

BULLY PREVENTION 101

Elementary School Resource Guide



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Bullying Prevention 101:

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Section Two: Advocacy and Self-advocacy

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SLIDE 1 | Introduction

Advocacy and Self-advocacy

What is it and what does it have to do with bullying prevention?

Slide #2: Take the Quiz: How do you recognize someone who bullies?

Slide #3: What is Advocacy and Self-advocacy?

Slide #4: Video: Advocacy and Self-advocacy

Slide #5: What If I Am Bullying?

Slide #6: What If I'm Being Bullied?

Slide #7: What If I Witness Bullying?

Slide #8: Opinion Poll: What should you do if you see bullying?

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Elementary School Resource Guide

SLIDE 2

Take the Quiz: How do you recognize someone who bullies?

Objective: Begin each section with a classroom question, followed by insight and education into the answer.

Talking Points:

Ask students to respond either (1) in class, or (2) online at

<https://www.surveymonkey.com/r/RecognizeSomeoneWhoBullies>

How do you recognize someone who bullies?

- Size:** The person bullying is bigger than the person being bullied
- Gender:** Girls don't bully, only boys do
- Behavior:** They do something that hurts or harms another person
- Age:** It's always older kids picking on younger kids

Answer: Behavior. It's not the size, gender, age, or appearance that defines someone who bullies, it is about who they are, it's about their actions and behavior.

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Elementary School Resource Guide

SLIDE 3

What is advocacy and self-advocacy?

Objective: Provide an overview of advocacy and self-advocacy

Talking Points:

Begin by exploring what advocacy is, then connect it to how it relates to bullying prevention.

What is advocacy?

- Advocacy means using your skills and strengths to look out for other students who are being bullied, are vulnerable to being hurt or harmed, or are isolated from other students.
- Advocates help by making sure that these students are included and protected from harm.

What is self-advocacy?

Self-advocacy means communicating on your own behalf, letting others know what you need, and taking action in a direct and respectful manner.

Being your own advocate means that you ask for what you need while respecting the needs of others. For example, if you are at a store and a clerk ignores you, you are able to ask in a polite way to be served. With bullying, learning self-advocacy skills can help you address bullying situations.

Why is this skill important? Self-advocacy helps you:

- Obtain what is helpful for you
- Be involved in the decision-making process
- Learn to say “no” and be OK with it
- Respectfully express disagreement or differing opinion
- Help prevent any bullying you’re experiencing by expressing ideas to address and prevent it

NBPC Presenter Resources

Questions answered at [Why is it important for students to advocate for themselves and how can adults help them learn those skills?](#)

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Elementary School Resource Guide

SLIDE 4

Video: Advocacy and Self-advocacy

Objective: View the video explaining the concepts of advocacy and self-advocacy as they relate to bullying

Talking Points:

1. Provide the video description

Description: Speaking up for oneself, expressing needs, and taking action are essential advocacy tools for youth of all ages. When you know that there are options for regaining control or influencing a difficult situation, you gain the skills and resilience to move through the obstacles that life brings. When you actively participate in learning self-advocacy skills, you are better prepared to resolve problems and understand when a problem requires adult help. Whether it's a disagreement with a friend or a serious situation like bullying, learning advocacy can change your world.

2. Show the video. The length is four and a half minutes.

Access video through these locations:

Website: <http://www.pacer.org/bullying/video/player.asp?video=118>

YouTube: <https://www.youtube.com/watch?v=FjK-L2NzD7g>

3. Follow up with discussion questions

- How does advocacy for self and others intersect with preventing and addressing bullying?
- What are other advantages and benefits of learning the skill of advocating for self and others?

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Elementary School Resource Guide

SLIDE 5 | What If I Am Bullying?

Objective: Cover tips about what a student can do if they are demonstrating bullying behavior

Talking Points:

Encourage students to think back to their responses on the checklist. Did they check several boxes? Are you maybe the student who is causing hurt, harm, or humiliation to others? Let them know that bullying is about behavior, that it doesn't have to define them as behavior is something they can change.

1. Provide the handout "What If I Am Bullying" to each student.
2. Encourage them to read through or invite a student to read each "issue" out loud and another to read "how to take action."
3. Encourage students to use the STUDENT ACTION PLAN to self-advocate.

