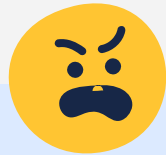


# Bullying Prevention Lesson #2: Identifying Bullying and Harassment

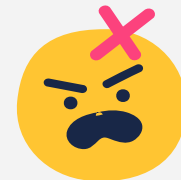
Grade 8



# Virginia Social Emotional Learning Standards

(2021)

<ul style="list-style-type: none"><li>• <b>Self-Management</b></li></ul>	<p><i>SeM1: 5-6c</i>, I can identify and utilize strategies for persevering through challenges and setbacks.</p>
<ul style="list-style-type: none"><li>• <b>Relationship Skills</b></li></ul>	<p><i>ReS1: 5-6c</i>, I can outline and practice the use of conflict resolution skills with adult support.</p>
<ul style="list-style-type: none"><li>• <b>Relationship Skills</b></li></ul>	<p><i>ReS1: 5-6d</i>, I can demonstrate how I will navigate situations when I might feel pressured to go along with injustice.</p>



# American School Counselor Association Standards

(2021)

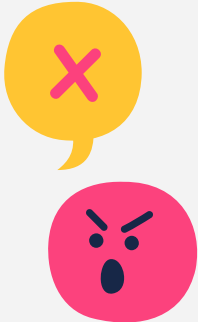


<ul style="list-style-type: none"><li>• <b>M 2.</b></li></ul>	Sense of acceptance, respect, support and inclusion for self and others in the school environment
<ul style="list-style-type: none"><li>• <b>B-SS 2.</b></li></ul>	Positive, respectful and supportive relationships with students who are similar to and different from them

# Learning Objectives:

## Language Objective

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



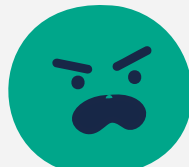
## Content Objectives

- 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 intended 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 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



# 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

Anthony and Sara have been dating for 6 months. Anthony has been asking Sara to send him inappropriate pictures of herself, but Sara said no because she feels uncomfortable. She ends up sending the photos since Anthony won't stop asking. 2 weeks later, Sara breaks up with him because she still feels uncomfortable. Anthony then sends Sara's pictures to all of his friends.

## Questions:

**How would you define Anthony's actions?**

**What could Sara have done when she began to feel uncomfortable with Anthony?**

**What type of consequences can come for Anthony's actions?**

# Scenario #2

Michael and Jada share a locker next to each other. Jada and her friends have a crush on Michael, so they like to wait by Jada's locker during transition time. When Michael bends over to get his things out of his locker, Jada's friend says 'I would like a piece of that.' Michael feels humiliated and very uncomfortable, but he acts like it doesn't bother him and walks away.

## Questions:

**What type of harassment would this be called?**

**What should Jada say or do?**

**What should Michael do?**

**What should Jada's friend do since she likes Michael so much?**

**How should Jada and her friends move forward?**

# Scenario #3

Jamie and his family got into a bad car accident, which caused him to lose one of his legs. He has been out of school and in the hospital for a month. He is very scared to come back to school and face the other students. On his first day back to school, everyone is staring at his leg.

He ignores it and stays to himself. He starts to get random messages and calls from unknown numbers calling him 'peg leg.' Although it makes him very sad, he doesn't tell anyone about it because he's embarrassed.

## Questions:

**How do you think Jamie is feeling?**

**How can Jamie's friends help him out?**

**What should Jamie do?**

# Scenario #4

Today during English class, John shared a personal poem that he wrote about his struggle at home since he came out to his parents as being gay. In PE class, you notice a group of students standing around John and asking him questions like 'Why are you gay?' 'What did your mom say when she found out?' 'Do you have a boyfriend?'

## Questions:

**Would this be considered bullying or harassment?**

**What would have been the right thing for John's classmates to do after John shared his personal poem?**

**If you have a question about someone else's personal life, what should you do?**

# Scenario #5

John is on the basketball team, and is starting to get frustrated with the way his teammates tease him.

At first they were making playful jokes about the way he shoots the ball. Now his teammates are calling him 'sped' when he misses his shots. He finally gets the courage to tell them stop calling him sped, and Tim asks, 'What are you gonna do about it monkey?'

## Questions:

**How would you define the teammate's comments?**

**How can John or a nearby friend respond in this moment?**

**Why is it wrong to refer to someone as 'sped' or 'monkey'?**

**How do you think John feels after these comments?**

# 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**

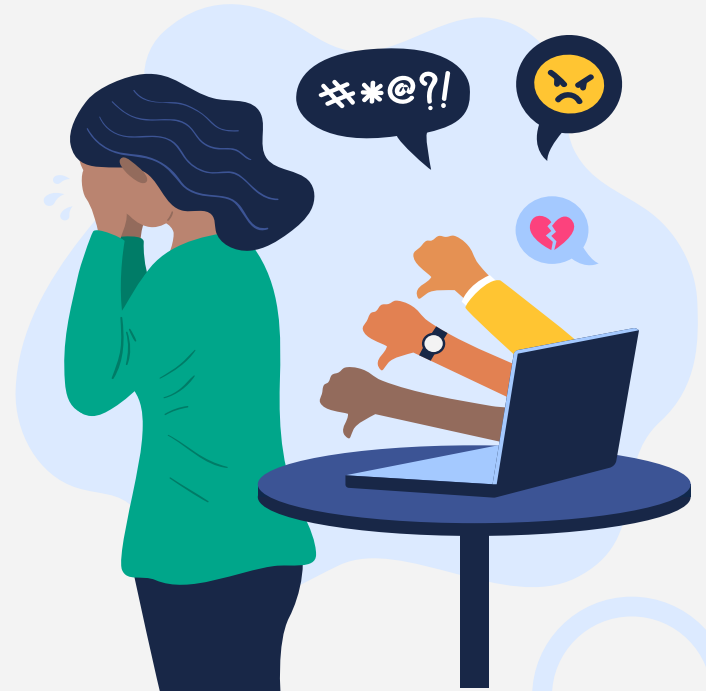
**Grades may drop**

**Lower self-esteem**

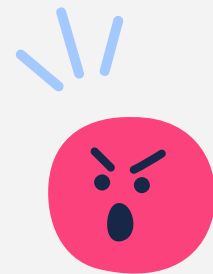
# How to report bullying- What should I do if I'm being bullied?

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

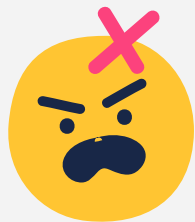
Do not touch anyone without their permission

## 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



An illustration on the left side of the slide. At the top left, an orange hand with a pointing finger is directed towards a person sitting on the floor. The person has long black hair, is wearing a pink long-sleeved shirt, blue pants, and pink shoes. They are sitting with their back to the viewer, hunched over with their head buried in their arms. The background is light blue with several faint, light blue circles of varying sizes.

# Thanks!

Do you have any questions?

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

**CREDITS:** This presentation template was created by [Slidesgo](#), and includes icons by [Flaticon](#), and infographics & images by [Freepik](#)