

Name:

Date:

Social Emotional Learning Remote Learning Activities

Leadership & Courage

Learning Objectives:

- Explain risk factors that can lead to bullying.
- List techniques to handle bullying when it does occur.

Materials Needed:

- Pen or pencil
- Paper
- Optional: Props

Active Reading: As you read you will see questions asked throughout. Jot down answers and notes to these questions to help you with the activity at the end!

There is no single type of bully and there is no one single cause of bullying. Instead, a host of factors put peers at risk for bullying other peers. Sometimes temperament, size and self-esteem play a role. Other times, family background increases the likelihood of bullying. Still other times, young people resort to bullying because they are bullied themselves.

- Witnessing or Experiencing Abuse

Peers from abusive homes are more likely to bully than other peers because aggression, violence and manipulation are modeled for them.

Do you know anyone that's having a difficult time at home? _____

- Exhibiting Low Self-Esteem

Peers with low self-esteem are prone to bullying because it gives them a sense of power and control, which is something they find lacking in their own life.

- Showing Little Empathy

Peers who have not learned to be empathetic may also resort to bullying. They are either unable or unwilling to understand how a person might feel when cruel things are said or done.

What is a way that you can show empathy? _____

- **Acting With Aggression**

Aggressive peers often have poor impulse control and a quick temper. Rather than using reasoning, they resort to coercion and dominance.

- **Getting Harassed by Others**

Often peers bully others because they too are being bullied. These peers are referred to as bully victims and suffer from the same characteristics as a victim. But to compensate for their painful feelings, they often bully other children.

Have you seen someone getting bullied? Did you do anything? If so, what did you do?

Every single day we each have the opportunity to make our schools (and our world!) a better place. Putting an end to bullying is everyone's responsibility. When we work together and stand strong against bullying, we are creating communities that are stronger, safer, and more supportive - places where every person is valued for who they are.

1. Make friends outside of your circle. Eat lunch with someone who is alone. Show support for a person who is upset at school, by asking them what is wrong or bringing them to an adult who can help.
2. Be aware of the school's bully prevention policies. Are there also policies that "catch" kids "being good"? How can you support school rules and codes of conduct support students and adults doing the right thing? If there isn't a policy, get involved or ask teachers or front office staff to speak about how you can reduce bullying.
3. Welcome new students. If someone is new at your school, make an effort to introduce them around and make them comfortable.

How would you feel leaving your friends and coming to a new school?

4. Refuse to be a "bystander" and be a role model to others instead! If you see friends or classmates laughing along with the bully, tell them that they are contributing to the problem. Let them know that kind of behavior is not okay in your school.

5. Respect others' differences and help others to respect differences. It's cool for people to be different—that's what makes all of us unique. Join a diversity club at school to help promote tolerance in your school.

What is a difference you like about yourself?

6. Tell an adult. If you are being bullied, it's very important to tell an adult. Find someone you trust and talk about what is happening to you. Teachers, principals, parents, or another adult you trust can all help to stop bullying.

Who are some adults that you trust?

Activity: Script-Writing. Write scripts to detail the conversations below. Then, if you're feeling creative, act out the scenarios!

Prompt A: Write a script about a bullying scenario or incident that you have experienced or witnessed. *What happened? Where did it happen? Who was involved? What risk factors did the person bullying show?*

Prompt B: Write a script about a friend coming to talk to you about bullying they are experiencing. *What kind of bullying is occurring? What risk factors did the person bullying show? What are some ideas to improve the situation?*

Prompt C: Write a script about seeking out a trusted adult's help to deal with a bullying situation. *Who is the adult? Why are they trusted? How do you explain the situation to them? What plan do you and the adult come up with to improve the situation?*