

Week Long Curriculum Middle and High School Students

Monday: Bullying 101

Classroom education and activities

- Bullying 101 – Review what bullying is, how to identify it, and why it happens:
 - [PACER Teen Against Bullying: Bullying Defined](#)
 - [Bullying 101 Guide for Middle and High School Students](#)
 - Educator Notes - Bullying 101: What You Need to Know Before You Go.
[Bullying 101 educator tips](#)
- [Common Points of View About Bullying](#) – Share these often-repeated statements, followed by insight behind the real story

Discussion questions

- What is bullying?
- Why might teens be bullied?
- Why might teens bully?

Video and discussion

Encourage students to watch the “[Teen Talk on Cyberbullying](#)” video, then share the following discussion questions for them to respond to:

- How do you define cyberbullying? How is it different from traditional bullying?
- How does/would being cyberbullied make you feel?
- What could you do as a bystander to cyberbullying?



Tuesday: Who is Involved?

Classroom education and activities

- Are you being bullied?** Bullying can happen to anyone – and it’s not always easy to recognize. Review this checklist to determine if bullying might be happening to you. An important note here is that students should complete the checklist and not be required to share their responses.
- Could You Be the Person Bullying?** There is no typical student who bullies. Review this checklist to determine if any of these questions apply to you. An important note here is that students should complete the checklist and not be required to share results.
- Person First** – Explain the importance of acknowledging the person first, not their difference or disability

Discussion questions

- What are other ways that students can address bullying?
- What can you do in a cyberbullying situation?
- How does language affect how differences are perceived?
- What can someone who sees bullying do?
- What can teens do at their school to help prevent bullying?
- What options does someone who is being bullied have?

Video and discussion

Encourage students to watch the **“Advocacy and Self-Advocacy”** video. Then share the following discussion questions for them to respond to:

- What is advocacy?
- What is self-advocacy?
- How does learning advocacy skills help address and prevent bullying?



Wednesday: Bullying Impacts Everyone

Classroom education and activities

- Whether you're the target, the bystander, or even the student who picks on others, there's something you can do to put an end to bullying
 - [Are you being bullied?](#)
 - [Do you bully?](#)
 - [Advocacy for others](#)

- [Know your rights and learn about your state's legislation concerning bullying](#)

Discussion questions

- What are some of the long-term consequences of bullying?
- What are the long-term consequences for students who bully?
- How is a school environment in which bullying is not tolerated different from one in which bullying is ignored, or maybe even accepted?
- What are some ideas to continue bullying prevention efforts in your school?
- How can older students educate and help younger students?
- What rules or guidelines could your school establish around bullying?

Video and discussion

Encourage students to watch the [“Bullies and Bystanders: What Teens Say”](#) video. Then share the following discussion questions for them to respond to:

- What are some ways bystanders can help end bullying?
- What are some ways bystanders can contribute to bullying?
- What could you do as a bystander to physical bullying?
- What could you do as a bystander to verbal bullying?
- What could you do as a bystander to cyberbullying?



Thursday: Students and Adults Working Together

Classroom education and activities

- Share Your Opinion!** – Participate in an interactive poll on the reasons students might not tell an adult about bullying
- Did you know** – Read these interesting facts; some you may already know, but some will definitely be new and informative
- Advice Gone Wrong** – Check out advice from adults that may not be helpful
- Reasons Teens Don't Tell** – Explore reasons students don't tell an adult about bullying

Discussion questions

- What are some of the reasons teens don't tell adults about bullying?
- What can schools do to help prevent bullying?
- What can parents do to be helpful?
- What is not helpful?

Video and discussion

Encourage students to watch the “**New Girl**” video. Then share the following discussion questions for them to respond to:

- What is the bullying situation?
- Who was involved in the bullying?
- How did the adult influence this situation?
- How could this situation have been resolved more positively?



Friday: Create a World Without Bullying

Classroom education and activities

- ❑ **Share Your Opinion!** – Participate in an interactive poll on things you can do to create a safe and supportive school and online environment
- ❑ **Student Action Plan** – Ready to take action to address bullying? Maybe not sure how to start? As a student, bullying is something that impacts you, your peers, and your school, whether you're the target of bullying, a witness, or the person who bullies. Bullying can end, but that won't happen unless students, parents, and educators work together and take action. Start by creating a plan that works for you and your situation.

Take action – Keep the momentum going with one or more of the ideas listed here

- **Take the Pledge**

More than one out of every five students will be bullied this year. This is probably happening to someone you know and care about. **Show your support—pledge today!**

Make a commitment to:

- Support others who have been hurt or harmed
- Treat others with kindness
- Be more accepting of people's differences
- Help include those who are left out

- **Students with Solutions**

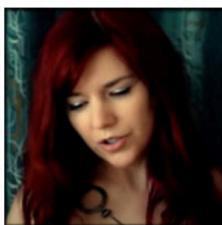
Newly redesigned to be a distance learning activity, the Students with Solutions contest encourages students to use art, writing, or photography to help promote intentional acts of kindness, acceptance, and inclusion and prevent bullying. Submit entries for the chance to win great prizes like a buddy bench for your school!

- **Student Created Videos and Discussion Questions**

Share these relevant videos created by and with teens and are supplemented with classroom discussion questions.



Help Me – A Song by Dat Stern – Twin brothers, Stacy and Sterling, decided to start a music group called Dat Stern; they wanted to make music that could inspire people and help others. Stacy states, “My brother and I suffered from bullying all throughout middle and high school. So, when we decided to make music, that was our main focus. Our goal is to put an end to bullying.”



Speak – Marina V is a recording artist, singer and songwriter in Los Angeles. She is originally from Moscow, Russia and experienced bullying at school as a child. Her song “Speak” inspires listeners to believe in themselves and be proud of who they are. Marina is passionate about sharing this important message.