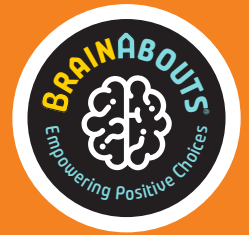
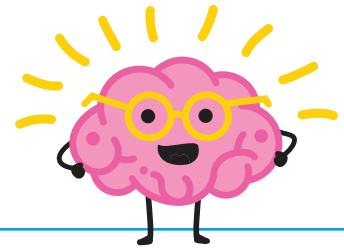


# About Bullying & Cyberbullying - Level 1 Activity Handout



## Video Viewing Guide

**Do Now:** Write 1-2 sentences in the box below in response to the question- *Have you ever experienced bullying? Do you know what it means to be a Bystander and/ or an Upstander?*



## Fill In The Blank

A couple of risky behaviors that you will have to make a decision about are \_\_\_\_\_ and \_\_\_\_\_.  
Some young people try to influence and control their friends in mean and uncaring ways.  
This is called \_\_\_\_\_.

### Stop and Think...

CFU #1 - What bullying **IS** and what bullying is **NOT**? What are 2 examples and non-examples? Jot down your replies in the fill in the blank below.

Bullying is \_\_\_\_\_ and 2 examples are \_\_\_\_\_ and \_\_\_\_\_. Bullying is not \_\_\_\_\_ and 2 examples of behavior that is not bullying are \_\_\_\_\_ and \_\_\_\_\_.

### Stop and Think...

CFU #2 - What are 4 ways to be an UPSTANDER?

- 1.
- 2.
- 3.
- 4.

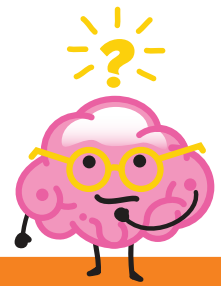
Is one easier than the other?

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## Write About It Prompt

**Directions:** Write 5-10 sentences in response to the following question.  
Use the box at the bottom to draw out your thoughts.



We need to “use it or lose it” and exercise our frontal lobe or “brakes” in the brain while it is growing and developing. How can you show empathy and “use the brakes” if you see someone being bullied? Provide at least one example of how you will do this.

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## Activity #1 - Independent Practice

Word Sort. Match the phrase to the word it describes

Bullying	Cyberbullying	Upstander

attacking someone with harmful words

uses electronics

excluding someone from a group

may stay online for many hours

tell a grown-up

be a friend

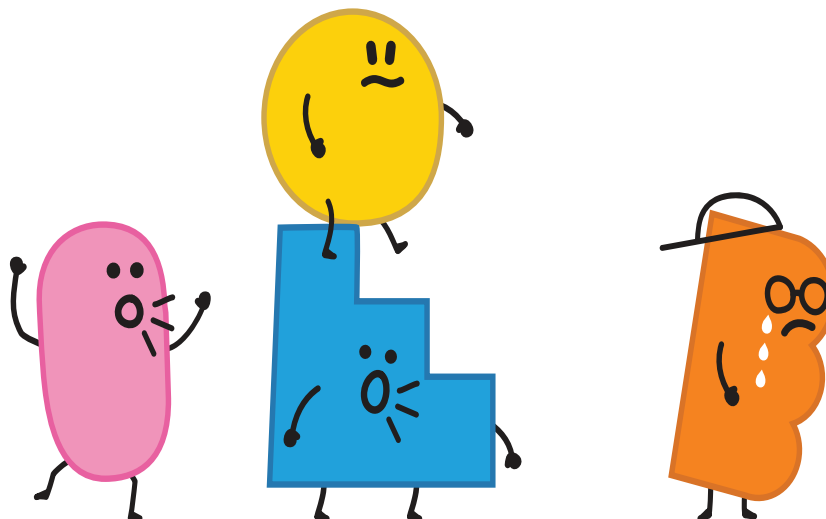
interrupt bullying

physically fighting or harming someone

3x worse than bullying

## Activity #2 - Group Activity

Role Play- Brain storm two bullying and two cyberbullying scenarios. Join a group of four of your peers. Have each group create a brief skit showing the elements of the bullying/cyberbullying, bystanding, and upstanding. Be sure to practice upstanding and walking away.



## Activity #3 - Extended Learning

My Bullying Plan	
If I am being bullied, I can:	
If I witness bullying, I can:	
1-3 Grown-Ups I trust to help me with a bullying situation:	

### Brain Quiz

1. **True or False?** Bullying is **NOT** just being rude, mean, teasing someone, or having conflict. Bullying happens when one kid intentionally uses their power to repeatedly control or harm others.
2. **True or False?** It is called Relationship Aggression when young people try to influence and control their friends in mean and uncaring ways. This might look like putdowns, ignoring, name calling, gossiping, and/or excluding somebody to hurt others.
3. **Fill in the blank:** When someone is bullied through an electronic device (cell phone, tablet, computer), it is called \_\_\_\_\_.

4. Free Response: How can being cyberbullied affect the victim ? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. Free Response: Would you feel comfortable being an **UPSTANDER**? How might you be an upstander?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

