

How to Use This Document

The lessons and materials in this prevention unit are designed to be used together and in order.

Lessons: Each lesson contains ice breakers, a video explaining each health topic, a review for students to strengthen their understanding, and a slide for parents.

Materials: The materials provided in each lesson are designed to reinforce the main idea of each topic. These materials can be used in a whole class setting, in small groups, or individually.

Parent Post: Each lesson has a Parent Post created to keep grown-ups at home involved in what their student is learning! The posts include key topics and vocabulary that was used.

Connecticut State Standards

Standards: Healthy & Balanced Living Curriculum Framework Health Education & Physical Education

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- HR 1.3.8 Describe characteristics of healthy relationships (communication, respect, trust, and boundaries).
- HR 1.4.8 Differentiate between healthy and unhealthy relationships.
- HR 1.5.8 Explain why it is wrong to tease others based on personal characteristics (such as body type, gender, appearance, mannerisms, and the way one dresses or acts).
- HR 1.6.8 Explore strategies to address unhealthy relationships.
- HR 1.12.8 Explain how the use of social media can positively and negatively impact relationships.

What is
Bullying?

Would You Rather



OR



Live in space

Live in the ocean

Would You Rather



Have a magic carpet

OR



Have a crystal ball

What do we know about bullying?

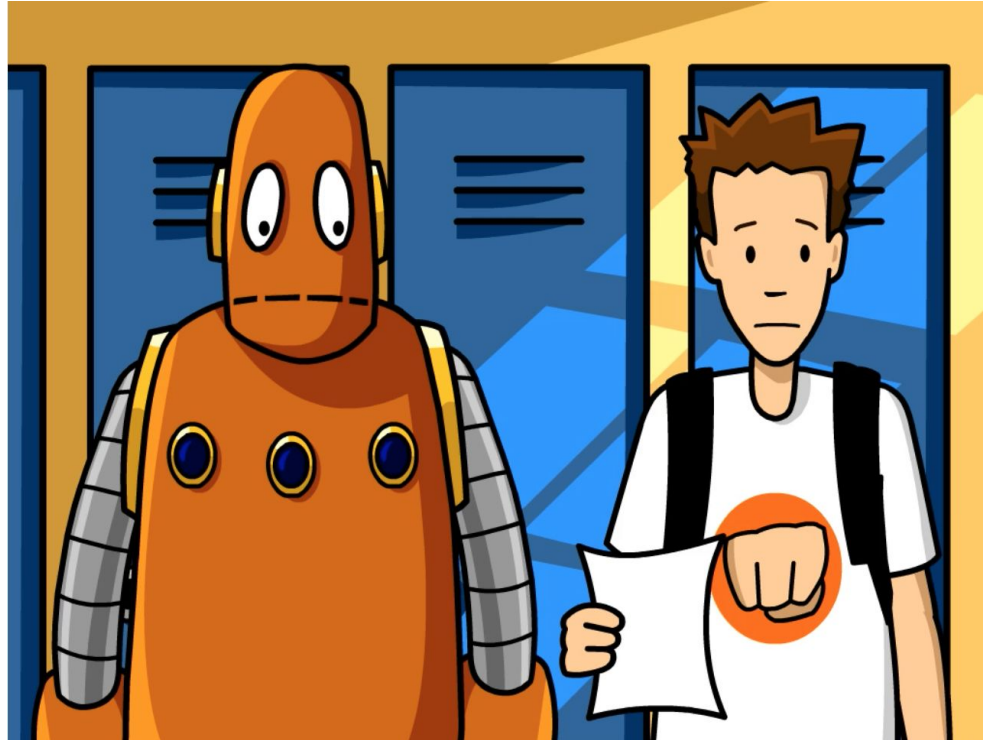
What is bullying? What are examples of bullying?

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What are negative consequences of bullying?

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Bullying is...



Bullying is...

Dealing With Bullies

Bullying is a big problem. It can make kids feel hurt, scared, sick, lonely, embarrassed, and sad. Bullies might hit, kick, or push to hurt people, or use words to call names, tease, or scare them.

A bully might say mean things about someone, grab a kid's stuff, make fun of someone, or leave a kid out of the group on purpose.

Some bullies threaten people or try to make them do things they don't want to do.

Bullying Is a Big Deal

Bullying is a big problem that affects lots of kids. Most kids say they have been bullied or teased. Being bullied can make kids feel really bad, and the stress of dealing with it can make them feel sick.

Bullying can make kids not want to play outside or go to school. It's hard to keep your mind on schoolwork when you're worried about how you're going to deal with the bully near your locker.

Bullying bothers everyone — and not just the kids who are getting picked on. Bullying can make school a place of fear and can lead to violence and more stress for everyone.

What is Bullying?

Bullying is repeated, intentional behavior that hurts, humiliates, or excludes someone who has a harder time defending themselves.



Types of Bullying

Bullying can be physical, verbal, social or online.

Physical bullying can include: hitting, pushing, or damaging belongings.

Verbal bullying can include: insults, slurs, threats or mocking.

Social bullying can include: gossip, rumors, exclusion, telling others not to be friends with someone.

Cyberbullying can include: group chats, DMs, screenshots, fake accounts or hurtful posts.

Why Do People Bully?

Often bullying targets a person's differences:

- Appearance
- Religion,
- Sexual orientation, or
- Race



Why Do People Bully?

A bully's motivations could be:



- Desire for power/attention,
- Insecurity
- Copying peers/ online behavior
- Trying to fit in, or
- Not recognizing impact

Impact of Bullying

There is never a good reason to bully another person.

Bullying can result in:

- Anxiety, sadness, embarrassment
- Decline in school performance
- Withdrawal or isolation
- Damage to self-esteem



What To Do

A **bystander** is someone who observes an event or incident, but does not take part. If you see someone getting bullied, there are some things you can do to be an ally!

Support the person getting bullied, **don't join in** (in person or online), **interrupt** or change the subject, or **report to a trusted adult**.

What To Do

If you are getting bullied, you are not alone! There are strategies you can use to help! **Stay with friends, ignore the person bullying you, save screenshots or other evidence of bullying, try talking with the bully, tell a trusted adult.**

Let's Review!

What is bullying? What are the different types of bullying?

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What can you do if you see someone getting bullied?

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Parents!

- Bullying is **repeated, intentional behavior** that harms someone who has difficulty defending themselves.
- Bullying in Middle School is often social, subtle and digital. Be aware of some warning signs to watch for (on the Parent Post).
- Keep communication open with your children! Ask open-ended questions about friends and social interactions at school and online.
- Create a plan! Practice safe responses and scenarios about what might happen if your child sees or experiences bullying.
- If your child is getting bullied, collect evidence to report it!