



# About Bullying & Cyberbullying - Level 3

## Student Activity Guide

### Think About It

1. How is conflict different from bullying?

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2. Why might empathy stop bullying from occurring?

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### Brain Quiz!

1. For an interaction to be called bullying, there must be:

- a. An imbalance of power and repetition
- b. Kindness and empathy
- c. Physical assault
- d. Understanding and support

2. Which of the following is not a type of bullying?

- a. Verbal Bullying
- b. Physical Bullying
- c. Empathic Bullying
- d. Social Bullying

3. Bullying behavior peaks in \_\_\_\_\_ grade, and cyberbullying peaks in \_\_\_\_\_ grade.

- a. 2nd, 5th
- b. 7th, 8th
- c. 10th, 12th
- d. 1st, 11th

4. Which of the following is a big deterrent to bullying?

- a. Anger
- b. Rage
- c. Confusion
- d. Empathy

5. Cyberbullying can occur through all of the following except:

- a. Online chatting/Social Media
- b. Email
- c. Text Messaging
- d. All of the above

## Activity #1 Group Activity:

Divide the class into 5 groups. Each group should draw an "Upstander Behavior" (1. Question the bullying behavior or verbally change the subject, 2. Use humor to redirect the conversation, 3. Walk with the person that is being bullied to minimize bullying interactions, 4. Reach out privately to the person that was bullied to let them know that you disagree with the behavior, and you care. 5. Tell someone like a parent or a teacher that bullying or cyberbullying is happening). Create a skit that demonstrates a bullying situation and upstander behavior in action.

Upstander Behavior:

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Bullying Situation:

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Script:

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## Activity #2 Write About It:

Have you ever been bullied?

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Have you ever witnessed bullying?

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What do you think motivates a bully?

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What kind of thoughts and emotions may the victim experiencing bullying have?

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What upstander behavior do you believe helps bullying most?

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### Activity #3 Art Activity:



Empathy is the ability to understand and share the feelings of another. Either individually or in groups of 2-4 students, create artwork with an acronym that describes E M P A T H Y. (Ex. E= Everyone has feelings) issue?

E

M

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