

Together Against Bullying: United for Kindness, Acceptance, and Inclusion

Discussion Questions

- 1) What are ways that students can be together against bullying?
- 2) Why is it important that everyone is involved in preventing bullying in their school?
- 3) What is kindness?
- 4) What are ways that students can be kind to one another at school?
- 5) Share a time when you witnessed or participated in an act of kindness. Describe how it made you feel.
- 6) What is acceptance?
- 7) How can students show acceptance of others?
- 8) What is inclusion?
- 9) How can students help everyone feel included?
- 10) How does kindness, acceptance, and inclusion help prevent bullying?

Guide to facilitate conversation in response to discussion questions

1) What are ways that students can be together against bullying?

If you see someone being hurt, harmed, or humiliated, do you think, “I want to help, but what can I do?” Know that your actions matter. If you see someone being bullied, here’s what you can do:

- a) Don’t join in. Someone who bullies often likes an audience and when people join in, it makes it more fun for them. Don’t laugh at the person being bullied, join in with the bullying, or cheer the bullying on.
- b) Let the student being bullied know that they are not alone and that they don’t deserve what’s happening to them. Never judge or blame them!
- c) Get them away from the bullying situation. If you see a student being bullied, you can start talking to them, ask them if they want to be walked to class or walked to an adult to help the situation.
- d) Be a supportive friend. Talk with the student being bullied about what’s happening and help them think through how to tell their parents or trusted adults. Invite the person being bullied to sit together at lunch, hang out together during free time, or walk to class and the bus together.
- e) Tell an adult. If you see bullying, it’s okay to tell an adult about it; they are the ones who can enforce the rules. It can be done while the bullying is happening or after. If you witness a fight, don’t try to step in the middle. Tell an adult or other authority figure what’s going on immediately so that they can intervene.
- f) Defend someone. You can stand up to the student who is bullying, if you feel comfortable, by telling them what they are doing is not okay and telling them to stop. Sometimes students don’t realize that

what they are doing is hurting someone else. Most importantly, do what feels safe to you. If you don't feel safe speaking up to the person bullying, help the student being bullied get away from the situation.

- g) Get others to stand against bullying. This is an issue that affects a lot of people and most of them want it to stop. You can let friends and peers know that bullying is not okay. When students stick together and don't accept bullying, they can make a difference. Ask friends to join you to stand against bullying.

Activity:

Step one: Ask students for their ideas on how to unite against bullying. Give them one minute to write down their thoughts.

Step two: Group students in pairs or trios. Give them one minute to share their ideas and decide which idea to share with a larger group.

Step three: Pair the smaller groups into a few larger groups. Give them two minutes to share ideas and decide one idea to share with the entire classroom. Designate a presenter.

Step four: Ask the presenters for each group to share one idea.

2) Why is it important that everyone is involved in preventing bullying in their school?

Bullying prevention isn't just up to one person, one school, or one community group. It takes all of us to create safe and supportive schools. When we join together, we can send the unified message to students who experience bullying that they are not alone. When students are willing to stand together and say that bullying isn't acceptable, other peers will be more willing to speak up, too.

Activity:

Step one: Ask students why they think uniting against bullying is important. Give them one minute to write down their thoughts.

Step two: Group students in pairs or trios. Give them one minute to share their ideas and decide which idea to share with a larger group.

Step three: Pair the smaller groups into a few larger groups. Give them two minutes to share ideas and decide one idea to share with entire classroom. Designate a presenter.

Step four: Ask the presenters for each group to share one idea.

3) What is kindness?

Kindness involves a lot of qualities, such as being friendly, respectful, helpful, considerate, generous, warm, and concerned about the well-being of others.

Activity:

Look up the word "kindness." Provide the definition and synonyms.

4) What are ways that students can be kind to one another at school?

There are many ways students can be kind to one another. Here are some examples:

- a) Be friendly: Smile at others, get to know new people and make them feel welcome.
- b) Help others in need: Open the door for someone who looks like they could use help (e.g., broken arm, hands are full of books) or pick something up that someone dropped (e.g., a pen)
- c) Give a sincere compliment.
- d) Leave a nice note in someone's locker, on their desk, or in a library book.

