**Cliques, Phonies, and Other Baloney**

**Purpose:** To educate students about the importance of being true to themselves, appreciating diversity, and the harm that is caused by forms of bullying, such as forming cliques and exclusion.

**Materials:**

Cliques, Phonies, and Other Baloney Video [Trevor Romain's Cliques, Phonies & Other Baloney](https://youtu.be/44Tw-oU_9zc)

**Time:**

Approximately 45 minutes

**Introduction:**

What does it mean to be popular?

Does everyone have to be the same?

That is when bullying can happen. What is bullying? (most will name physical bullying).

Tell students about the 5 common features of bullying (below), and then tell them we are going to talk about a different kind of bullying: Indirect/Emotional bullying. It could be spreading nasty stories, gossip, excluding others from a group/clique, etc.

*Bullying usually has 5 common features:*

1. It is deliberate, hurtful behavior
2. It is often repeated over a period of time
3. It is difficult for those being bullied to defend themselves
4. It is often difficult for those who bully to learn new social behaviors
5. The person who bullies has, and exercises, power inappropriately over the victim

**Lesson:**

One of the best defenses against bullying is loving/liking/accepting yourself. When you’re okay in your own skin, you show confidence. It’s harder to let things bother you when you are proud of who you are.

**Show Video** (28 minutes)

We’re going to watch a video about someone who wasn’t quite sure she was good enough just the way she was. Let’s see what happens when she’s not true to herself.

**Discussion:**

Discuss what it was like for Skye before she became friends with the Brittneys, while she became friends with the Brittneys, and after she decided to be herself.

What does it mean to accept/like yourself?

**Wrap Up:**

Give students each a sticky note and write (unique) things they like about themselves.