

SCRIPT

4th Grade - Health TEKS 115.16

(14)(B) describe the negative impact bullying, including cyberbullying, has on both the victim and the bully

Slide One

Greet the students and introduce yourself.

Slide Two

Today, we are going to be talking about something very important: bullying and cyberbullying.

Slide Three

Our goal today is that by the end of this lesson, you can describe the negative impact that bullying, including cyberbullying, has on both the victim and the bully.

Slide Four

Before we talk about the impact of bullying, let's watch this video and review the basics.

Play the video, "What is Bullying (the basics)," which has a runtime of 3:45. If the embedded video doesn't play, here is the direct link: <https://youtu.be/eAj2kTQyEGw>.

Slide Five

According to the video, what are some of the impacts of bullying and cyberbullying? *Allow students time to respond.*

Slide Six

It's important to remember that bullying doesn't just hurt the victim. Bullying and cyberbullying can impact the bully as well as bystanders. Bullying and cyberbullying can hurt *everybody*.

Slide Seven

Guide students through a discussion using the below questions. After each question, allow students time to respond.

- Bullying and cyberbullying make school feel less safe for everyone involved. How does it make school feel less safe?
- People get hurt. Why do bullying and cyberbullying cause hurt?
- Bullies and their victims can suffer from lower grades and poorer attendance. Why would bullies and victims have poor grades and attendance?
- Bullies and their victims can also suffer from low self-esteem. Why would a bully have low self-esteem? Why would the victim have low self-esteem?
- Bullying and cyberbullying disrupt the learning environment. How might bullying and cyberbullying disrupt the learning environment?
- Bullying and cyberbullying can trigger an increase in problem behaviors. Why might bullying lead to more bullying?

Slide Eight

Bulletin Board Activity

YOU have the power to stop bullying and cyberbullying? How? What can you do? *Allow students time to respond.* Yes! Those are all great ideas. Let's write them down so we can remember all the different ways we can help stop bullying and cyberbullying. I'm going to hand out these pieces of paper. *Hold one up to show them.* It says, "I can make a positive impact by..." and then in this empty box (*point to the box*), you're going to write one thing you can do to make a positive impact in your classroom or your school.

Slide Nine

Our learning goal today was to be able to describe the negative impact that bullying, including cyberbullying, has on the bully and the victim. Let's see how we did. Who can describe the negative impact that bullying, including cyberbullying, has on the bully and the victim? *Allow students time to respond.*

Slide Ten

I'm so impressed with your learning today! Wow! Great job everyone. The last thing I want you to remember is to always report bullying and cyberbullying to a trusted adult. YOU can help stop bullying and cyberbullying by always being kind.