



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Learning how to respect differences, cooperate, share, and understand other kids' feelings can reduce bullying behaviors now and in later years. Kids who are taught to respect themselves and others at an early age are less likely to become bullies. These activities will help your students identify bullying and differentiate it from other behaviors.

## Related KidsHealth Links

### Articles for Kids:

#### Dealing With Bullies

[KidsHealth.org/en/kids/bullies.html](http://KidsHealth.org/en/kids/bullies.html)

#### How Do I Help a Kid Who's Bullied?

[KidsHealth.org/en/kids/being-bullied.html](http://KidsHealth.org/en/kids/being-bullied.html)

#### The Scoop on Gossip

[KidsHealth.org/en/kids/gossip.html](http://KidsHealth.org/en/kids/gossip.html)

#### School Counselors

[KidsHealth.org/en/kids/school-counselors.html](http://KidsHealth.org/en/kids/school-counselors.html)

#### Saying You're Sorry

[KidsHealth.org/en/kids/sorry.html](http://KidsHealth.org/en/kids/sorry.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What is a bully? How does a bully act?
2. Have you ever seen someone being bullied? Have you ever been bullied?
3. What should you do if you are being bullied?
4. Who should you tell if you saw a friend being bullied at school? In your neighborhood?
5. What kinds of things can you do to keep yourself safe from bullies?
6. Why do you think some kids act like bullies?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Is It Bullying?

#### Objectives:

Students will:

- Learn how to identify bullying behaviors
- Explore the differences between bullying and other behaviors

#### Materials:

- “Is It Bullying?” handout for teachers
- Computer with Internet access
- Red and green strips of construction paper, one of each for each student

#### Class Time:

- 45 minutes

#### Activity:

Bullying is when one or more kids are mean or hurtful to another kid over and over. Kids who are being bullied might not be that good at standing up for themselves. Bullying affects lots of people. It affects the kids who are bullied, family members of the kids who are bullied, the kids who see the bullying, and the bullies themselves. Bullies try to hurt people and make them feel bad. Bullies like it when they get reactions from the people they are bullying. But not all mean behavior is bullying. Sometimes people have disagreements or arguments, and that’s normal. But when a person is mean on purpose over and over, and knows that the people he or she is hurting can’t defend themselves, the mean behavior is considered bullying.

[Note to instructor: Give each student one red and one green strip of paper. Display the “Is It Bullying?” handouts on a smartboard or overhead projector and discuss each scenario with your student.]

Let’s take a look at a few situations in which someone is being mean. If you think that it is bullying, hold up your red strip. If you think it is not bullying, hold up your green strip. Then we’ll talk about each situation and decide if it’s bullying. If the person in the story is being bullied, we’ll also think of what the person or a bystander - someone who sees the bullying - should do.

#### Extensions:

1. Read this article aloud to your students: “How Do I Help a Kid Who’s Bullied?” Then make a list of things your class can do to help victims of bullying. Display the list in your classroom or hallway.
2. Check out [StopBullying.gov](http://StopBullying.gov) and share appropriate videos and other content with your students and school community.



## Friendship Chain Month

### Objectives:

Students will:

- Identify friendly and respectful behaviors among peers
- Help promote a bully-free environment

### Materials:

- Computer with Internet access, chart paper, strips of construction paper, markers

### Class Time:

- A few minutes a day over a period of 1 month

### Activity:

One way to keep bullies away or help a person who is being bullied is to be friendly. Friendships help prevent bullying because bullies are less likely to pick on kids who they are friends with. And if a kid is being bullied, your friendship helps that kid feel included. For the next month, we're going to practice being kind to each other to create a safe, respectful, and friendly classroom. First, let's brainstorm a list of friendly acts kids can make toward each other (and their teacher!) and think about the qualities of a good friend:

1. How does a good friend act?
2. What kinds of things does a good friend say?
3. What does a good friend do for you?

At the end of each day, we'll take a few minutes to think about when someone acted like a good friend to you during the day. We'll write it or draw it on a strip of construction paper. You don't have to put your name on the strip. As a class, we'll look over all the friendly things kids did during the day, then we'll connect the strips to make a friendship chain as a reminder how friendly we can be toward each other and keep our classroom a safe, respectful, and friendly learning environment.

### Extension:

Ask each child to trace his or her hand on a piece of paper and cut it out. On each finger, write the name of one person to whom they can turn to for support if they are being bullied (for example, a friend, parent, relative, teacher, counselor, school administrator, sibling, etc).