-
- e) Say thank you: If someone holds the door open for you, picks up something you dropped, or does something kind, say thanks and show your appreciation.

Activity:

Step one: Ask students about ways to show kindness to others. Give them one minute to write down their thoughts.

Step two: Group students in pairs or trios. Give them one minute to share their ideas and decide which idea to share with a larger group.

Step three: Pair the smaller groups into a few larger groups. Give them two minutes to share ideas and decide one idea to share with entire classroom. Designate a presenter.

Step four: Ask the presenters for each group to share one idea.

5) Share a time when you witnessed or participated in an act of kindness. Describe how it made you feel.

One option is for the presenter to model sharing a story.

Then, encourage students to share an example that was meaningful to them.

6) What is acceptance?

Acceptance means to regard different types of people and ways of life with tolerance. To accept someone means to show respect for and validation of who they are, what they believe in, and what they do.

Activity:

Look up the word “acceptance.” Provide the definition and synonyms.

7) How can students show acceptance of others?

There are many ways to show acceptance of others. Here are some examples:

- a) Talk to someone at school who you may think you don’t have much in common with. Ask about their interests – you may be surprised!
- b) Hold the door open for someone and say hello.
- c) Introduce yourself to those who sit by you in class or is in activities with you.
- d) Give a nice compliment to someone who has a hard time fitting in.
- e) Be patient and respectful if someone takes longer to do something, or does it in a different way.
- f) Don’t make assumptions about someone, what you see is not always what you get.
- g) Try to find something in common with someone who seems nothing like you.

Activity:

Step one: Ask students about ways to show acceptance toward others. Give them one minute to write down their thoughts.

Step two: Group students in pairs or trios. Give them one minute to share their ideas and decide which idea to share with a larger group.

Step three: Pair the smaller groups into a few larger groups. Give them two minutes to share ideas and decide one idea to share with entire classroom. Designate a presenter.

Step four: Ask the presenters for each group to share one idea.

8) What is inclusion?

Inclusion is the act of being taken in as part of a whole. It means involving others in what you and your peers are doing.

Activity:

Look up the word “inclusion.” Provide the definition and synonyms.

9) How can students help everyone feel included?

There are many ways to be inclusive. Here are some examples:

- a) Invite someone new to sit with you at lunch.
- b) If you see someone alone at recess or during an extended break, start a conversation with them. Ask how their day is going!
- c) Include those that may be alone – invite them to play during free hour, sit by you at lunch, or join an afterschool club.
- d) See someone you don't know at school? Say hi, tell them your name, and ask them their name. Try and remember it for the next time you see them.

Activity:

Step one: Ask students about ways to include others. Give them one minute to write down their thoughts.

Step two: Group students in pairs or trios. Give them one minute to share their ideas and decide which idea to share with a larger group.

Step three: Pair the smaller groups into a few larger groups. Give them two minutes to share ideas and decide one idea to share with entire classroom. Designate a presenter.

Step four: Ask the presenters for each group to share one idea.

10) How does kindness, acceptance, and inclusion help prevent bullying?

Students who are bullied may be perceived as different from their peers, such as wearing different clothing or being new to a school. They may also be perceived as less popular than others and have few friends. When we reach out to others and welcome those peers who are not the same as us, or may have fewer friends, this helps prevent bullying by showing students they aren't alone and have support from their peers.

Being kind, accepting, and inclusive ensures that everyone feels respected, valued for who they are, and that they belong. When we stand together, no one stands alone.

Activity:

Step one: Ask students about ways they can use kindness, acceptance, and inclusion in school and the community to prevent bullying.

Step two: Group students in pairs or trios. Give them one minute to share their ideas and decide which idea to share with a larger group.

Step three: Pair the smaller groups into a few larger groups. Give them two minutes to share ideas and decide one idea to share with entire classroom. Designate a presenter.

Step four: Ask the presenters for each group to share one idea.