

K–5 Scope and Sequence: Kindergarten–Grade 3

Introductory Lesson: Class Rules

Concept:

- Rules help everyone feel safe and respected.

Objectives:

- Identify safe and respectful actions and words that help them follow the class rules
- Connect following class rules with helping everyone feel the way they want to feel in class (Grade 3 only)

Lesson 1: Recognizing Bullying

Concepts:

- Bullying is mean or hurtful behavior that keeps happening.
- Bullying is not safe, respectful, or kind. It is against the rules.
- Recognizing bullying is the first step in getting it to stop.

Objectives:

- Identify bullying
- Recognize bullying in response to scenarios

Lesson 2: Reporting Bullying

Concepts:

- When you haven't been able to get mean behaviors to stop, you should tell a caring adult.
- If you practice reporting bullying, it's easier to report bullying when it really happens.
- Reporting is an assertive behavior. (Grade 3 only)

Objectives:

- Identify caring adults to talk to about bullying or mean behaviors
- Differentiate between tattling and reporting
- Demonstrate how to report bullying

Lesson 3: Refusing Bullying

Concepts:

- You can refuse to let bullying happen to you or to others.
- Being assertive helps when you're refusing bullying.

Objectives:

- Recognize bullying
- Apply assertiveness skills to refuse bullying in response to scenarios

Lesson 4: Bystander Power

Concepts:

- Bystanders are people who see or know about bullying happening to others.
- There are things bystanders can do to help stop bullying.
- Bystanders can also refuse to let bullying happen. (Grade 3 only)

Objectives:

- Define "bystander"
- Demonstrate ways that bystanders can help stop bullying in response to scenarios

K–5 Scope and Sequence: Grades 4–5

Introductory Lesson: Class Rules

Concepts:

- Being a respectful student helps everyone stay safe and be better learners.
- Being a responsible student helps create a calm, focused classroom climate where everyone can learn.

Objectives:

- Identify actions and words that are respectful and responsible
- Demonstrate ways to be respectful and responsible

Lesson 1: Recognize, Report, Refuse

Concepts:

- Bullying is mean or hurtful behavior that keeps happening. It is unfair and one-sided.
- Adult intervention is often required to end bullying effectively.
- Refusing bullying means to use words or actions to stop bullying.
- Being assertive is one way to refuse or stop bullying.

Objectives:

- Understand that bullying is different from conflict
- Recognize and identify different types of bullying behaviors
- Understand you can refuse bullying in different ways
- Demonstrate assertively reporting and refusing bullying

Lesson 2: Bystander Power

Concepts:

- Bystanders are people who see or know about bullying happening to others.
- Witnessing bullying can trigger uncomfortable feelings.
- There are many ways bystanders can help stop bullying.

Objectives:

- Define bystander
- Identify ways bystanders can help stop bullying
- Identify different ways bystanders can support someone being bullied

Lesson 3: Bystander Responsibility

Concepts:

- Bystanders have a responsibility to help stop bullying.
- Bystanders can choose to either help stop bullying or become part of the bullying problem.

Objectives:

- Understand how bystanders can be part of the bullying problem
- Understand that helping stop bullying is the right thing to do
- Decide on and practice positive bystander responses to bullying

Lesson 4: Bystanders to Cyber Bullying

Concepts:

- Cyber bullying is bullying using electronic technology.
- There are similarities and differences between cyber bullying and other forms of bullying.
- Bystanders can do things to help stop cyber bullying.

Objectives:

- Recognize and identify different ways of cyber bullying
- Understand that cyber bullying can be even more harmful than other types of bullying
- Demonstrate ways to support and/or stand up for a person being cyber bullied