

Bullying Prevention: Identifying and Standing Up to Bullying and Harassment

Grade 10



American School Counselor Association Standards: Mindsets and Behaviors for Student Success

Mindset

- *M 2.* I can show an understanding of acceptance, respect, support, and inclusion for self and other in the school environment.
-

Social Skills

- *B-SS 2.* I can have positive, respectful and supportive relationships with students who are similar and different from me.
-

American School Counseling Association Standards: Mindsets and Behaviors for Student Success

ASCA Standard:
Social Skills

Behavior: BSS 10 Cultural
awareness, sensitivity and
responsiveness

Learning
Objectives

Students will be
able to explain the
difference
between
conscious and
unconscious bias,
and define what
bigotry means.

Students will be able to explain how
being part of a group—and feeling
safe to show that identity—can
affect how someone learns.

Students will be able
to identify and
explain 3–5 key
dimensions of
identity (such as
race, gender, culture,
and ability) and
understand how
these aspects shape
who we are.





ASCA Standard:
Social Skills

American School Counseling Association Standards: Mindsets and Behaviors for Student Success

Behavior: B-SS 2. Positive, respectful and supportive relationships with students who are similar to and different from them.

Students will be able to differentiate between the definitions of bullying, harassment, sexual harassment, and discrimination.

Learning
Objectives

Students will be able to ask for help or report bullying
Students will be able to stand up for themselves or a friend against a bully

Students will know the basic protections Title IX provides.

Students will be able to name the four different types of bullying and at least three possible consequences of bullying.

Learning Objectives



Language Objective:

Students will be able to define:

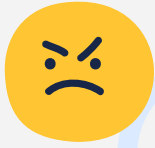
- Bullying
- Harassment
- Sexual harassment
- Title IX
- Discrimination



Content Objective:

- Students will understand the different types of bullying
- Students will understand the consequences of bullying
- Students will be able to ask for help or report bullying
- Students will be able to stand up for themselves or a friend against a bully

Key Vocabulary: **BULLYING**



- Repetitive aggressive behavior intended to harm someone
- Real or perceived power imbalance between the aggressor(s) & recipient
- Can be face-to-face or online, includes cyberbullying

Is it **BULLYING**?

Kids purposely misgender a classmate even after being corrected.

YES

A classmate forgets to invite another to a group chat but didn't mean to exclude them.

NO

Someone hides another student's backpack over and over to annoy them.

YES

Classmates roll their eyes and whisper every time a certain student speaks.

YES

Someone accidentally bumps into another person in the hallway.

NO



Key Vocabulary: **HARASSMENT**

- A single or repeated incident of intentionally causing someone distress
- Can be related to discrimination regarding aspects of identity
- Includes things like vulgar or offensive jokes about parts of a person's identity



Key Vocabulary:

SEXUAL HARASSMENT



- Unwelcome requests for sexual favors



- Unwanted sexual advances
- Inappropriate sexual jokes

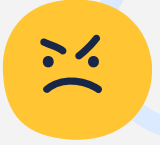


Key Vocabulary:

Title IX



- A federal law that protects you from any type of harassment
- Title IX applies to ALL students, regardless of gender identity
- Police can be involved



Key Vocabulary:

Discrimination:

- Treating someone unequally based on their race, color, religion, gender, sexual orientation, gender identity, or disability
- Discrimination is **against the law** in schools and jobs



