

How to Unmake a Bully

Time needed: 40 minutes

Recommended Level: All grades

Categories: Bystanders, Empowering, Helping victims, Reporting

Common Core Standard (s): ELA: Speaking & Listening, Reading informational text, Writing to convey information.

Purpose: Students will learn strategies of how to unmake a bully by standing up to them in a peaceful way.

DISCUSSION:

Prior to the lesson, watch the video clip so you will know where you want to pause for discussion.

Introduce the lesson by having students define bullying and what it means to them.

Explain various strategies students can use to stand up to bullies. Display these strategies on a chalkboard, smart board, etc.

- "I" statements - "I feel bad when you're calling me names."
- Warning, then telling an adult - "I've asked you to stop. If you don't, I'm going to tell a teacher."
- Compromise - "How about I play with the soccer ball for 10 minutes, and then you play with it for 10 minutes?"
- Walking away
- Teaming up

Tell students they will be watching a video that will be paused at critical moments. When the video is paused, students will discuss or write what strategies the kids in the video are using.

ACTIVITY:

Show the video clip. <http://www.youtube.com/watch?v=NOf6qQrvD8k> (27 minutes)

Questions to stop and ask throughout the video:

- Who is the victim in this situation?
- Who is the bystander?
- Who ends up being the upstanders?
- How is the boy using an "I" statement to help make his point?
- Who can summarize what happened in the video?
- Do these situations or examples of bullying remind you of something that has happened to you? If so, could someone share their story?
- How did the video teach you to "Unmake" a bully?

FOLLOW-UP:

Using conversation bubbles and illustrations, create a situation scene where you could use an "I" statement to talk to a bully.



Helping Everyone with Anti-Bullying,
Respect & Tolerance