

Requirements for Bullying Prevention Lessons and TEKS Supporting Information

TEC Sec. 37.0832. BULLYING PREVENTION POLICIES AND PROCEDURES. EDUCATION code Chapter 37. Discipline; Law and Order. (2021, June 18). <https://statutes.capitol.texas.gov/Docs/ED/htm/ED.37.htm#37.0832>

Texas Secretary of State. (n.d.). Texas Administrative Code.

https://texas-sos.appianportalsgov.com/rules-and-meetings?chapter=115&interface=VIEW_TAC&part=2&title=19

Health Education, 4th Grade, Texas Essential Knowledge and Skills (TEKS) (Effective August 1, 2022) [Texas Administrative Code \(state.tx.us\)](https://state.tx.us/texas-administrative-code)

4.13 Injury and violence prevention and safety--digital citizenship and media. The student understands how to be a safe and responsible citizen in digital and online environments. The student is expected to:

(C) discuss the consequences of cyberbullying and inappropriate digital and online communication in relation to home and school environments.

4.14 Injury and violence prevention and safety--interpersonal violence. The student understands the impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety. The student is expected to:

(A) analyze distinguishing characteristics of cyberbullying;

(B) describe the negative impact bullying, including cyberbullying, has on both the victim and the bully

CCISD Policy FFI (LEGAL)

CCISD Policy FFI (LOCAL)

CCISD Regulation FFI

Essential Standards:

- The student is expected to discuss the consequences of cyberbullying and inappropriate digital and online communication in relation to home and school environments. (Health Education-Grade 4: 13C)
- The student is expected to analyze the distinguishing characteristics of cyberbullying. (Health Education-Grade 4: 14A)
- The student is expected to describe the negative impact of bullying, including cyberbullying, has on both the victim and the bully. (Health Education-Grade 4: 14B)

Learning Target:

- I can describe and discuss the negative impact of bullying including cyberbullying, has on the victim and the bully. (Health Education-Grade 4-: 14B)

Evidence for Learning:

- The student can describe and discuss the negative impact of bullying, including cyberbullying, has on the victim and the bully with a trusted adult. (Health Education-Grade 4-: 14B)

Academic Vocabulary for Bullying Prevention (K-12):

- **Body alarm:** warning signals from our body that helps us know when we are feeling unsafe
- **Bullying:** a single act or pattern of acts of intentional aggression or cruelty that involves an imbalance of power or strength. These acts can be done with written or verbal expression. (When one or more persons says or does something intentionally cruel or is repeatedly mean that makes another person or group feel inferior.)
- **Bystander:** a person who witnesses bullying
- **Cyberbullying:** willful (not accidental) harm inflicted through the use of computers, cellphones, and other electronic devices OR bullying done through computers, cellphones, and other electronic devices
- **Decision-making skills:** the skills needed to make an informed, rational choice
- **Empathy:** the ability to take on another's perspective, to understand, feel, and possibly share and respond to their experience
- **Harassment:** intentional behavior meant to annoy, torment, alarm, abuse, or embarrass another person (per the Texas Penal Code 42.07)
- **Intentional:** done on purpose
- **Joking:** to speak or act in a playful way or to say or do something to provoke or make someone laugh
- **Playing around:** to behave or treat something in a care-free or worry-free way
- **Problem-solving:** the process of finding solutions
- **Problem-solving skills:** the ability to identify a problem, brainstorm answers, and implement solutions
- **Reporting:** concern about safety of yourself or others
- **Ripple effect:** a situation in which one thing causes a series of other things to happen
- **Sticky situations:** situation that can be a little dangerous or unsafe, but where it's not super clear or obvious what to do
- **Tattling:** telling on someone to get them in trouble or make them feel bad
- **Teasing:** to make fun of or attempt to provoke/give big feelings or anger in a playful way
- **Trusted Adult:** a grownup whose words and actions make you feel safe
- **Unsafe:** unprotected; could be harmed, hurt, or in danger (people, places, things, situations)
- **Unsafe situation:** a location or condition where you could be harmed, get hurt, or be in danger

Lesson Vocabulary: No new vocabulary

Tips for Success: Prior to this lesson, students should have received instruction on bullying, cyberbullying, and trusted adult.

Resources / Materials:

- PowerPoint
- Cyberbullying [Video Link](#)
- [Sorting Game Link](#) or QR code
- Activity handout
- Each student needs a laptop or device

BULLYING PREVENTION LESSON –FOURTH GRADE UNIT

Learning Experience:

1. Before the lesson, ensure each student has a laptop for participation.
2. Say, *“Today we are going review bullying, including cyberbullying, and how it impacts the victim and the person doing it.”*
3. Review the definitions of bullying, cyberbullying, and trusted adult. Ask a volunteer to read the definitions on the screen.
4. Say, *“When bullying happens, it impacts the person doing it and the person on the receiving end. We will watch a short video about a student who is bullied by someone at school. Pay close attention to how the bullying happens, and the impact on the victim and the person doing the bullying.”*
 - Watch the cyberbullying video.
5. Say, *“Now spend some time in small groups discussing examples of the bullying/cyberbullying behavior, the consequences of being bullied, the consequences of bullying, and ways to address the bullying.”*
 - Say, *“Be prepared to share.”*
 - Pass out the activity handout.
 - OPTION—Students complete the activity handout in small table groups or students complete the activity handout as a jigsaw.
 - Jigsaw groups-Bullying/Cyberbullying behavior; Consequences of being bullied; Consequences of bullying; Ways to address bullying
 - Student sharing should include the following information
 - Bullying behavior-name calling, sending threatening emails, repeated threats, posting threats online, in texts, on social media
 - Consequences of being bullied- nervous, scared, sick to stomach, thoughts of avoiding things you like to do
 - Consequences of bullying-suspended from school, could go to court, could go to juvenile detention, people don’t like you
 - Ways to address bullying-ignore it, tell a trusted adult at home/school, be courageous, save the evidence and give it to a trusted adult
6. Say, *“Everyone get out your laptop and scan the QR Code on the screen. You will quietly play the bullying prevention sort game using the information from the video and your group discussions.”*
7. Conclude the lesson. Say, *“Bullying and cyberbullying impact lots of people. Today we looked at how bullying impacts victims and the person bullying. Please go home and share with your trusted adults the characteristics of bullying and cyberbullying and how it impacts the people involved.”*

Home Connection: As part of the 4th Grade Bullying Prevention lesson, counselors are encouraged to send the District Home Connection Bullying Prevention letter the day the lesson is completed.