

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, 1ST Grade, Texas Essential Knowledge and Skills (TEKS) (Effective August 1, 2022) [Texas Administrative Code \(state.tx.us\)](https://state.tx.us)

1.13 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) describe consequences for both the victim and the bully and the impact of bullying on the victim;
- (C) explain the differences between teasing, joking, and playing around and bullying

CCISD Policy FFI (LEGAL)

CCISD Policy FFI (LOCAL)

CCISD Regulation FFI

Essential Standards:

- The student is expected to describe consequences for both the victim and the bully and the impact of bullying on the victim. (Health Education- Grade 1: 13A)
- The student is expected to explain the differences between teasing, joking, and playing around and bullying. (Health Education- Grade 1: 13C)

Learning Target:

- I can explain the difference between teasing, joking, playing around and bullying (Health Education-Grade 1: 13C); AND can identify the consequences and impact of bullying (Health Education-Grade 1: 13A).

Evidence for Learning:

- The student can explain the difference between teasing, joking, playing around, and bullying and can list the consequences of bullying both for the person bullied and the person(s) bullying. (Health Education-Grade 1: 13A, C).

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

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- **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:

- **Teasing:** to make fun of or attempt to provoke/give big feelings or anger in a playful way
- **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
- **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.)

Tips for Success: Prior to this lesson, students should have received instruction on conflict resolution and feelings identification.

Resources / Materials:

- PowerPoint
- Chart paper and marker
- CC STAR handout
- LOU-Pixar Short Film <https://www.youtube.com/watch?v=zIL0vSNx8Xg>

Learning Experience:

1. Before you begin the lesson, be sure to have logged into YouTube using your CCISD credentials. Start the lesson with the PowerPoint provided. ****NOTE—Present this lesson from Presenter Mode in PowerPoint****

Introduce the topic of bullying by saying, *“One of the things we are responsible for is looking out for each other and making sure everyone feels safe.”*

- Say, *“Today we are going to talk about how you can help others stay safe by preventing bullying. First, we are going to learn the difference between teasing, joking, playing around, and bullying. Then, we will learn what happens or the consequences of bullying.”*
2. Review the definition of bullying. Say, *“Bullying is when someone is hurt by unwanted words or actions, usually more than once, and has a hard time stopping what is happening to them.”*
 3. Teach definitions of teasing, joking, and playing around. Say, *“Teasing is making fun of someone or getting them to have big feelings or anger playfully.”*
 - Say, *“Joking is speaking or acting in a playful way or to say or do something to make someone laugh.”*
 - Say, *“Playing around is behaving or treating something in a care-free or worry-free way.”*
 4. Say, *“Now we are going to watch a short video called Lou. Let’s watch carefully to see if we can find examples of teasing, joking, playing around, and bullying. Also, watch to see if we can see how the people in the video feel about the actions happening.”*

****NOTE—Before you launch the video, click “Display Settings” at the top of the screen, and select Duplicate slide show. This will ensure the video plays on the large screen for the students to see. The video will launch in your web browser. When the video ends, you will need to toggle back to the PowerPoint in presenter mode.****

- Watch LOU-Pixar Short Film. [Video Link](#).
5. Ask students to share examples of joking, teasing, and playing around from the video.
 6. Ask students to share examples of bullying from the video.
 - Ask students to share examples of how the students who were bullied felt. Ask students to share how the person doing the bullying felt.
 7. Create a “Consequences of Bullying” chart. Include a side for the person bullied and a side for the person(s) bullying. Ask students to list consequences at home, school, with friends, and how the person feels.
 8. Say, *“One thing I noticed is when bullying happens, it’s important to have a friend who can help. I want to introduce you to a friend named CC STAR. CC is cool because the last name STAR reminds me and you of what to do when we see something that could be bullying!”*
 - Say, *“STAR means to stand tall, tell them to stop, ask if anyone needs help, and report to a trusted adult.” (STAR actions can happen in any order.)*

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9. Conclude the lesson by asking the students how they could have used CC STAR in the LOU video. Pass out the CC STAR Handout for students to take home.

Home Connection: As part of the 1st Grade Bullying Prevention lesson, counselors are encouraged to send the District Home Connection Bullying Prevention letter the day the lesson is completed.