

PBIS Lesson Plan: Dealing with Bullying

Objectives:

1. Students will be able to identify what to do if they are being bullied.
2. Students will be able to identify what to do if they witness bullying.

Purpose and Background:

Anyone can be a victim of bullying. Many times individuals that are bullied do not know what steps to take to stop the bullying. In addition, individual's that witness bullying may feel helpless to take a stand against the bully. This lesson will help both the victim and bystander understand what they can do when they are bullied or witness bullying.

What the Victim can do:

Tell a trusted adult, like a family member, teacher or coach. An adult can help stop bullying by intervening while it's in progress, preventing it in the first place or simply giving the person being bullied a shoulder to lean on.

- If you have been bullied and reported it don't get discouraged if it appears nothing has changed. They can ask a family member if they will help, and make sure the adult knows if and when the behavior is repeated over time. Many times the school administration is taking action but the victim is not aware.
- Do not retaliate or fight back against a bully. Instead, maintain your composure. You might say, "I want you to stop now," and then simply walk away.
- Stick with a friend or group of friends while on the bus, in the cafeteria or wherever the bullying seems to happen.

What the Bystander can do:

Don't give bullying an audience.

If you witness someone bullying another, they shouldn't encourage the behavior by giving it an audience. Instead of laughing or supporting, they can let those who bully know that their behavior isn't entertaining.

- Oftentimes, those who bully are encouraged by the attention that they receive from bystanders. Children can help stop bullying by actively not supporting it.
- When you see bullying, act disinterested or blatantly state that you don't think bullying is entertaining or funny.
- Keep your distance from the situation. If you don't give it an audience, it may stop.

- If the bullying doesn't stop, the bystander should tell a trusted adult. Go to your teacher and explain to them what occurred, go to the office and speak to Mrs. Taylor, Mr. Langheim or Mrs. Markezich. If you are in the community tell a trusted adult.

Follow up / Reinforcement activities:

- Give knight bucks for positive interactions between students.
- Take reports of bullying seriously and intervene when the bullying is occurring.

<http://www.mayoclinic.com/health/bullying/MH00126/NSECTIONGROUP=2>

<http://www.pacer.org/bullying/>

<http://www.stopbullying.gov/>