4 Types of BULLYING

PHYSICAL Bullying

Hitting, kicking,
slapping, pinching,
spitting, tripping,
pushing, blocking

Stealing or destroying
someone's possessions

Making mean or rude
hand gestures

Touching in unwanted
& inappropriate ways

VERBAL Bullying

Name calling

Insults

Teasing

Intimidation

Homophobic or
racist remarks

Inappropriate sexual
comments

Taunting

Threatening to cause
harm

SOCIAL Bullying

Lying & spreading
rumors

Leaving someone out
on purpose

Telling others not to be
friends with someone

Embarrassing
someone in public

Damaging someone's
social reputation or
relationships

CYBER Bullying

Posting/sending
hurtful texts emails or
posts, images or
videos

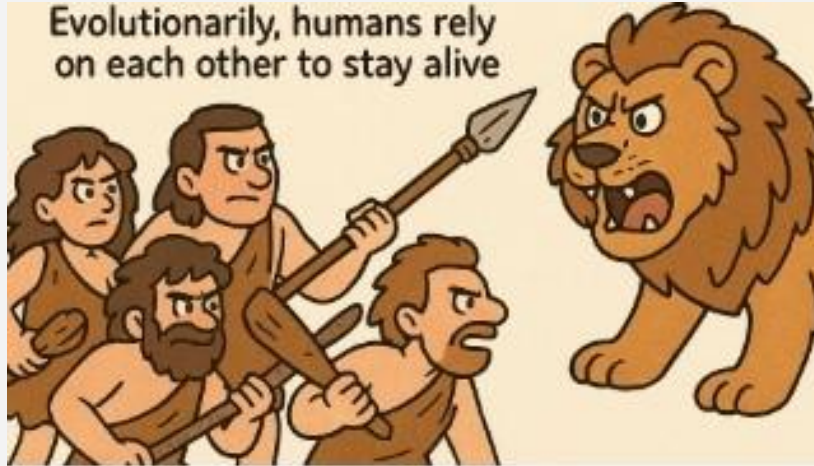
Making online threats
Imitating others online
or using their log-in

Deliberately excluding
others online

Spreading nasty
gossip or rumors

How does bullying and harassment affect

You may remember some of these facts from a previous lesson on identity:



1. Evolutionarily, **humans rely on each other for survival**. We have a biological need to be part of a group.
2. **When excluded from a group**, the chemicals in **our brains react as though it is a LIFE OR DEATH situation**.
3. **This is part of why BULLYING and HARASSMENT**, even when they are “JUST WORDS”, **is so serious**.

Keeping that in mind, let's talk about the **consequences** of **bullying**.

How does being bullied affect someone?

Skipping school

Students who are bullied may start to avoid school due to fear of bullying, shame, and anxiety.

Grades drop

Being bullied causes the brain to produce hormones of fear for survival that interferes with a person's ability to learn.



How does being bullied affect someone?

Isolation

Students who are bullied often feel lonely, unaccepted, and isolated

Anxiety & Depression

Students who are bullied often experience depression and anxiety about being rejected from social groups.

Low Self-Esteem

Students who are bullied feel badly about themselves or feel the need to hide parts of their identity

Self Harm & Suicide

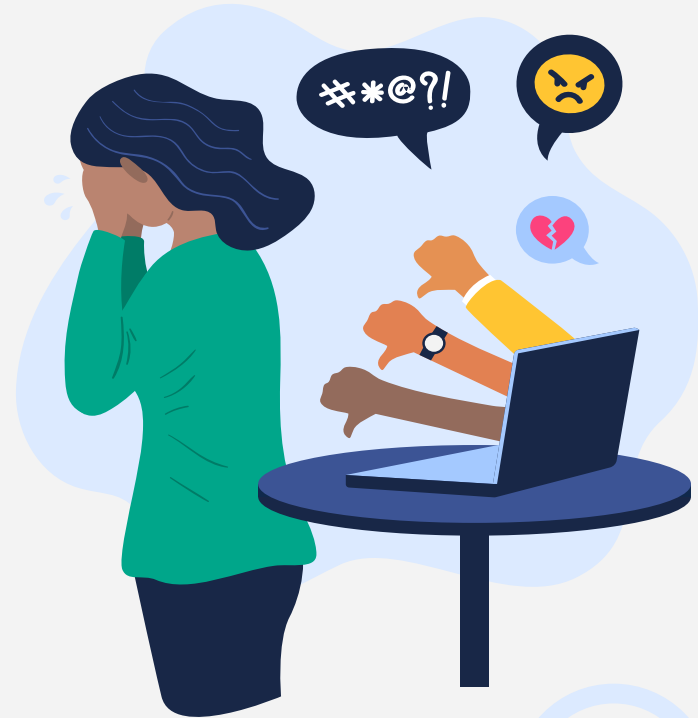
Students who are bullied are far more likely to engage in self harm, suicidal thoughts, and suicide attempts



How to report bullying- What should I do if I'm being bullied?

If you are concerned for yourself or a friend, report it!

- Talk to a trusted adult
- Reach out to your administrator
- Speak to your counselor
- Use the QR Code to report:



Consequences of bullying and harassment:

- **Admin Referral**

- **Legal Problems**

If bullying is severe, you could end up with legal problems, and depending on your age, a permanent record.

- **Detention or Suspension**

- **Loss of Friends**

- **Exclusion**

Bullies may be excluded from their peer groups.

