

**Bully Prevention
Guidance Home Page
Mr. Rauschenberger---School Counselor**



During the months of October and November, children learned the difference between the behavior of a bully and the behavior of a buddy. Students learned many definitions and terms as they relate to bullying. Students learned strategies to use if/when they are bullied as well as what to do if they are a bystander and witness bullying taking place.

Grade 4

During this week's lesson on bully prevention, we began by reviewing the definition of bullying.

The NJ State Bar defines bullying as:

“Unfair and one-sided. It occurs when someone keeps hurting, frightening, or leaving someone out intentionally. Bullying always involves an imbalance of power that is not based on physical size.”

Children were shown a slide/show powerpoint on the smartboard highlighting other facts and information about bullying.

Next, we discussed why being a bystander and not reporting bullying behavior has harmful effects. If a person is a bystander, students were instructed to never take a bully's side, to never laugh at mean jokes or go along with any form of verbal or physical abuse. Instead they should always stand up for what they know to be right, to be a leader, and to help the bully understand that bullying is wrong and hurts everyone. This concept is known as being an *Active Bystander or Defender*.

For the next part of the lesson, children were given a handout and took notes on the following bully prevention information:

1) Definition of bullying and the 3 Types of Bullying

- **Physical=Hitting, Kicking, Punching**
- **Emotional=Name Calling, Put-Downs**
- **Social=Exclusion, Gossip, Spreading Rumors, Eye Rolling, Cyberbullying**

2) Sympathy vs. Empathy and Bully Concept Web

3) Having Fun vs Making Fun

4) Creating a Positive Classroom

5) Quote by Dr. Martin Luther King, Jr.

“In the end we remember not the words of our enemies, but the silence of our friends.”

6) Caring Majority and Caring Classroom

Students continued the lesson by coming up with their own “bully prevention plan.” Students were given an index card and asked to come up with a plan for what to do if they were bullied or witnessed bullying.

The following tips were suggested:

- **Calmly confront the bully**
- **Ignore the bully**
- **Tell an adult**
- **Enlist help from friends**
- **Try to change the subject or distract the bully so they stop**

The index card included the following: (Students were asked to keep their card in a safe place such as their pencil supply box for future reference).

Side 1 of Index Card

“If I am bullied I will...”

- 1)**
- 2)**
- 3)**

Side 2 of Index Card

“If I witness bullying I will...”

- 1)**
- 2)**
- 3)**

We concluded the lesson by practicing our new strategies written on our bully prevention index cards. Students role-played what to do as a victim of bullying as well as a bystander to bullying taking place.

Students took home a “Tips for Bystander and Target” sheet and “Creating a Positive School” sheet. Teachers were given copies of these handouts for display in the classroom for use as a future reference.