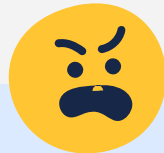


Bullying Prevention Lesson #2: Identifying Bullying and Harassment

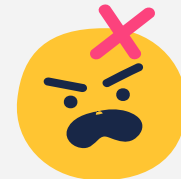
Grade 6



Virginia Social Emotional Learning Standards

(2021)

• <i>Self-Management</i>	<i>SeM1: 5-6c</i> , I can identify and utilize strategies for persevering through challenges and setbacks.
• <i>Relationship Skills</i>	<i>ReS1: 5-6c</i> , I can outline and practice the use of conflict resolution skills with adult support.
• <i>Relationship Skills</i>	<i>ReS1: 5-6d</i> , I can demonstrate how I will navigate situations when I might feel pressured to go along with injustice.



American School Counselor Association Standards

(2021)

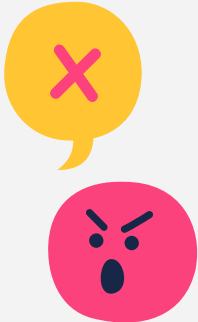


• M 2.	Sense of acceptance, respect, support and inclusion for self and others in the school environment
• B-SS 2.	Positive, respectful and supportive relationships with students who are similar to and different from them

Learning Objectives:

Language Objective

- Students will learn the definitions of bullying, harassment, sexual harassment, & hate speech.



Content Objectives

- Students will identify positive and negative consequences of using bullying to resolve conflict.
- Students will explain how word choice and tone can create misunderstanding and conflict.
- Students will learn how to advocate for themselves and others in bullying situations

Key Vocabulary

Bullying:

- Aggressive & unwanted behavior meant to harm, intimidate, or humiliate someone
- Power is not equal between the aggressor(s) & student
- **Repetitively** injuring, humiliating, or causing someone to feel uncomfortable
- Includes cyberbullying (bullying online)



Key Vocabulary

Harassment:

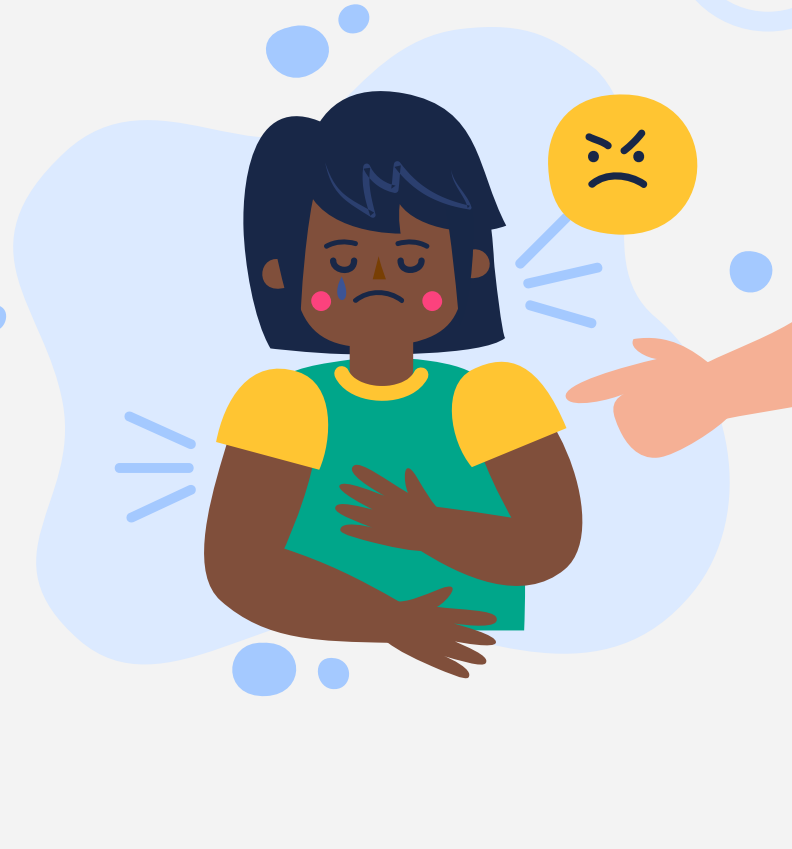
- Repeatedly annoying or upsetting someone on purpose
- Behavior may be due to the victim's race, color, religion, age, sexual orientation, gender identity, or disability
- Inappropriate jokes about these things is harassment



Key Vocabulary

Sexual Harassment:

- Unwelcome asks for sexual favors
- Unwelcome sexual advances
- Inappropriate sexual jokes
- Consent = asking for permission
- Consent can be taken back at any time, **NO means NO**



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 in situations of unwanted touches



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 can I help? Be an UPSTANDER!

Upstander

- Helping a friend 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





Scenarios

On the next slides, we will discuss fictional scenarios that cover bullying and harassment in insensitive ways. These situations are based on harmful and untrue stereotypes and should not be repeated towards other individuals.

