

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.

Kindergarten

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.”

Students learned the definition of the terms bully and buddy. Together we brainstormed the characteristics of a buddy and a bully. We read the book *King of the Playground*, by Phyllis Reynolds Naylor, which demonstrated a child dealing with a bullying situation at school. Students brainstormed the differences between a bully and a buddy and discussed numerous ways to deal with a bully.

What should you do if you are being bullied?

- **Tell the bully, “Stop it” or “Go away”**
- **Stay calm and walk away**
- **Find a friend or group of friends so you are not alone**
- **Tell an adult (recess aide, parent, teacher, counselor, principal)**

Next, children were introduced to the following terms:

TARGET/VICTIM-Person being bullied

BULLY-Person engaging in the bullying (I told the children that we don't refer to a person as “being a bully” but rather as “engaging in bully behavior”)

DEFENDER-Person that stands up for a Target/Victim

Students also learned that bullying can be:

Physical--Hitting, Kicking, Punching

Emotional--Name Calling, Teasing, Put-Downs

Social—Exclusion (Leaving somebody out on purpose)

Next, children watched and participated in a short role play. Small stuffed animals as well as playhouse “family members” were introduced. One of the stuffed animals, “Buddy the Dog” played the VICTIM OR TARGET (the person being bullied), “Willy” played the BULLY and “Max” played the BYSTANDER. The children learned what to do if they witness bullying.

They can:

- 1) Confront the bully**
- 2) Get an adult**
- 3) Get the victim away from the bully**

We concluded the lesson by playing a “BUDDY/BULLY” matching game. Children were given different scenarios and were then asked to determine whether the behavior was that of a “buddy” or a “bully.” Then we discussed our answers together.

Children were asked to share the “Buddy/Bully” game sheet with a parent/guardian to allow for a home discussion on bully prevention.