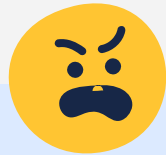


Bullying Prevention: Identifying and Standing Up to Bullying and Harassment

Grade 9



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:

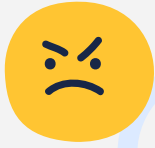
- Bullying
- Harassment
- Sexual harassment
- Title IX
- Discrimination



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

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

YES

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

NO

Someone accidentally bumps into another person in the hallway.

NO

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

YES



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:

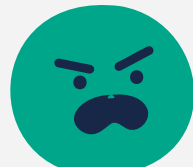
SEXUAL HARASSMENT



- Unwelcome requests for sexual favors



- Unwanted sexual advances
- Inappropriate sexual jokes

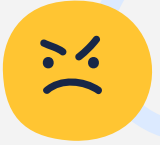


Key Vocabulary:

Title IX



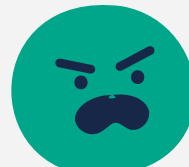
- A federal law that protects you from any type of harassment
- Title IX applies to ALL students, regardless of gender identity
- Police can be involved



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

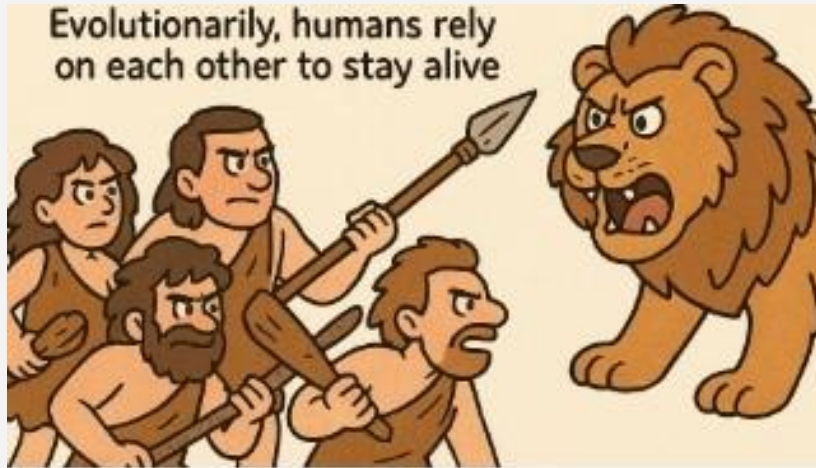
Making online threats
Imitating others online
or using their log-in

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**

3. **This is** part of **why BULLYING and HARASSMENT** ^{situation} , 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 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 the following topics:

1. An appropriate plan to make amends with those you've hurt.
2. Support you might need to change your behavior.
3. Any mental health support you may need.

***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

Clea and Sara have been dating for three months. Sara is out, but Clea's parents don't know she is a lesbian and her dad is abusive. Clea really liked Sara at first, but Sara has gotten really pushy sexually and controlling about their relationship. Clea wants to break up with Sara, but Sara says that if Clea breaks up with her, Sara will tell Clea's family that she's gay.

Questions:

Is this bullying or harassment?

If bullying, what type?

What can Clea do about Sara?

What can Clea do about her abusive father?

What consequences could be in store for Sara?

How might a trusted adult help in this situation?

Scenario #2

Petey is the only freshman on the varsity lacrosse team. Since the season began, his teammates have been making him do humiliating things in the locker room. Petey is starting to become really anxious and depressed, but he doesn't want to say anything because all he has ever wanted was to be on the varsity lacrosse team and he does not want to mess it up.

Questions:

Is this bullying or harassment?

If it's bullying, what type?

What could the consequences be for the boys on the lacrosse team?

What can Petey do?

Who can Petey talk to?

Scenario #3

Ruby's friend Raha tells her that someone at their school keeps slipping notes into her locker that say things like *"I'm going to k*ll you"*, *"U R gonna d*e."* Raha begs Ruby not to tell anyone since it's just notes and she doesn't even know who it is and it's probably just a joke. Ruby doesn't know what to do. She is scared for her friend and the whole school. She doesn't want to lose her friends trust, but is concerned about the notes.

Questions:

Are the notes bullying or harassment?

If bullying, what type?

What should Ruby do?

What should Raha do?

What could be the consequences for the individual putting the notes in Raha's locker?

Scenario #4

Jared and his friends Derrick and Bo are shooting hoops in gym class. Jared scored four three-pointers in a row and Bo says, "Way to make your n-word ancestors proud bro! That's how black guys jump!" Bo is White. Jared is Black. Jared responds that it's not okay for Bo to use that word. Both Derrick (who is Black) and Bo tell him to lighten up, it was a compliment! Jared feels uncomfortable and hurt.

Questions:

Is this bullying or harassment?

If bullying, what type?

How would you define Bo's comments?

Was Bo's comment problematic? Why or why not?

Because the comment didn't bother Derrick, should Jared let it go?

What could Jared do?

What might be a consequence for Bo?

Scenario #5

Korey is nonbinary and overweight. They wear gender neutral clothes and keep to themselves. They spend most of their time sketching in their art journal, which brings them tremendous joy. Since the beginning of the year, a group of girls have been making increasingly frequent comments to Korey. It started with “What even ARE you?” in the bathroom occasionally, to multiple comments a day such as, “UGLY FAT LOSER.” Last week they shoved Korey and grabbed their sketch book and dropped it into the toilet, ruining most of their drawings. Korey has begun cutting themselves and stopped drawing.

Questions:

Is this bullying or harassment?

If bullying, what type?

What kind of consequences is Korey suffering due to the behavior of those girls?

What kind of consequences might the girls face?

Who can Korey talk to?

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

An illustration on the left side of the slide. At the top left, an orange hand with a pointing finger is directed towards the center. Below it, a person with long black hair, wearing a pink long-sleeved shirt and dark blue pants, is sitting on a light blue oval shadow on the floor. They have their head buried in their arms, suggesting a state of distress or sadness. The background is white with light blue circles and a light blue horizontal band at the bottom.

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