If you are uncomfortable listening to a scenario please take a break by laying your head down or going to get some water.

Scenario #1

Cindy started at her new school in January. She is very nervous since everyone has already made their friends. When she arrived at school, she had trouble fitting in since she does not dress or talk like the other kids. Some of your friends have been laughing behind her back.

Questions:

What would you do?

How can you help new students and show them kindness?

How did you feel being the new person in your school?

Scenario #2

The boys in Andy's class have a funny joke going where they slap each other's butt. Andy's teacher has asked them to stop, but the students continue to do it. At lunch time, Andy slapped one of the girl's butt. She ran away crying. Andy felt confused because the boys thought this joke was funny.

Questions:

Who can this behavior be reported to?

How would you define the boy's behavior?

In what cases is it okay to touch someone else?

Scenario #3

Katie broke her leg in PE class and now has to wear a cast on her leg with crutches. Some of the girls in PE have been taking her crutches and telling her to hop and get it. They are also calling her crippled Kate. She now notices that students in her other classes are calling her this offensive name.

Questions:

How can you help Katie?

Who can you report their behavior to?

What should Katie do?

How do you think Katie feels?

Scenario #4

Jim has been feeling uncomfortable in her body, and has told a couple of her close friends that she would like to go by she/her pronouns. She asked her friends to keep this a secret. One of her friends posted it on social media, and now others are teasing Jim and threatening to tell her parents if she does not do things for them.

Questions:

How would you define the kid's behavior?

What should Jim's friends have done when Jim told them her preferred pronouns?

How can her friends move forward and help better the situation?

Scenario #5

Jason is the only African American boy in his new class, and he is very nervous to fit in. When the class was watching a video, one of his friends said 'Hey look Jason, he's a n* just like you.' Jason smiled and nodded, but felt very uncomfortable. He didn't want to lose his friend, so he ignored it.

Questions:

How would you define his friend's comment?

How can Jason or a nearby friend respond in this moment?

How do you think Jason feels after this comment?

When is it okay to say the 'n' word?

How does being bullied affect someone?

Isolated

**Grades can
drop**

**Self-Harm &
Depression**

Anxiety

Low Self-Esteem

Skipping school

Consequences of bullying others

**Referral to
administrator**

**Detention or
Suspension**

Losing Friends

Exclusion

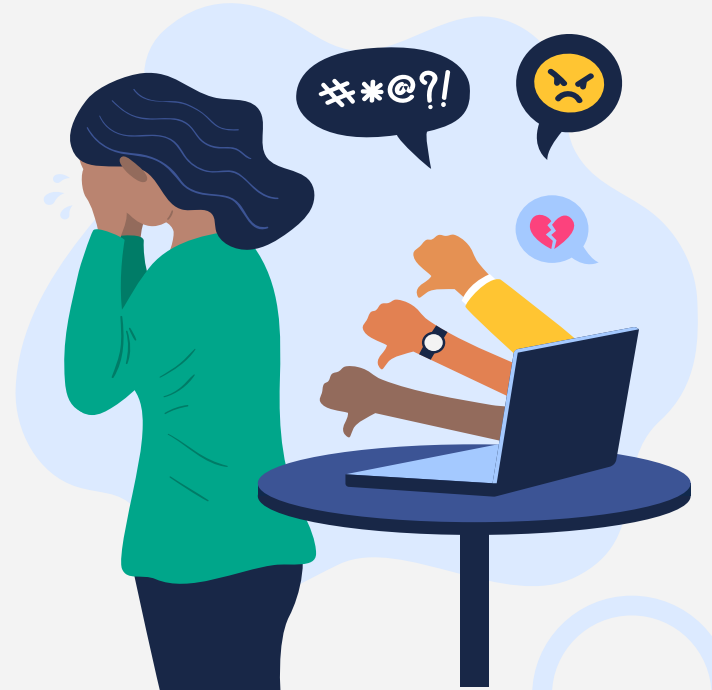
Grades may drop

Lower self-esteem

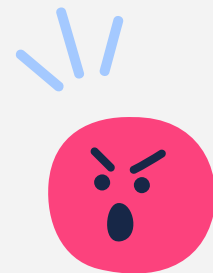
How to report bullying- What should I do if I'm being bullied?

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

- Reach out to your administrator
- Speak to your counselor
- Talk with your trusted adult at school or home
- Use the QR Code to report:



Reflection



Be an upstander!

Be a leader. When someone is being bullied, try to help rather than watching it happen

Consent

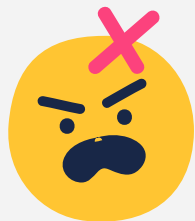
Do not touch anyone without their permission

Report bullying & harassment

If you or a friend are being mistreated, reach out to your school counselor, trusted adult, or grade level administrator as soon as possible

Consequences

Bullying has very harmful effects on others and can cause them to feel sad, anxious, and bad about themselves





Thanks!

Do you have any questions?

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

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