Note: Students can also use the STUDENT ACTION PLAN (download at <https://pacerteensagainstbullying.org/wp-content/uploads/2014/05/StudentActionPlan.pdf>) to be self-advocates to change their behavior.

If you are bullying, what can you do to stop the behavior?

- Know that bullying is about behavior and that you can change your behavior.
- The first step is to talk with an adult you trust.
 - This can be someone at school, at home, or in your community
- Share what's going on. Ask for their advice and help.
- Set a goal to change the negative behavior.
 - It's helpful to plan and strategize responses that are appropriate for situations.
- Find a mentor and role model to guide you through challenging situations.

Bullying can be stopped, and an important step is to have a plan.

1. Think about the bullying you have experienced. Write down what is happening to you, when and where it takes place, who is involved, and how it made you feel.
2. Then consider how that situation could be different. Include what you would like to change, how things could be changed, and what would help you gain control over the situation.

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Elementary School Resource Guide

3. Next, think about the steps needed to make those changes happen. List your role in this action plan, who else should be involved, and what they could do.
4. Share this information with parents and an adult you trust at school. Ask for their help in implementing the action plan you created. Students don't have to solve this issue on their own, but can be empowered and included in the solution.

Discussion Questions

- What are other ideas for changing and stopping bullying behavior?

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Elementary School Resource Guide

SLIDE 6 | What If I'm Being Bullied?

Objective: Share tips about what to do if you experience bullying, specifically around self-advocacy.

Talking Points:

Encourage students to think back to the checklist they filled out and reflect on how many boxes they checked.

1. Provide the handout "What If I Am Being Bullied?" to each student.
2. Encourage them to read through or invite a student to read each "issue" out loud and another to read "how to take action."
3. Encourage students to use the STUDENT ACTION PLAN to self-advocate.

Note: Students can also use the STUDENT ACTION PLAN (download at <https://pacerteensagainstbullying.org/wp-content/uploads/2014/05/StudentActionPlan.pdf>) to be self-advocates to change their behavior.

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- Next, think about the steps needed to make those changes happen. List your role in this action plan, who else should be involved, and what they could do.
- Share this information with parents and an adult you trust at school. Ask for their help in implementing the action plan you created. Students don't have to solve this issue on their own, but can be empowered and included in the solution.

Discussion Question:

- What are other ideas or steps to take if you experience bullying?

Bullying Prevention 101:

Elementary School Resource Guide

SLIDE 7

What If I Witness Bullying?

Objective: Cover tips about what a student can do if they witness bullying behavior.

Talking Points:

Let the class know that the majority of kids in bullying situations are those that witness it. What can you do? You know the feeling. You see someone being bullied and you feel scared. Or mad. Or sad. Or helpless. You might wonder what you can do to help. Did you know you're not alone? A lot of kids feel that way about bullying.

1. Provide the handout "What If I Witness Bullying?" to each student.
2. Encourage them to read through or invite a student to read each "solution" out loud and another to read "how to take action."

Reminder for all students: There are lots of options to take action. Not all these options are a fit for everyone. Do what feels safe to you. Do what feels OK to you.

3. Encourage students to use the STUDENT ACTION PLAN for ideas on how to advocate for others.

Note: Students can also use the STUDENT ACTION PLAN (download at <https://pacerteensagainstbullying.org/wp-content/uploads/2014/05/StudentActionPlan.pdf>) for ideas on how to advocate for others.

Discussion Questions

- What are other ideas you have?
- Is it ever appropriate to say something to the person bullying? When would this be helpful? When could this make the situation worse?

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Elementary School Resource Guide

SLIDE 8

Opinion Poll: What should you do if you see bullying?

Objective: An opportunity to engage in classroom-wide or online poll in questions relevant to the audience

Talking Points:

Ask students to respond either (1) in class, or (2) online at

<https://www.surveymonkey.com/r/WhatShouldYouDo>

What should you do if you see bullying?

- Not join in
- Help get them away from the situation
- Tell an adult
- Let them know no one deserves to be bullied
- All of the above

Answer: All of the above!

Discussion Questions

- Did the results surprise you?
- Is there another idea that would be more powerful than those listed?