

# SCRIPT

## Third Grade - Health TEKS 115.15

(13)(A) describe how to effectively respond to bullying and cyberbullying of oneself or others;

(12)(D) explain consequences that result from cyberbullying and inappropriate online and digital usage

### Slide One

*Greet the class and introduce yourself to the students.*

### Slide Two

Today we are going to learn about bullying and cyberbullying. We have two learning goals. By the end of this lesson, you should be able to...

### Slide Three

- describe ways to respond to bullying and cyberbullying
- explain the consequences of cyberbullying and inappropriate online behavior

### Slide Four

A bully is a person who purposely tries to hurt others by:

- Making them feel uncomfortable.
- Kicking, hitting, pushing, tripping, etc.
- Name-calling.
- Spreading nasty rumors.

### Slide Five

The person being bullied often feels that there is nothing they can do to stop the bullying--but they're wrong. There ARE ways to stop someone from bullying you.

### Slide Six

What to do if someone is bullying you:

### Slide Seven

Tell a trusted adult about it. Or, if it is easier, you can write that person a note instead! Who are some trusted adults you could tell if you were being bullied? *Allow students time to respond.* People you might want to tell are: parents, teachers, the principal, or older friends and relatives.

### Slide Eight

If the person you told cannot help you or does not do anything, find someone else! In addition to reporting bullying and cyberbullying to the adults you live with, we also want you to tell us at school. Tell me, your favorite teacher, one of the coaches, or one of the folks in the front office. Anyone, just please tell someone! Never keep being bullied a secret.

### **Slide Nine**

Try not to let the bully see you are upset. Bullies are looking for signs that you are upset and they may do it more. If you're good at being funny, you could even turn it into a joke and laugh.

### **Slide Ten**

Avoid areas where the bully feels comfortable picking on you; for example, places where teachers cannot see you, the cafeteria, the playground, hallways and bathrooms, and behind large furniture in the classroom. If you have to go one of these places, try to stay near an adult or friends.

### **Slide Eleven**

Get a group of friends together and TALK to the bully. Let the bullies in your school know that bullying is not accepted at your school. Be kind but straightforward.

### **Slide Twelve**

What can you do if you see someone else being bullied?

### **Slide Thirteen**

Don't cheer the bully on or stand around and watch. You could make the situation worse. The bully might like the attention, and pick on the kid even more.

Quickly find a trusted adult and let them know what is happening.

### **Slide Fourteen**

Be nice to, include, and get to know people who are being bullied: You may find out that you have a lot in common and you could make a new friend.

### **Slide Fifteen**

Try to make friends with the bully, too. That way, they see that they don't need to bully others to be accepted or cool. Show them better ways to interact with others.

### **Slide Sixteen**

Did you know? When people intervene or interrupt, the bullying behavior stops within 10 seconds, 57% of the time. That's proof that YOU have the power to stop bullying.

### **Slide Seventeen**

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages, social media posts, or emails. There are also things you can do to protect yourself from cyberbullying.

### **Slide Eighteen**

Always think about what you post. You never know what someone will screenshot and share. Being kind to others online will help to keep you safe, so before you post, THINK: Is it... **T**True? **H**elpful? **I**nspiring? **N**ecessary? **K**ind? If the answer to these questions is NO, then don't post it.

### **Slide Nineteen**

Do not share anything that could hurt or embarrass anyone.

### **Slide Twenty**

Never "like" or share a post that is mean or makes fun of someone else. That only makes the situation worse, and it can get you into as much trouble as the original poster.

### **Slide Twenty-One**

Keep your password a secret from other kids. Even kids that seem like friends could give your password away, or use it in ways you don't want, like logging into your accounts and making posts pretending to be you. Let your parents have your passwords.

### **Slide Twenty-Two**

Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what. You should only share with people you trust.

### **Slide Twenty-Three**

Keep your parents in the loop. Be honest about what you're doing online and who you're doing it with. Let them friend or follow you on social media. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.

### **Slide Twenty-Four**

If you are being cyberbullied...

### **Slide Twenty-Five**

If you are targeted by a cyberbully, stop! Don't respond. Take 5 minutes to calm down. If you are at home or close to a trusted adult, tell the trusted adult right away. Screenshot the post if you can, and show the adult.

### **Slide Twenty-Six**

Block the cyberbully and wait until you talk with a trusted adult before going back to the app you're being cyberbullied on.

### **Slide Twenty-Seven**

If you are being cyberbullied, you need to let your parents know right away. If you are at school, tell a teacher or staff member what is happening so we can help.

### **Slide Twenty-Eight**

Let's take a look at this video that summarizes everything we've learned so far today.

### **Slide Twenty-Nine**

Next, we're going to learn about the consequences of bullying and cyberbullying.

### **Slide Thirty**

What happens to people who bully or cyberbully?

### **Slide Thirty-One**

Bullying and cyberbullying have serious consequences. Bullies can get into BIG trouble... at home, at school, and even with the police.

### **Slide Thirty-Two**

Why are bullying and cyberbullying such a big deal? Because they HURT people, and hurting people isn't cool.

### **Slide Thirty-Three**

In some states, like Texas, bullying and cyberbullying are a crime. That's another reason to take it very seriously.

### **Slide Thirty-Four**

And even though cyberbullying can take place outside of school, it can still get the bully into trouble at school because it makes school feel less safe.

### **Slide Thirty-Five**

Bullies and cyberbullies can get into big trouble at school. They might have to go to the principal's office and they could get suspended. The most serious cases might even involve the police.

### **Slide Thirty-Six**

Cyberbullying can disrupt the learning environment no matter where it happens, and schools are prepared to do everything they can to keep kids safe. That's why it's so important to ALWAYS report bullying!

### **Slide Thirty-Seven**

Our learning goals today were for you to be able to:

- describe ways to respond to bullying and cyberbullying
- explain the consequences of cyberbullying and inappropriate online behavior

How did we do? Do you know how to respond to bullying and cyberbullying? What are some ways? *Allow students to respond.* Can you explain the consequences of bullying and cyberbullying? *Allow students to respond.*

### **Slide Thirty-Eight**

Wow, we learned so much today! I'm so proud of all of you, and I know you will help STOP bullying here at [insert name of school].