

# About Bullying & Cyberbullying - Level 1 Staff Activity Guide



## What's Included:

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with high-risk situations. In this guide you will find a Student Video Viewing Guide, Student Activity options, and a Brain Quiz with an answer guide. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity below.

- **Viewing the Video**

Without Student Video Viewing Guide - 4:39 minutes

With Student Video Viewing Guide - 10 minutes

- **Student Activities -**

Write About It Prompt - 10 minutes

Group Activity - 10 minutes

Independent Practice - 5 minutes

Extended Learning - 5 minutes

- **Brain Quiz - 5-10 minutes**

## Student Video Viewing Guide Strategies:

- **Before the video (3-5 min) -**

Have students complete the **Do Now** question box to get the wheels turning

Ask students to **"pair and share"** with a classmate, and/or have a brief class discussion

Remind students to **"preview"** the Video Viewing Guide so that they know what they are listening for

- **During the video (3-5 min) -** Pause the video to talk about Check for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share.

What bullying **IS** and what bullying is **NOT**?

What are 2 examples and non-examples?

(Answer- intentional/ threats/spreading rumors, just being mean/ teasing/having conflict)

What are 4 ways to be an **UPSTANDER**? Is one way easier than another? (Be a friend, interrupt, distract, tell someone)

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## Student Activity Options:

### • Write About It Prompt (5-10 minutes) -

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. (EX- "I can tell a trusted grown-up what is happening. This will help because the grown-up can help us by talking our problems out with us... The grown-up can help the problem because...")

### • Independent Practice Activity (5 minutes) -

- a. **Materials needed:** Chart, pencil
- b. **Directions:** Completed chart, using word bank, with examples in the correct columns
- c. **Criteria for Success:** Completed chart with the following examples in the correct columns-
  - **Bullying:** excluding, physically fighting, attacking with words
  - **Cyberbullying:** Electronics, stays online, 3x worse
  - **Upstander:** Interrupt, be a friend, tell a grown-up

### • Group Lesson Activity (10 minutes) -

- a. **Materials needed:** White board (to write scenarios)
- b. **Directions:** Role Play- Brainstorm 2 bullying and 2 cyberbullying scenarios. Divide students into groups of 4. 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.
- c. **Criteria for Success:** Students demonstrate examples of bullying (intentionally using power to repeatedly hurt or harm), upstanding (distracting, telling an adult, interrupting), and walking away (leaving the group, going to do a new activity, going to find a different group of people to spend time with).

### • Extended Learning Activity (5 minutes) -

- a. **Materials needed:** Chart, pencil
- b. **Directions:** Allow each student to complete the following table-

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:	

- c. **Criteria for Success:** Completed chart with their family, can summarize with a minute recap the next day in class

### • Brain Quiz Answer Key (5-10 minutes)

1. True
2. True
3. Cyberbullying
4. Feeling sad, shame, tummy or headaches and friendship problems
5. Be a friend to someone who is being bullied, interrupt bullying, say something to distract, tell someone (parent or a teacher) that bullying or cyberbullying is happening