

Children's Connection Curriculum

Session Topic: Interactions- Bullying

Developmental Level: Middle School

Purpose: Help students to see how their behaviors can affect others and how they affect them when directed toward them. Talk about the damages of bullying and ways to handle it.

Materials Needed: "Is it OK?" worksheet, "10 scenarios to get kids talking about bullying" handout, "Bystander Quiz" worksheet, "What to do if YOU are the bully" handout, "Is this OK?" worksheet, Heart Shape cut-out

Description of Session:

Bullying is the topic being covered today. Start the session by handing out the "Is it OK?" quiz. Have the children answer questions honestly. Inform the children they do not have to hand in worksheet if they don't want to. Set the quiz aside. Have the children look at how people interact with peers, teachers, and adults. Pass out "10 Scenarios to get kids talking about bullying" for more examples and to get the discussion started. Lead into what to do if you see bullying and then pass out the "Bystander Quiz", discuss answers and the importance of bystanders being a big part of stopping bullying. Lead into "What to do if YOU are the Bully" handout. Talk about how to be considerate of other, etc. Then pass out the "Is this OK" quiz to each student. Encourage them to fill it out honestly, keeping in mind what was just discussed in the session and changes they could make. Remind them they do not need to turn in their worksheets if they do not want to.

Discussion Questions: Go through each question asking students, which feel comfortable to share, about their response to situations in which these things have happened. Encourage students to connect feelings with these situations for both them and the other people involved in the situation. Help students to see the importance of how their words can affect others in relation to how they feel when these things happen to them. Pass around the heart cut out and ask each student to fold the heart in half. Their "feelings" and "examples" represent each fold in the heart. Bullying leaves permanent "folds" on the victims hearts and once the wrinkle is there it can never be ironed out. Have them try to flatten the paper.

*Toothpaste Activity (optional)

Reference: Randall and Bowen (2007). YouthLight, Inc. (2009)