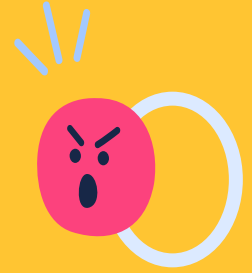


Identity & Identity-Based Bullying Prevention

(Part 1)

Fifth Grade



Virginia Social Emotional Learning Standards

(2021)

Self-Awareness

SeA2: 5-6d, I can develop an awareness of and comfort with my membership in multiple groups in society.

Social Awareness

SoA1: 5-6b, I can gain a broader understanding by asking questions and listening to those with different perspectives, backgrounds, and cultures.

Relationship Skills

ReS1: 5-6d, I can demonstrate how I will navigate situations when I might feel pressured to go along with injustice.

Decision Making

DeM2: 5-6a, I can describe my beliefs, values, and the multiple groups in society that help create my identity and inform my decision making process.



ASCA Student Standards: Mindsets and Behaviors for Student Success

M 2. Sense of acceptance, respect, support and inclusion for self and others in the school environment

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

B-SS 4. Empathy

B-SS 10. Cultural awareness, sensitivity and responsiveness



Content & Learning Targets

I can tell you what identity is.

I can tell you parts of our identity that are surface level and under the surface.

I can explain what identity-based bullying is and what I can do to help stop it.

Bullying Pre/Post Test

**Add QR
Code for
your school
HERE**

Pre/Post Test

*****Please review speaker notes**

Warm-Up – Identity Crisis



IDENTITY

Share:

- **Your Name**
- **Favorite Color**
- **Where you are from**
- **Favorite thing to do**

NAME



What is identity?

Identity is what makes you, you!

It is the qualities and beliefs that make a particular person or group different from others



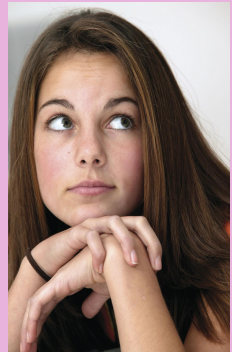
IDENTITY

Can our identities change?

YES!

Some parts of our identities we are born with, like the generation you were born with and your skin color.

Some parts of our identities are chosen and can change, like our interests and hobbies.



Identity Iceberg

**Some parts of our
identity are visible
while other parts
of our identity are
below the surface**



Above the Water Line

Clothing / Attire

Physical Appearance

At the Water Line

Marital Status

Religion / Spirituality

Race

Socioeconomic Status

Gender

Abilities / Disabilities

Age / Generation

Below the Water Line

Nationality

Ethnic Background

Interests

Geographic Origins

Language

Hobbies

Health

Education

Career / Position

Family Roles



Activity

Above the Water Line

Clothing / Attire
Physical Appearance

At the Water Line

Marital Status Religion / Spirituality
Race Socioeconomic Status
Gender Abilities / Disabilities
Age / Generation

Below the Water Line

Nationality Ethnic Background
Interests Geographic Origins
Language Hobbies
Health Education
Career / Position Family Roles



Name _____

My Identity Iceberg

Things we can
see on the
surface

Green
eyes

Short black
curly hair

Use a
wheelchair

Wear glasses

Black skin

Tall

Use he/him pronouns

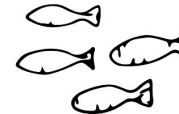
Like anime

Diabetic

Speak Korean

Play tennis

Things we
can't see from
the surface



Be an upstander! Be a friend!



If you see someone being unkind, say STOP!



Tell a teacher or another trusted adult.



Be kind. Take deep breaths to help your body feel safe and calm.

Review



**What is
identity?**



**What is
identity-b
ased
bullying?**



**What can you
do if you see or
hear
identity-based
bullying or
comments?**

Thanks!



Have a wonderful day!

If you have any questions, reach out to a trusted adult,
teacher, counselor or parent.