



ONE-ON-ONE with *BOSTON vs BULLIES* for facilitators, leaders, counselors, and teachers

BULLYING ISN'T A GAME – IT'S A SERIOUS PROBLEM

Bullying is a problem that negatively impacts our schools, playgrounds, and neighborhoods. Bullying hurts everyone involved—the kids who are getting bullied, the kids who are doing the bullying, and the kids who are watching the bullying take place. Kids need to know that bullying is never acceptable, no one deserves to be bullied, and everyone deserves to be treated with respect.

YOU CAN HELP

As a facilitator, leader, counselor, or teacher, you play an important role in identifying and working with kids who may benefit from a tailored, individual approach to bullying prevention. This guide is designed to help you use the *Boston vs. Bullies* program to work one-on-one with kids.

BOSTON vs BULLIES

Boston vs. Bullies teaches bullying prevention skills and strategies that are based on current research and best practices in the field of bullying prevention:

- Kids who are getting bullied learn how to stand up calmly and confidently against bullying.
- Kids who are doing the bullying learn how to stop bullying, apologize, and get help.
- Kids who are watching the bullying learn how to support kids getting bullied, stop the bullying, and get help.

Extensive evaluation shows that children who use this program gain knowledge about bullying and learn options for responding effectively. In their schools and community organizations, the amount of bullying decreases and adults are more likely to help.

The program includes videos, facilitator's guides, and worksheets all available for viewing and downloading on the *Boston vs. Bullies* website: www.bostonvsbullies.org Trainings on how to use the program are offered to schools, community organizations, and parent groups.

Effective bullying prevention requires preparation.
This guide will help you prepare a child to stand strong against bullying.

TIPS

Talk about bullying early and often. Conversations with children about bullying should be regular and ongoing, so if a problem occurs, it won't be the first time you've talked about bullying.

Think ahead and have a Game Plan. When adults and children think ahead about what they will say and do in a bullying situation, they will be better prepared to respond effectively when bullying occurs.

Practice. Practicing what to say and do in a bullying situation will help kids follow through when bullying happens. Role-playing is a good way to practice responding calmly and confidently.

Be prepared to respond and follow up. Look out for kids involved in bullying, prepare them to respond effectively, and be ready to help if needed. If you discover a child is involved in bullying, work together to find a solution and then follow up to make sure the bullying stops.

IMPORTANT INFORMATION ABOUT BULLYING

Understanding what constitutes bullying (and what does not) and the different forms it can take, helps adults and children recognize bullying when it occurs, so they can take steps to prevent and stop it.

WHAT IS BULLYING?

Bullying is not a conflict, fight, or disagreement.

Bullying is emotional or physical abuse that has the following three defining characteristics.

1. It's on purpose.
2. It happens over and over again.
3. It's an abuse of power.

Is it bullying? Sometimes it's hard to know the difference between bullying and conflict. Often what seems like playful teasing can be hurtful bullying. Other actions, while upsetting, may not actually be bullying – but that doesn't mean they're acceptable, either.

YOUR LESSON PLAN

WHAT YOU'LL NEED

***BOSTON vs BULLIES* EDUCATIONAL VIDEO**

A 33-minute video divided into 7 videoclips. Each videoclip features professional athletes sharing their stories and talking about options for responding to bullying. A team of kids introduces and highlights important information about bullying.

***BOSTON vs BULLIES* FACILITATOR'S GUIDE**

A 20-page guide with information, strategies, activities, and resources

SUPPLIES FOR ACTIVITIES

Paper, poster board, pen, pencil, ink markers, arts & crafts materials, downloadable worksheets

SUPPLEMENTAL MATERIALS

(1) *BOSTON vs BULLIES Facilitator's Guide Supplement: Including Kids with Disabilities in Bullying Prevention*

(2) *All-Star Videos* that focus on individual athletes

(3) *Choose Your Play* – A series of videos where children model specific skills and strategies about what to say and do in a bullying situation. *Choose Your Play Video Modeling Guide*

PREVIEW

Watch the *Boston vs. Bullies* video before you use it in your lessons. Review the *Facilitator's Guide* for important information about bullying, pre- and post-viewing discussion questions, and interactive activities.

STRUCTURE

Decide how much time you'll spend on each lesson. Depending on the child's age, developmental level, and attention span, plan to set aside between 20 to 40 minutes for each lesson. Each lesson should include responding to discussion questions, viewing one or two videoclips, and participating in activities.

SELECT

Follow the order below or select the topics most helpful for the child you are working with.

BOSTON vs. BULLIES VIDEOS

1. INTRODUCTION
2. WHAT IS BULLYING?
3. THE BULLY: Kids Who Do the Bullying
4. THE VICTIM: Kids Who Get Bullied
5. THE BYSTANDER: Kids Who Watch the Bullying
6. CYBERBULLYING
7. REVIEW and CONCLUSION

PREPARE

Before showing a videoclip, ask and discuss selected *Pre-Viewing Questions* from the guide. These questions help kids learn from the video.

LEARN

Show the videoclip corresponding to the lesson you'll teach. Watch and listen to the child's reactions.

REVIEW & FOLLOW UP

Ask and discuss selected *Post-Viewing Questions* from the guide that help kids make connections between the information in the video and their own experiences.

PRACTICE

Use *Interactive & Role-Playing Activities* from the guide that help kids practice the skills and strategies. You'll find links to the activities that you can use individually with kids at the end of this guide.

TALKING TO CHILDREN ABOUT BULLYING

Children may have a difficult time talking about bullying. Many are afraid or embarrassed. If you suspect a child has been involved in bullying—as a victim, bystander, or bully—encourage him or her to talk about it. Listen carefully, ask for details, watch the child’s response, offer to help, follow up.

What should you tell kids about bullying?

For kids who do the bullying: Tell children to stop and realize that it’s not funny or cool. Bullying is never okay, and it really hurts. Work with them to figure out a way to say they’re sorry. Help them find other ways to solve conflicts. They need to learn how to use their power to help rather than hurt.

For kids who get bullied: Tell children that reporting is important, telling is not tattling. Explain that this is not his or her fault, and that you can help. Use the *What Is Bullying?* activity in the guide to help children understand the definition of bullying. Talk about and practice ways to prevent and stop bullying. If needed, get help from staff or professionals.

For kids who watch bullying happen: Tell children that, as a bystander, their actions can make a big difference. They can make it worse by joining in, laughing, or doing nothing. Or they can make it better by directly or indirectly intervening or by getting help from others.

PLAN AHEAD, ADDRESS BULLYING BEFORE IT HAPPENS, AND HAVE FUN

ONE-ON-ONE *BOSTON* vs *BULLIES* ACTIVITIES

LOOK OUT FOR BULLYING

A worksheet for kids to provide examples of the different types of bullying

DO YOUR BELIEFS PREVENT OR PROMOTE BULLYING?

A quiz for kids to examine their own beliefs about bullying

GAME PLAN

A worksheet for kids to make their own 3-step game plan for dealing with bullying

MAKE A PLAY & SET PLAYS ROLE PLAY

A worksheet for kids to develop 3 set plays to use when confronted with bullying
An activity to practice responding assertively to bullying

THINK ON YOUR FEET

An activity for bystanders to practice responding effectively to bullying situations

PREDICTIONS

An activity to help kids realize that what they say and do has an effect on another person

FRIEND DETECTIVE

A worksheet to help kids detect when friendship is used to bully