**Bullies Are a Pain in the Brain-Bullying**

**Purpose:** To educate students about the harm that is caused by verbal, physical, emotional, and cyber abuse of others.

**Materials:**

Bullies are a Pain in the Brain Video [Trevor Romain's Bullies Are A Pain in the Brain](https://youtu.be/5suDGmDpOrk)

Ways to Deal with Bullies or Bully-Proof handout

True/False Worksheets

Intervention Ideas for Bullies handout

Bullying Survey

**Time:**

Approximately 45 minutes

**Bullying Survey:**

Distribute surveys and have students complete the week before the guidance lesson. Go over results with students.

**Definition:**

Bullying is any activity from teasing to physical attacks where one or a group of kids bothers a victim over a period of time. It is any aggressive act used to hurt, frighten, or control others.

*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

*There are 4 main types of bullying:*

1. Physical/Property: hitting, kicking, taking belongings, pinching, punching, poking, hair pulling, damage to someone’s stuff
2. Verbal: name-calling, insulting, racist remarks
3. Indirect/Emotional: spreading nasty stories, gossip, excluding from group
4. Cyber: takes place online, via cell phone, etc. and can encompass verbal and emotional bulling

*Bullying can include:*

* hurtful words
* cruel jokes or tricks
* verbal threats, mean looks or rude gestures
* pushing, hitting, pinching
* picking or ganging up on someone
* ignoring or leaving people out
* writing nasty notes
* starting rumors
* posting on Facebook, twitter
* sending pictures of others
* sending texts about others

**Lesson:**

Raise your hand if you think bullying is a problem in schools today.

1. Has it ever happened to you?

1. How have you seen this happen?
2. Where do you see this happen?
3. How does it make someone feel?
4. Why do kids bully other kids?
5. What do bullies look like?

Read aloud True/False Handout. Have students vote on answer and then talk about the correct answer.

**Show Video** (28 minutes)

This is a cartoon about bullying, called Bullies Are a Pain in the Brain. It will deal with the things we’ve talked about. We will talk more when it is finished.

**Discussion Questions:**

1. What are one or two words that describe your feelings?
2. Tell me about a specific scene that had important meaning for you. Why and how did it affect you?
3. How does being bullied in school affect people?
4. How does being bullied outside of school affect people?
5. How can being bullied as a child affect someone as an adult?
6. What are the problems that bullies experience?
7. How can teasing lead to bigger problems?
8. How has the film changed your ideas about bullies and victims?
9. What can other kids do to improve a bullying situation?
10. What can bullies do to help themselves?
11. What can victims do to help themselves?

**Wrap Up:**

Distribute Ways to Deal with Bullies handout to students - Discuss the things you can do to deal with a bully.

Give teacher Intervention Ideas for Bullies handout

Emphasize the importance of letting an adult know if you are being bullied and the consequences for those students who continue bullying behaviors.

Ways to Deal with Bullies

Calmly confront the bully (Say: Don’t do that, I don’t like that, leave me alone) then walk away.

Stick up for yourself

\*You have your opinion, I have mine.

\*Hmmm, thanks for the advice. I’ll consider it.

\*You can think what you want. But I’m happy with the way I

am.

Ignore the comments the bully is making, then tell someone who can help.

\*Refuse to believe what they are saying.

\*Cover your ears, whistle a tune, or walk away

When a bully picks a fight with you, get away as fast as you can and tell an adult. Refuse to take part in a fight.

Avoid the bully whenever possible

Stand confident – don’t appear afraid when around a bully

Surprise a bully by making friends with him or her. Set a good example for the bully by acting like a friend. You and other students may be able to change a bully’s behavior this way.

Tell an adult if you’re being bullied.

## Intervention Ideas for Bullies

1. Have the bully write compliments to the person they offended.
2. Have the bully perform good deeds for the person they hurt verbally or physically.
3. Have the entire class keep a kindness journal. Each day they must log one kind thing that they did for someone else.
4. Have the students make a book of random acts of kindness.
5. Have the bully come up with an act of restitution for their victim.

