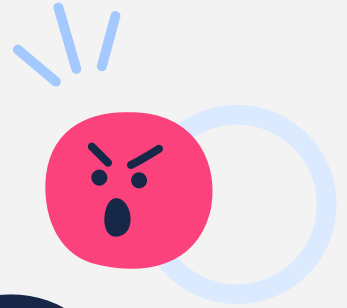
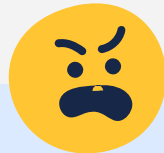


Bullying Prevention Lesson #2: Identifying Bullying and Harassment

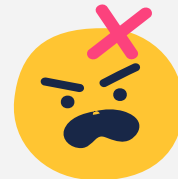
Grade 7



Virginia Social Emotional Learning Standards

(2021)

• Self-Management	<i>SeM1: 5-6c</i> , I can identify and utilize strategies for persevering through challenges and setbacks.
• Relationship Skills	<i>ReS1: 5-6a</i> , I can explain and demonstrate how positive communication skills help build and maintain healthy relationships. (Incorporate social media)
• Relationship Skills	<i>ReS1: 5-6c</i> , I can outline and practice the use of conflict resolution skills with adult support.
• Relationship Skills	<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)

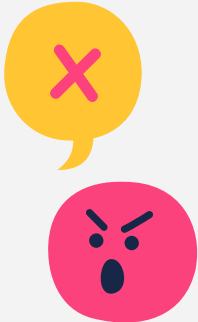


• M 2.	Sense of acceptance, respect, support and inclusion for self and others in the school environment
• B-SS 2.	Positive, respectful and supportive relationships with students who are similar to and different from them

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 foster 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 imbalance 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

Michael had a sleepover at his house for his closest friends. When the friends noticed that Sam was taking a long time in the bathroom, they thought it would be funny to go in the bathroom. Everyone had their phones out recording, and they came in the bathroom without permission. They took photos of Sam using the bathroom and airdropped the photos to the whole school.

Questions:

How would you define the friend's actions?

How do you think Sam feels?

What should Michael have said or done when his friends said they would go in the bathroom?

How can the friends move forward after harming Sam?

Scenario #2

Jenna has had a crush on Jake since last school year. She asked him to eat lunch together, but he said no. Jenna then had her friends ask him to go out with her, and he said no again. Jenna found Jake's number and texted him 7 times although he didn't reply. She then sent him inappropriate photos of herself.

Questions:

What type of harassment would this be called?

How could you help if you were Jenna's friend?

What should Jake do?

What should Jenna do since she likes Jake so much?

Scenario #3

Angel has a disability that has caused him not to be able to walk anymore. Over the summer, he has gotten a new wheelchair and feels very nervous to come to school. When he is in PE class, some students push his wheelchair down the hill. The same students keep following him and messing with his wheelchair.

Questions:

How do you think Angel is feeling?

What can Angel do?

How can Angel's classmates help him out?

Scenario #4

Emily has decided that he wants to go by he/him pronouns and his preferred name is E. 2 girls in his class think it's funny to call him Emily. They have also been telling everyone he is gay.

Questions:

Would this be considered bullying or harassment?

What would have been the right thing for the 2 girls to do when E let everyone know their preferred name and pronoun?

How can the 2 girls move forward and help the situation get better?

Scenario #5

Frank and Jennifer have been friends since elementary school. Jennifer is excited to tell Frank about her family's summer vacation to Florida. She is so excited to ride a plane for the first time. Frank says to her, "Don't you know that Muslim people can't go to the airport since they'll think you're a terrorist?"

Questions:

How would you define Frank's comment?

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

How do you think Jennifer feels after this comment?

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

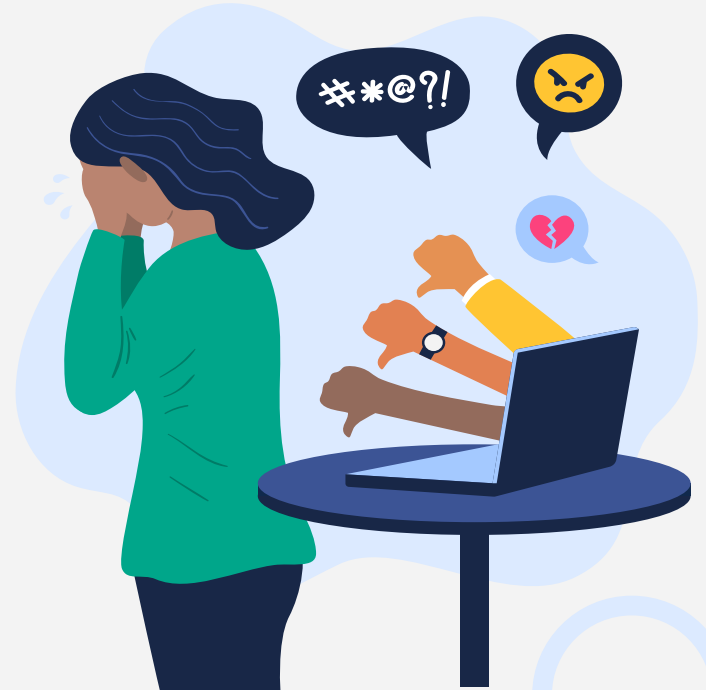
Grades may drop

Lower self-esteem

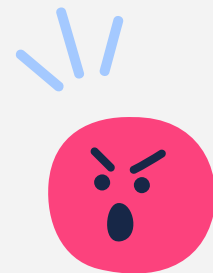
How to report bullying- What should I do if I'm being bullied?

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

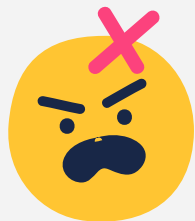
Do not touch anyone without their permission

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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