



## LESSON PLAN 2

### THE BULLY

#### Kids Who Do the Bullying

#### Time Needed:

25-30 minutes

#### Objectives:

##### Help kids:

- Find positive ways to resolve problems and interact with peers.
- Understand how to use power to help rather than hurt.

#### ASK: Pre-Viewing Questions

- Why do you think some kids bully others?
- How do you think it feels to bully someone?

#### VIEW: BOSTON vs BULLIES video clip: THE BULLY (5:82 minutes)

#### ASK: Post-Viewing Questions

- If you could tell kids who bully one thing, what would it be?
- How could you help kids who bully?

(See more on p. 9 of the Facilitator's Guide.)

#### ACTIVITY: Do Your Beliefs Prevent OR Promote Bullying?

(p. 8, Facilitator's Guide)

Ask kids if they agree or disagree with each statement; then have them discuss the reasons for their choice. Discuss how each belief contributes to either promoting or preventing bullying.

#### Agree or Disagree:

- It's fun to boss other kids around.
- It's OK to take advantage of kids who are not as powerful as me.
- Some kids deserve to be teased or called names.
- Kids who boss around other kids deserve respect.
- It's none of my business when other kids get picked on or left out of a group.
- It takes courage to stick up for a kid who is teased or left out.
- No matter what people do, bullying is going to happen.

*Tip:* Feel free to add other statements that reflect your kids' beliefs or attitudes.

## ACTIVITY: Using Your Power

What does it mean to have power? In what ways do kids have power? (e.g., intelligence, athletic ability, strength, physical attractiveness, artistic ability)

- Ask kids, “Can power be used to hurt someone?” Review that bullying is an abuse of power.
- Ask kids, “How can you use power to help someone?”
- As a group, make a chart listing the ways that kids can use their power to hurt, and to help.
- Ask kids how they can use their power to help if they see bullying happening.

Power	How can it help?	How can it hurt?
Strength		
Intelligence		
Wealth		

## ACTIVITY: Tower Power

(p. 8, Facilitator's Guide)

1. Divide the group into small teams (3–5 kids each). Give each team 10 sheets of paper. Instruct each team to build a tower using only plain sheets of paper. At the end of 5 minutes, the team with the tallest tower wins.
2. After the activity, ask kids: What are some things your team did to build a good tower? What ways do you think kids had power in the game?
3. Ask kids: Did you notice anyone using their power in a negative way? (For example: hogging all the paper, not letting others talk, knocking down your or another team's tower) Did you notice anyone using their power in a positive way? (For example: listened to others, gave ideas, offered encouragement).
4. Ask kids: How did you feel when your team listened to your ideas? How did it feel when you used your power to help the group?
5. Have kids list ways they can use their power to help people at home, in school, and in their community.