Lesson 1

What is Bullying and How to Recognize It

Say:

What is bullying? - Discuss the definition of bullying
Why do people bully?

Watch:

https://youtu.be/cAnI27eQ0II

Discuss:

Have you ever been bullied or do you know someone who has? How did you feel?
Have you ever been nice to someone for no reason? How did that feel?

Do:

Role play using some of the situations or techniques described in the video. Role play being nice for no reason.

Wrap up:

Summarize ways to help with bullying.
Provide students with names of people to whom they can report bullying. Be sure to touch base and provide referrals for any student who says they have been or are currently being bullied.

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