

Bully Busting Curriculum: Six Essential Lessons

Summary of Lessons

Lesson 1 – Recognizing Bullying and Normal Conflict

What is the difference between Bullying and Conflict?

- ***Bullying** is unfair and one-sided.
- ***Bullying** occurs when someone is hurting, frightening, or leaving someone out intentionally.
- ***Bullying** always involves an imbalance of power that is not based on physical size.
- ***Normal Conflict** does NOT involve an imbalance of power.
- ***Normal Conflict** is NOT one-sided.

Lesson 2 – Recognizing Aggressive, Passive, and Assertive Behavior

What are aggressive, passive and assertive behaviors?

A person can handle a conflict in three ways. For example, if I were standing in line and another student pushed me to get in front of me, I could react one of three different ways...

Aggressive – I could push the student, and yell, “Get out of the way!”

Passive – I could look down and away from the situation.

Assertive – I could say, “I was here first, please go to the back of the line.”

Lesson 3 – Using “I” messages

What is an “I” message?

Students learned to be assertive by using “I” messages to express their feelings.

*I feel _____ when you _____. So,
I want you to _____. Thank you!*

Lesson 4 –Telling or Tattling

What is the difference between Telling and Tattling? When is it appropriate to “tell?”

*Tattling is done to get someone in trouble.

*Telling is to get someone out of trouble. Telling is appropriate if you or someone else could be hurt, either physically, or emotionally.

Lesson 5 – Bystander Strategies

How do you think students feel when they are bullied in front of others? What are some things other students do when they SEE bullying? What is a Bystander?

*Group together strategy (strength in numbers) will help students to take control of the bully and his or her followers.

*Use “WE” messages – “We feel angry when we see you be mean to that little boy, and we want you to stop!”

Lesson 6 – The Win/Win Guidelines

What are the Win/Win Guidelines? Win/Win Guidelines are the Six Steps to Resolving a Conflict.

When do we use Win/Win Guidelines? When there is clearly a conflict – an equal balance of power. We never use in a bullying situation.

1. Take time to cool off.
2. Use “I Messages” to state feelings. No blaming. No name calling. No interrupting.
3. Each person states the problem as the other person sees it.
4. Each person says how they are responsible for the problem.
5. Brainstorm solutions together – choose a solution that satisfies both.
6. Affirm, forgive, and thank each other.