for loan from Heartland AEA (3rd-5th)

Gathering:

“Has anyone ever said something hurtful to you and then said, ‘Just kidding!’?” Let a few

students share.

Review Agenda/Before the Lesson:

Review the last lesson. Have students come up with some things they can do if someone bullies them. List them on the board. Tell students that today they will read a story about how someone gets bullied and that target (explain the target is someone who gets bullied), or child has to decide how to handle the bullying.

During the Lesson:

Read the story, *Just Kidding or* *My Secret Bully* using reading strategies as you read. Discuss how the characters in the book dealt with the bullying behaviors.

After the Lesson:

Discuss the book.Challenge students to articulate how they know when a comment is mean or offensive rather than funny. See if students have additional ideas of ways to stop bullying. Add them to your list on the board.

Checking Out What You Learned/Assessment:

Hand out the appropriate Activity Sheet. On the “Just Kidding” Activity Sheet students will write three ways they can recognize when kidding crosses the line and becomes hurtful teasing and they will rate situations as to whether or not they are kidding or teasing. Discuss the answers as a class, or complete as a class and discuss. The “Paired Up” Activity Sheet has students find the best solution for various bullying situations.

Closing:

Have students name at least 5 ways to stop a bully: pretend the bully doesn’t bother you, tell them to stop, ignore them or walk away, stand up with others, and **most importantly tell an adult if it doesn’t stop.**

Reflective Questions:

*What did my students gain from this lesson*?

*How did it impact their thinking, attitudes and abilities*?

*What things did I do well*? *How did I know?*

*In what way did the strategies I used enhance learning*?

 *How does my assessment meet my lesson objective*?

Notes:



