

Bullying Prevention

Lesson Plan for Elementary School Children

AUDIENCE

Appropriate for students in elementary school. Suggested audience size is 10-25.

RESOURCES/MATERIALS NEEDED

- Computer with Internet access, PACERKidsAgainstBullying.org
- Poster size paper for recording student responses
- Speakers for audio

PURPOSE

The following lesson plan is designed to help adults teach elementary school children about bullying prevention.

GOAL

Children learn what to do when they see bullying or are bullied.

ACTIVITIES

- Introduce presenters
 - Briefly outline the key themes that will be covered (items 1, 2, and 3, below).
 - Be prepared to record student responses on paper or on a poster to hang in the classroom.
- 1. What is Bullying?** | Reference Link | Smart Stuff/411, Info to Go section
 - Ask the children for their ideas. Use their responses to help them define the term.
 - Give examples of what bullying is and is not. Include the definition of cyber bullying.
 - Show the WHAT BULLYING IS video | Watch This/Kid Vids section
 - 2. Who is Bullied? Why Do Kids Bully?** | Reference Link | Smart Stuff/411, Info to Go section
 - Ask the children for their ideas. Use their responses to help define who is likely to be bullied.
 - Talk about differences as being positive and valuable.
 - Discuss disability. Ask the children for their ideas about what disability means to them.
 - Talk about invisible disabilities, such as epilepsy.
 - Discuss risk factors for being bullied.
 - Introduce the checklists under the Smart Stuff/Spot It section. Have the children complete the checklists after the presentation.
 - Ask the children about how bullying makes them feel.
 - Show the HOW BULLYING FEELS video. | Watch This/Kid Vids section
 - 3. What Can You Do about Bullying?** | Reference Link | Smart Stuff/Stop It section
 - Ask the children for their ideas.
 - Offer tips on what to do if they are bullied, see bullying, or are bullying.
 - Discuss scenarios from Carmen's Quick Comebacks | Smart Stuff/Stop It/If You are a Target section

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- Ask the children for their ideas on handling each of the situations.
 - Show the WHAT YOU CAN DO video. | Watch This/Kid Vids section
 - 4. Show animated characters and cartoon shorts** | Reference Link | Watch This/Club Crew section
 - Show 2-3 bios of the 12 Club Crew characters.
 - Show 1-2 of the Webisodes.
 - 5. Summarize**
 - Highlight the discussion and information covered above.
 - 6. Present Follow Up Activities and Handouts** | Reference Link | Games and Fun
 - Highlight and discuss the activities that will be available after presentation.
 - Download and distribute checklists and games (crosswords, feelings chart, fortune teller, and coloring pages).
 - 7. Posters** | Reference Link | Gallery/Share Your Story
 - Talk about PACER's "Share Your Story" and encourage the children to participate.
 - 8. Certificate** | Reference Link | Home Page/Click on the Top Secret Chest
 - Hand out the Club Crew certificate to each child
 - Say the pledge out loud as a group.
 - 9. Closing**
 - Emphasize that bullying will not be tolerated in your school.
 - Discuss your school policy against bullying.
 - Encourage all children to "Be a Kid Against Bullying."