

## Bully Prevention

Name(s):

School:

District:

Grade(s) Served: 6, 7, 8

Domain: Personal-Social

### Activity

This lesson is to be used in classroom guidance, either by the school counselor or given to homeroom teachers to use. Students will watch a short youtube video of a middle school student talking about how important it was that someone stood up for her when she was bullied at school. Students then reflect on appropriate steps to take when they see bullying. The girl in the Ted Talk created an app (sit with us) for communicating that people will be welcome sittin

### Lesson Topic

Interpersonal skills to help understand self and others

### ASCA Mindset Standards

M 3. Sense of belonging in the school environment

### ASCA Behavior Standards

B-SMS 1. Demonstrate ability to assume responsibility  
B-SS 4. Demonstrate empathy  
B-SS 5. Demonstrate ethical decision-making and social responsibility  
B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary  
B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment

### Learning Objectives

Students will understand the impact of doing nothing when they see someone being bullied.

## Materials

Media device to show a youtube video.

## Handouts/Resource

<https://www.youtube.com/watch?v=sh7XFCysTr4>

## Procedure

Have the class watch the youtube video of the Ted Talk of Natalie Hampton. This takes about 8 minutes. Display the questions for discussion. To ensure that all students have the opportunity to express their thoughts, have them pair them and have them share with each other. Then, call on students to share with the whole class. Distribute the post survey.

Reflection Questions:

1. What is communicated to both the bully and the victim if you witness bullying and do nothing?
2. . What are some things you can do if you see bullying happening?
3. People often shun a person who is bullied for fear the bully will then target them. This may be why otherwise nice people are not friendly to the victim of bullies. What acts of kindness by individuals might help the victim of bullies?

**Plan for Evaluation:** How will each of the following be captured?

## Process Data

Schedule for conducting the lesson, roster of students.

## Perception Data

Post Survey only to capture what students learned.

## Outcome Data

Office referrals and suspensions for bullying.

## Follow Up Plan for Students Who Do Not Meet Objectives

One-on-one meetings.