

SCRIPT

Grade 3 Health TEKS 115.15

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

Slide One

Greet and introduce yourself to the students.

Slide Two

Today we are going to talk about how we can respond to bullies and cyberbullies.

Slide Three

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

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

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The person being bullied often feels that there is nothing they can do to stop the bullying. Why is that?

- He or she might feel smaller or weaker than the bully.
- He or she might feel outnumbered by the bully and the bully's friends.
- He or she might feel there is no help:
- No one to talk to.
- No one is standing up for him or her.
- He or she often feels very sad, but does not know how to change the situation.

Bullies can be BOYS or GIRLS!!

Slide Five

- Often, bullies are bigger kids or kids that think they have more friends or are more powerful, so they pick on:
- Kids they feel are smaller.
- Kids they think won't stand up to them.
- Kids that have few friends to stand up for them.

Slide Six

Why do bullies do what they do?

- Sometimes they think that they will win or get what they want.
- Sometimes they want to impress or entertain their friends.
- Sometimes they enjoy feeling power over someone because sometimes they are being bullied by someone else!
- Sometimes they do not even realize that they are hurting the other person.

Slide Seven

What to do if someone is bullying you:

Slide Eight

Tell someone you trust about it. If it is easier for you, write that person a note instead! People you might want to tell are: parents, teachers, the principal, playground safeties, or older friends.

Slide Nine

If the person you told cannot help you or does not do anything, find someone else! Never keep being bullied a secret! 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!

Slide Ten

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.

Slide Eleven

Avoid areas where the bully feels comfortable picking on you; for example, places where teachers cannot see you, such as corners of the playground, empty corridors, and behind large furniture in the classroom.

Slide Twelve

What to do if you see someone who is being bullied:

Get friends together and TALK to the bully. Let the bullies in your school know that bullying is not accepted at your school.

Slide Thirteen

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

Slide Fourteen

Don't cheer the bully on or stand around to watch. The bully might like the attention, and pick on the kid even more.

Find a trusted adult quickly and alert them to what is happening.

Slide Fifteen

Be nice to, include, and get to know the people who are being bullied: You may find they are similar to you and you might make a new friend.

Slide Sixteen

Try to make friends with the bully, too. Show them other ways to interact with others. They don't need to bully others to be accepted or cool.

Slide Seventeen

When people intervene or interrupt, the bullying behavior stops within 10 seconds 57% of the time.

Slide Eighteen

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

Slide Nineteen

There are things you can do to protect yourself.

Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe.

Slide Twenty

Do not share anything that could hurt or embarrass anyone.

Slide Twenty-One

Never like or share a post that is making fun of someone else, or is being mean to someone else.

Slide Twenty-Two

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. Let your parents have your passwords.

Slide Twenty-Three

Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.

Slide Twenty-Four

Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. 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.

In addition to telling an adult at school if you are being bullied or cyberbullied. Always tell the adults you live with too!

Slide Twenty-Five

If you are being cyberbullied...

Slide Twenty-Six

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.

Slide Twenty-Seven

If there isn't a trusted adult nearby, immediately block the cyberbully on the app you are using and all other apps on your phone.

Wait until you talk with a trusted adult before going back to the app the cyberbully used to be mean to you.

Slide Twenty-Eight

If you are being cyberbullied, you need to let your parents know right away. If you are at school, tell a teacher and tell them what is happening so they can help.

Slide Twenty-Nine

We covered a lot today. This video nicely summarizes what we have learned. Let's watch.

After the video: If you have any questions or if you are ever bullied or cyberbullied, I am here to help you. All you need to do is tell your teacher you need to see me right away because you are being bullied or cyberbullied and s/he will help you get in to talk with me quickly.

Never keep it a secret if you are being bullied or cyberbullied. You did nothing wrong and telling a trusted adult is always the right thing to do!

Slide Thirty

Great job today, everyone!