- **Grades drop**

- **Future Consequences**

Information travels quickly and is permanent due to the internet. Your behavior now can impact what jobs you get, what schools you get into, and what relationships you will have.

Why do people bully?

1. **Fear of Isolation:** Bullies often belittle others thinking it will make them look more socially powerful or popular to others.
2. **Desire for Power:** Almost always, bullies will bully in order to begin or continue a system of real or imagined power over others. Power makes humans feel safe.
3. **Unrealistic Self-esteem:** Bullies often have an inflated sense of self-esteem, meaning they think they are much better than everyone else. They also often have low self-esteem and can be terrified people won't like them.

If you realize you have been a bully, it's never too late to change!

Find a school counselor or another trusted adult to discuss:

1. An appropriate plan to make amends with those you've hurt.
2. What supports, including mental health, you might need to change your behavior.

*REMEMBER: COWARDS BULLY. LEADERS DON'T.



I want to help stop and prevent bullying! What can I do?

Be an UPSTANDER!

Upstander

- Helping someone who is being bullied
- Taking action when you see or hear someone being bullied or harassed
- Reporting inappropriate comments or behaviors to your school counselor or administrator
- Asking someone if they are okay after they have been teased or harmed

Bystander

- Watching someone being bullied without helping
- Laughing or recording when someone is being harmed
- Observing bullying and acting as if it's none of their business
- Ignoring someone's pain or someone being mistreated



**If you feel
unsafe
standing up to
a bully, report
it to a trusted
adult
immediately.**



**People's
lives could
be in
danger.
Trust your
intuition.**

Scenario #1

Jamila and Parin are twins from Pakistan. They just started at a new high school and they started to get random phone calls, Snapchats, and notes in their locker, and they are beginning to increase in frequency. They are racially charged and say things like, "Don't bomb the school, terrorist!" and, "Go back to the sandbox," and, "What are you hiding under that scarf?" Jamila is freaked out and doesn't want to go to school anymore, but Parin thinks she's overreacting.

Questions:

Is this bullying or harassment?

If bullying, what type?

What should Jamila and Parin do?

What consequences could whoever is treating Parin and Jamila this way face?

How might a trusted adult help in this situation?

Scenario #2

Evelyn and Mia are best friends. They are part of the same friend group. Recently Evelyn told Mia that she has a crush on Pedro. Mia confessed that she also liked Pedro. Evelyn got angry and said that Mia only said that because Evelyn said it first and that she had dibs so Mia better back off. Mia got upset and said they should just see who Pedro liked, but Evelyn was furious and convinced the other friends in the group that Mia was trying to steal Pedro from her and was backstabbing everyone. Now none of them will talk to Mia, and if she tries to talk to them they pretend she doesn't exist.

Questions:

Is this bullying or harassment?

If it's bullying, what type?

What could the consequences be for Mia being excluded from the friend group?

What could the consequences be for the friends who are excluding Mia?

Who can Mia talk to?

Scenario #3

Jacob is part of the anime club, and he loves going there on Wednesdays after school. The kids in anime club love to tease each other. Lately they've been calling each other SPED as a joke. Jacob has an IEP and he feels embarrassed everytime they say SPED. A month ago, Tanya found out that Jacob has an IEP and last week told everyone in Anime club. Now they're all calling him "SPED head" everytime they see him. Jacob doesn't want to go to anime club anymore and is getting reclusive and sad.

Questions:

Is this bullying or harassment?

If bullying, what type?

What should Jacob do?

What kind of harm is the anime club causing Jacob?

What could be the consequences for the anime club using the term "SPED"?

Scenario #4

Mar started using he/him pronouns over the summer and identifies and presents as male. When he uses the men's bathroom the guys whistle at him and say things like "oooohhh we got a girl in here!" and sometimes shove him and dare him to use the urinal. If he uses the women's restroom, the girls tell him to get out and say, "so I guess you really are a girl!" Mar has now started to refuse going to the bathroom at school.

Questions:

Is this bullying or harassment?

If bullying, what type?

How is the behavior of the student's in the bathroom harming Mar?

What kind of consequences might Mar face due to their behavior?

What should Mar do?

What might be a consequence for the other students?

Regardless of who you are, even if you are the perpetrator of bullying, if you are having mental health challenges you deserve HELP!

-Speak to your counselor or any trusted adult

-Call 988



Thanks!

Do you have any questions?

Talk to your school counselor or trusted adult if you have any questions about today's lesson!

POST-TEST