## Reproducible Materials

### Handout: Is It Bullying?

[KidsHealth.org/classroom/prekto2/problems/emotions/stress\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/problems/emotions/stress_handout1.pdf)

### Quiz: Bullying

[KidsHealth.org/classroom/prekto2/problems/emotions/bullying\\_quiz.pdf](http://KidsHealth.org/classroom/prekto2/problems/emotions/bullying_quiz.pdf)

### Answer Key: Bullying

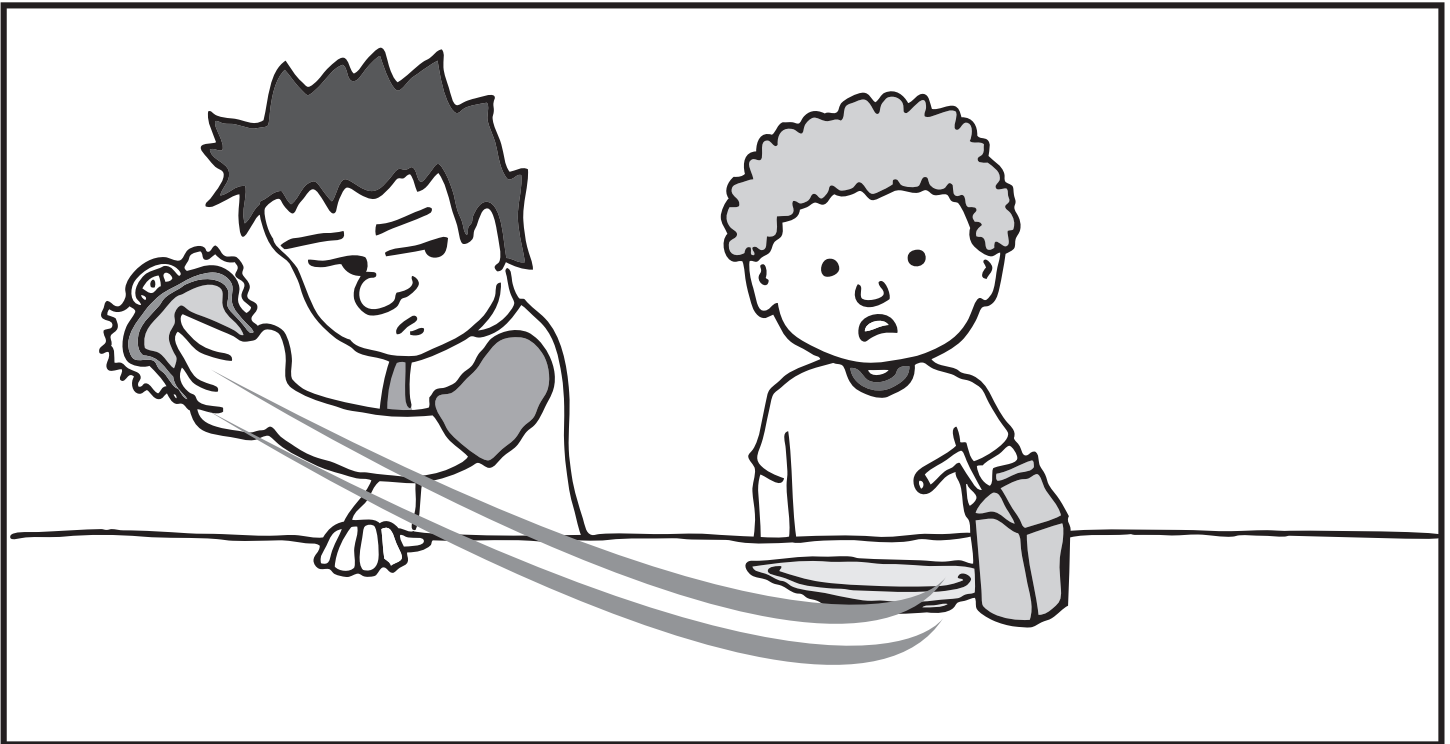
[KidsHealth.org/classroom/prekto2/problems/emotions/bullying\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/prekto2/problems/emotions/bullying_quiz_answers.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Is It Bullying?



Every day, you see a kid at lunch taking your friend's snack. Your friend is afraid to tell on the kid because your friend is scared.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Is It Bullying?