Bully Proof Survey Pre/Post Test A

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Circle One) I am: boy girl

YES! = Almost Always True yes = Usually True no = Usually Not True NO! = Almost Never True

(always) (some of the time) (not usually) (never)

|  | YES! | yes | no | NO! |
| --- | --- | --- | --- | --- |
| I feel safe at school. |  |  |  |  |
| Is it OK to bully back? |  |  |  |  |
| I have seen bullying at my school. |  |  |  |  |
| Is it wrong to hit other people? |  |  |  |  |
| Kids bully because they want to have power & control over you. |  |  |  |  |
| I feel safe on my school bus. |  |  |  |  |
| Is it OK to yell at other people and say bad things? |  |  |  |  |
| Leaving someone out on purpose is bullying. |  |  |  |  |
| I saw another student get punched, shoved, or kicked at school. |  |  |  |  |
| I saw another student get teased in a mean way . |  |  |  |  |
| Is it OK to tell an adult about bullying? |  |  |  |  |
| I was teased by another student in a mean way. |  |  |  |  |
| Is it OK to say mean things to other people if they were mean first? |  |  |  |  |
| Name calling or talking about someone behind their back is bullying. |  |  |  |  |
| If I was being bullied I know how to handle the bullying situation. |  |  |  |  |
| During this school year, have you stayed home from school because you did not feel safe at school? | Yes | | No | |
| If I saw another student being bullied I know how to help them. | Yes | | No | |
| Is it OK to push or shove other people if you are mad? | Yes | | No | |
| The three main types of bullying are: physical, verbal, & gender. | Yes | | No | |

TRUE or FALSE?

1. Bullying is just teasing. T F
2. Some people deserve to be bullied. T F
3. Only boys are bullies. T F
4. People who complain about bullies are babies. T F
5. Bullying is a normal part of growing up. T F
6. Bullies will go away if you ignore them. T F
7. All bullies have low self-esteem. T F

That’s why they pick on other people.

1. It’s tattling to tell an adult when you’re being bullied. T F
2. The best way to deal with a bully is by fighting T F

or trying to get even.

1. People who are bullied might hurt for a while, T F

but they’ll get over it.

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Answers to TRUE or FALSE?

1. Bullying is just teasing. FALSE

Bullying is much more than teasing. While many bullies tease, others use violence, intimidation, and other tactics Sometimes teasing can be fun; bullying *always* hurts.

1. Some people deserve to be bullied. FALSE

No one ever deserves to be bullied. No one “asks for it.” Most bullies tease people who are “different” in some way. Being different is not a reason to be bullied.

1. Only boys are bullies. FALSE

It seems that *most* bullies are boys, but girls can be bullies, too.

1. People who complain about bullies are babies. FALSE

People who complain about bullies are standing up for their right not to be bullied. They’re more grown-up than the bullies are.

1. Bullying is a normal part of growing up. FALSE

Getting teased, picked on, pushed around, threatened, harassed, insulted, hurt, and abused is *not* normal. Plus if you *think* it’s normal, you’re less likely to say or do anything about it, which gives bullies the green light to keep bullying.

1. Bullies will go away if you ignore them. TRUE and FALSE

Some bullies might go away. But others will get angry and keep bullying until they get a reaction. That’s what they want.

1. All bullies have low self-esteem. That’s why they pick on other people. FALSE

Some bullies have *high* self-esteem. They feel good about themselves, and picking on other people makes them feel even better. Most f the time, bullying isn’t about high or low self-esteem. It’s about having power over other people.

1. It’s tattling to tell an adult when you’re being bullied. FALSE

It’s smart to tell an adult who can help you do something about the bullying. It’s also smart to tell an adult if you see someone else being bullied.

1. The best way to deal with a bully is by fighting or trying to get even. FALSE

If you fight with a bully, you might get hurt (and hurt someone else). Plus you might get into trouble for fighting. If you try to get even, you’re acting the same as the bully. And the bully might come after you again to get even with *you*. Either way only makes things worse.

10. People who are bullied might hurt for a while, but they’ll get over it. FALSE

Bullying hurts for a long time. Some kids have dropped out of school because of bullying. Some became so sad, desperate, afraid, and hopeless that they committed suicide. Many adults can remember times when they were bullied as children. People don’t “get over” being bullied.

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