**LESSON: *What to Do About Bullying***

**OUTLINE**

1. Introduce the topic of Bullying

Talk about the 4 types of bullying: (verbal, physical, social, psychological)

1. Discuss that bullies come in different forms (i.e. one person/ group; someone the same age or older; a “friend”; sibling; authority figure)
2. Talk about why people bully others (i.e. they were victims of bullying themselves; it’ll make them more popular/cool; others will be scared of them; jealousy)
3. Discuss how bullying can make you feel (might think it’s your fault; might try to be a class clown; might feel isolated/rejected; might feel unsafe/afraid, etc.)
4. Introduce strategies to handle bullying:
5. Stay calm
6. Stay away
7. Hang out with friends
8. Have comebacks ready
9. Don’t bring expensive stuff/a lot of money to school
10. Talk to an adult!
11. So what do YOU think? discussion question
12. Give out the magnet cards

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Activity Sheets (Bullying Survey; What to Do cards [cut apart and laminated]
* Lesson Summary Card
* Homework Sheet – “This week I might try to deal safely with bullying…”