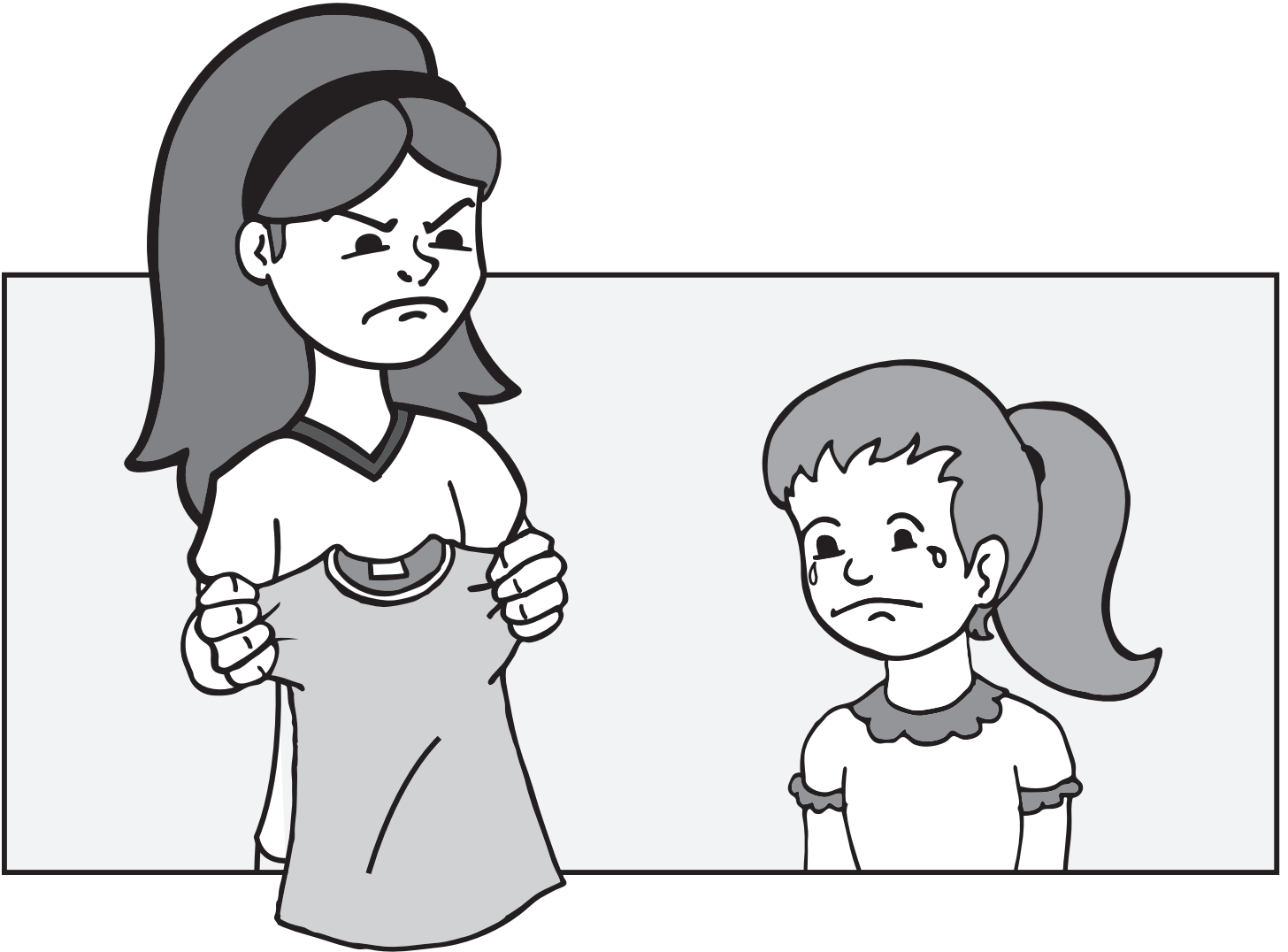
A new girl in your class is from a different country. Your friends say rude things to her, make fun of her English, and tell her to go back home. Now she sits alone at lunch.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Is It Bullying?



You and your sister get into fights over clothes.  
Your mom tells you to just work it out.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Is It Bullying?



A friend starts teasing you because you have a reading problem. Every time you read aloud, he laughs and makes fun of you.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Is It Bullying?



At the bus stop, some kids have been teasing a boy about how he looks. Now you notice that boy no longer rides the bus.





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Is It Bullying?



Your older brother has been trying to wrestle you and get into tickle fights lately.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Is It Bullying?



Your sister called you a mean name because you took something of hers without asking. Later she apologized. You apologized, too, and promised not to take her stuff without asking.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Circle true or false after reading each statement:

1. True or false: Bullies are mean to kids on purpose.
2. True or false: Bullying can make kids who are bullied feel physically sick.
3. True or false: If someone bullies you, you should bully that person back.
4. True or false: Ignoring a bully and not reacting to the bullying can help sometimes.
5. True or false: If you or someone you know is being bullied, you should tell an adult you trust.

Fill in the blanks with words from the word box below:

6. Being a good \_\_\_\_\_ can help you keep bullies away.
7. Standing up for \_\_\_\_\_ is one way to deal with bullies.
8. It's bullying when someone \_\_\_\_\_ another person many times.
9. A good friend is \_\_\_\_\_ to you and others.
10. If you see someone being bullied, you should tell an \_\_\_\_\_ as soon as possible.

*adult*

*friend*

*kind*

*teases*

*yourself*



## Quiz Answer Key

Instructions: Circle true or false after reading each statement:

1.  True or false: Bullies are mean to kids on purpose.
2.  True or false: Bullying can make kids who are bullied feel physically sick.
3. True or  false: If someone bullies you, you should bully that person back.
4.  True or false: Ignoring a bully and not reacting to the bullying can help sometimes.
5.  True or false: If you or someone you know is being bullied, you should tell an adult you trust.

Fill in the blanks with words from the word box below:

6. Being a good \_\_\_\_\_ *friend* \_\_\_\_\_ can help you keep bullies away.
7. Standing up for \_\_\_\_\_ *yourself* \_\_\_\_\_ is one way to deal with bullies.
8. It's bullying when someone \_\_\_\_\_ *teases* \_\_\_\_\_ another person many times.
9. A good friend is \_\_\_\_\_ *kind* \_\_\_\_\_ to you and others.
10. If you see someone being bullied, you should tell an \_\_\_\_\_ *adult* \_\_\_\_\_ as soon as possible.

*adult*

*friend*

*kind*

*teases*

*yourself*