

SCRIPT

Grade 1 Health TEKS 115.13

(13)(C) explain the differences between teasing, joking, and playing around and bullying

Slide One

Good morning. Who is ready to be a Superhero? Today I am going to teach you about three important ideas that you need to understand to be a Superhero. Are you ready to learn?

Slide Two

"Joking, Teasing, or Bullying?"

Slide Three

Superheroes in training - music will play

Slide Four

Superheroes stand up to bullies!

As you know, Superheroes never stand by and watch someone bullying someone else. They spring into action and tell an adult or help the person being bullied walk away. Why? Because Superheroes are kind and watching someone be bullied isn't a kind thing to do.

Slide Five

Sing along

So, let's all stand up and get energize up to be Superheroes by singing our "Be a Superhero" song together!

Slide Six

What is the difference between teasing, joking, and bullying?

Slide Seven

So let's first talk about JOKING. Let's sound the word out together.

What do you think joking is? *(Get responses from students)*

JOKING - To say funny things or play tricks on people to make them laugh.

Joking is between friends, makes all people laugh, isn't meant to be mean, cruel or unkind, doesn't make people feel bad and stops before someone gets upset.

Do you think Superheroes joke with their friends? Yes! Superheroes like to joke and laugh when others joke. But, when they see someone in the group not laughing at the joke they know it is time to stop.

Slide Eight

TEASING - Let's sound out the word together.

Teasing means to make fun of someone by playfully saying unkind and hurtful things to the person; it can be friendly, but can turn unkind quickly. Teasing can include small insults, physical bumps and pushes, and minor insults.

Let's look at this picture. The boy is gently pulling on the girl's pig tail. He is smiling and it seems he is just trying to tease her but if he pulls too hard or does it too often his behavior could upset the girl and be considered mean.

Do Superheroes tease? Superheroes don't tease often because they know it can hurt the other person's feelings and that even though they are just trying to have fun, having fun by making someone else feel bad isn't nice.

You shouldn't tease anyone you don't know very well. Because you don't know if they will feel it is teasing or bullying.

And even with your friends, you need to be careful when teasing so you don't hurt someone's feelings.

What if your friend is teasing you and you don't like it? What do you say?

Practice asking someone to stop teasing them. Have class give examples and then practice asking them to stop.

Slide Nine

And then there is BULLYING.

Bullying happens over and over and can include name calling, taunting, insulting, gossiping, leaving people out, kicking, hitting, making someone look silly on purpose, spreading rumors, mean phone calls or text messages or making fun of someone.

Do Superheroes ever bullying someone? Absolutely NOT!

Resource:

https://www.redlandsusd.net/cms/lib/CA01900901/Centricity/Domain/4821/2_it_takes_one_joking_teasing_or_bullying.pdf

Slide Ten

Sometimes it is hard to tell if a person is joking, teasing, or bullying.
Let's look at the differences.

Slide Eleven

What does joking look like to you?

Write down what your students say on a poster sheet. Here are some possible responses:

To say funny things,
play tricks on people to make them laugh,
it's between friends,
makes everyone laugh,
isn't meant to be cruel or unkind,
doesn't make people feel bad,
stops before someone gets hurt.

Slide Twelve

What does teasing look like to you?

Again, write the student's answers on a white poster sheet. Here are some possible responses:

To mock someone by playfully saying unkind and hurtful things to the person, not a routine activity, can be friendly but can turn unkind quickly, small insults, physical bumps and pushes, minor insults.

Slide Thirteen

Now let's talk about bullying...what do you think bullying is?

(Again, write answers on the white poster board)

Name calling,
taunting,
insulting,
gossiping,
leaving people out,
kicking,
hitting,
making someone look silly on purpose,
spreading rumors,
mean phone calls or text messages,
happens more than once (key point),
makes fun of how someone looks.

Slide Fourteen

You thought of strong words to describe joking, teasing and bullying!

(Summarize by saying something like:) Joking around can be a way to get closer to your friends or others, get to know them or have fun. Teasing can start as a way for friends to have fun, but can quickly become cruel and unkind if people aren't careful. Bullying is repeated unkind behavior and the goal is to have power over or to hurt someone else. In fact, teasing can become bullying when one person uses it to make him or herself seem more important or keeps doing it over and over again. Does that make sense?

Do you think superheroes bully their classmates?

Slide Fifteen

Let's Practice!

Ok, everyone stand up and push in their chair.

I am going to make a comment and you are going to decide if you think it is joking, teasing, or bullying.

If you think it is joking, you are going to walk to the green JOKING sign over there.

If you think it is teasing, walk to the yellow TEASING sign there.

And If you think it is bullying, walk to to the red BULLYING sign.

If you aren't really sure, stand somewhere in the middle. Make sure to decide for yourself.

Possible situations (or you can write your own):

- A friend says "You are acting super crazy today!" and laughs. Is that joking, teasing or bullying?
- A kid who isn't very nice to you trips you in the hall for the third time this week. Is that joking, teasing or bullying?
- A popular second grader tells the other kids in your class to ignore you because your clothes aren't very stylish. Is that joking, teasing or bullying?

- A fourth grader comes over to you on the playground and tells you to stop playing with your best friend because she is weird. Is that joking, teasing or bullying?
- You fall down, hurt your knee and try not to cry. A friend comes over and says “Hey, clumsy, what happened?” Is that joking, teasing or bullying?

So now that we all understand the difference between joking, teasing, and bullying, let's learn how to do with a bullying situation.

Slide Sixteen

Click the play arrow on the presentation to start video:

<https://www.youtube.com/watch?v=dQEVoz3qH0o>

Once video is complete move to slide seventeen

Slide Seventeen

(this is the section of the presentation where we work on empowering our students)

Mr. Valdez gave April some good advice didn't he. His advice is good for all Superheroes in training because superheroes are brave and superheroes are strong.

Let's all repeat that, I am brave. I am strong.

Good job. So let's practice what we would say to someone whose teasing was turning into bullying.

Please stop bothering me.

What about to someone who kept pulling your hair?

Slide Eighteen

April's friends were Superheroes by standing up to the bully with her.

What are some of the things they did that helped the situation?

Nicole told her brother, the person who was behaving like a bully to stop.

The other kids gathered around April so she didn't feel alone.

When Ethan talked about a knuckle sandwich, Antonio made it into a joke and lightened the mood.

By springing into Superhero action, April's friends helped change the situation and stopped April from being bullied.

Slide Nineteen

By telling Antonio's dad what was happening the kids all received good advice.

Superheroes always tell a trusted adult if they see bullying.

Slide Twenty

Today we learned that it's OK to have fun with our friends and joke around, but often it can turn into teasing or bullying accidentally. That is not kind. By knowing the difference between the three, we can help ourselves and others when these situations arise. We can make sure that everyone is being treated kindly.

It's important to be kind to ourselves and not let other people tease or bully us. Take a moment to be kind to yourself by promising yourself to not engage in teasing or bullying. Say these words, "I (state your name) promise that if someone teases me, I will ask them to stop and if someone bullies me I will get help. I will not let anyone say mean words to me that I don't like and I promise not to say mean things to others".

Slide Twenty-One & Twenty-Two

Closing