

BULLYING

STAND UP
AGAINST IT!

1. Begin by asking the children, **"What time is it!"** Teach them to respond, **"Integrity Time!"**
2. Ask the children, **"What does it mean to have Integrity?"** Teach them to respond, **"To have Integrity means to choose what is true and good and right."**
3. Ask the children, **"Why is it important to have Integrity?"** Teach them to respond, **"It is important to have Integrity because it makes us better people with better futures, and gives us dignity and respect for ourselves and for others."**
4. Say, **"Today we are going to talk about bullying. Bullying is a word that most of us have heard. Often at school, at home, or even in the news we hear of the negative effects of bullying. But do you know what the word means? A bully is someone who is aggressive and mean toward others so that they can feel powerful. There are many types of bullying such as pushing, shoving, teasing, threatening, and name-calling. In recent years another type of bullying has occurred more often. This type is called Cyber-bullying. Cyber-bullying means to be mean and threatening through technology such as emails, text messages, Facebook, or Twitter. Whenever someone is mean and aggressive for the purpose of gaining power over someone else, they are bullying. If someone continues to repeat the behavior, they are a bully."**

The truth is, when a bully tries to feel more powerful by hurting another person they are simply proving that they are weak and insecure. We should all decide to stand up against bullying to make our school, community, and world a better place. Who is willing to stand up for what is true and good and right?" Allow for responses.

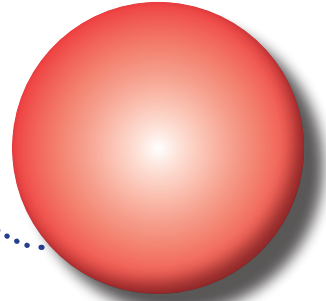
Say, **"Now I want us to take a moment to think about how it feels to be bullied."** Introduce the lesson by passing out the reproducible *Integrity Time Journal Pages* found in this lesson. Go over the questions with the students, allowing for discussion, if needed. Most importantly, make sure the students do not use real names in their writing or discussion. You may want to assign a specific name for everyone to use in their answers and stories, making sure it is a made up name and not associated with any person. Or simply call the bullying character, Bully.

Allow about 5 minutes for the children to write or draw a picture of their entries for the first three questions. Afterwards, allow volunteers to read their entries aloud to the other children. Make sure they do not use any names. If time allows, divide the students into pairs or groups to create a story about a student who stood up against bullying at school. Guide them in simple techniques of good story telling by answering the following questions:

- Who were the characters?
- What was the conflict?
- What was the solution?

6. After the discussion, play the following game as an activity to continue discussion:

- Make sure everyone is sitting in the circle.
- Pass a ball around the circle as the music plays.
- When the music stops, whoever has the ball should answer one of the following questions:



What does it mean to have Integrity?

Why is it important to have Integrity?

What does it mean to have a negative influence?

What is peer pressure?

What does peer pressure have to do with bullying?

What is a positive influence?

What does it mean to treat others the way you want to be treated?

What makes a good friend?

When is it tempting to be a bully?

How do you feel when you see someone else being bullied?

How do you feel when you act like a bully?

Why is it important to stand up against bullying?

How can someone bully another person with their words?

How can someone bully another person with their actions?

Will you make a commitment to stand up against bullying?

Be prepared to ask more questions to promote discussion about bullying. Older children may prefer playing the game according to the rules of musical chairs. Suggested songs for this lesson are "Tame Your Tongue," Track 1, or "When The Pot Gets Hot," Track 3 from the Integrity Tunes 2 Grow It CD. These may be purchased from our website, www.integrity-time.com, or on iTunes.

Another game variation would be for each child try to throw a wad of paper in the trash can as they answer the questions. Anyone who misses, answers one of the questions.

Make copies of the Bully Check reproducible page found in this lesson. Guide the students in a time of reflection each day of the week.

BULLY CHECK!



Monday

Did I demand my own way today?

Tuesday

Did I push, shove, trip, or hit anyone today?

Wednesday

Did I post anything online today that would negatively affect another person?

Thursday

Did I make fun of anyone today?

Friday

Did I talk negatively about anyone today?

JOURNAL TIME

Bullying



Describe a time that someone was mean to you.* _____

Describe a time that you were mean to someone else.* _____

Name three ways that you can avoid being mean. _____

*Answer without using real names.

[illegible]