

SCRIPT

First Grade - Health TEKS 115.3

- (A) describe consequences for both the victim and the bully and impact of bullying on victim;
- (B) discuss ways of actively discouraging bullying;
- (C) explain the differences among teasing, joking, playing around, and bullying.

Slide One

Introduce yourself to the students if they don't know you.

Hello friends! Today we have something very important to talk about: Bullying.

Slide Two

Our goal today is to learn the difference between teasing and bullying, how bullying affects everyone involved, and how to stop bullying.

Slide Three

First, let's talk about the difference between teasing and joking around and bullying. How do you know when someone is teasing or joking around? How do you know when someone is bullying? *Invite the students to respond to each question individually. Answers will vary, but the goal of the question is to get the students engaged in thinking about the concept of this lesson.*

Teasing is meant to be fun and playful. Friends tease and joke around with one another. It does not feel threatening. Teasing stops if the person being teased gets upset.

Bullying is meant to hurt and embarrass. Friends do not bully one another. Bullying is done over and over. It feels threatening. It often involves an imbalance of power, like the bully is older or bigger. Bullying does not stop if the person being bullied gets upset. Sometimes it even gets worse.

Slide Four

Let's play a game to see if you can tell the difference between teasing and bullying. I'm going to give you some scenarios and you're going to tell me if it is teasing or bullying.

Slide Five

Two friends are playing basketball. One friend misses his shot and the other friend laughs and says, "AIRBALL!" Both friends laugh and keep playing.

Is this teasing/joking/playing around or bullying? *Teasing/joking/playing around. How do you know? Answers should include that it is good-natured, it was between friends, it was joking around, it was fun, they kept playing, nobody got upset.*

Slide Six

Two friends like to play basketball at recess. Every day, an older student walks up and takes the ball and kicks it over the fence. The two friends don't like it, so they tell him to stop, but he won't.

Is this teasing/joking/playing around or bullying? *Bullying*. How do you know? *Answers should include that it is mean, it is done over and over, there is an imbalance of power because the other student is older, and the friends wanted it to stop and it didn't stop.*

Slide Seven

A new student is eating lunch in the cafeteria alone. Another student walking by throws a fruit snack at him and says, "Loser!" Other students point and laugh. The new student feels hurt and embarrassed.

Is this teasing/joking/playing around or bullying? *Bullying*. How do you know? *Answers should include that it was mean, it was hurtful, and there was an imbalance of power because the student was new and alone.*

Slide Eight

A student is eating lunch in the cafeteria alone. His friend sits down with him and says, "Did you forget to shower today or something?" They both laugh at the joke and then eat lunch together.

Is this teasing/joking/playing around or bullying? *Teasing/joking/playing around*. How do you know? *Answers should include that it was good-natured, it was between friends, he was just joking around, they ate lunch together, nobody got upset.*

Slide Nine

Now we're going to talk about the consequences of bullying. Does bullying only hurt the person being bullied? *Give students a chance to respond.*

Slide Ten

Bullying hurts the person being bullied, but did you know that bullying also hurts the bully? It doesn't feel good to get bullied, and it doesn't feel good to be a bully, either. That's why it's so important to stop bullying.

Slide Eleven

What are some of the ways bullying can hurt the person being bullied? *Give students time to respond.* Yes! Being bullied can make someone feel sad, afraid, or anxious. People who are bullied can also have low self-esteem. Kids who experience bullying can sometimes lose sleep, or miss school, or have lower grades.

Slide Twelve

Bullying also hurts the bully. Bullies are more likely to have difficulty making friends. Why would a bully have a hard time making friends? *Give students time to respond.* Bullies are also more likely to get into trouble in the future.

Slide Thirteen

You have the power to stop bullying. Do you want to know how? Yes? Well, first we need to make our “stop bullying” signs.

Hand out the stop sign cutouts and popsicle sticks; instruct students to color the stop sign, cut it out, and glue it to a popsicle stick handle.

Slide Fourteen

If you're being bullied, YOU can help stop it!

Slide Fifteen

If you're being bullied, here's how you stop it: Tell the bully to stop in a clear, calm voice. Then walk away and tell an adult.

What does clear and calm sound like? Does it sound like yelling? Does it sound mean? Does it sound quiet? No. Let's practice saying “stop” in a clear, calm voice. *Let students practice saying stop.*

Okay, now let's practice how to stop bullying by using our stop bullying signs. Turn to a friend next to you. Hold out your stop bullying sign. Tell them to stop in a clear, calm voice.

Slide Sixteen

If you see bullying, YOU can help stop it!

Slide Seventeen

Stand up for others. Don't bully back. Say it with me: Stand up for others. Don't bully back. Stand up for others. Don't bully back.

Slide Eighteen

Together, we can stop bullying.

Our goal today was to learn the difference between teasing and bullying, how bullying affects everyone involved, and how to stop bullying. Let's see how we did.

What is the difference between teasing and joking or playing around and bullying? Do you remember? *Allow students time to respond.*

Does bullying only hurt the person being bullied? *Allow students time to respond.* No! Bullying can hurt the bully, too. It doesn't feel good to be mean to others.

How can you stop bullying? Show me! *Encourage students to practice saying "Stop" in a clear, calm voice. After you tell the bully to stop, what do you do? Allow students time to respond.*

Slide Nineteen

Wow. We learned SO MUCH today! You're all ready to stop bullying.