



BOSTON ★★★★★ VS ★★★★★ BULLIES

FACILITATOR'S GUIDE

www.bostonvsbullies.org



Become part of our team

JOIN THE SPORTS MUSEUM AND ITS ALL STARS

BOSTON vs BULLIES is an award-winning educational program that leverages the power of Boston sports to help stop bullying in our schools and in our community.

The Sports Museum has rallied the entire Boston sports community behind this effort. Nine current Boston athletes are featured in the video-based educational program, which also includes this accompanying facilitator's guide, a website, and lesson plans. In these resources, teachers, youth leaders, and parents will find tools, discussion questions, and activities to get kids actively involved in practicing the skills they need to effectively stand strong against bullying.

Everyone needs to know how to prevent and stop bullying:

- Kids who are doing the bullying need to know how to stop.
- Kids who are getting bullied need to know how to respond.
- Kids who are watching the bullying take place need to know how to help.

BOSTON vs BULLIES provides practical guidance and strategies that every kid needs to know, all delivered by our featured athletes in compelling fashion and all grounded in the latest and very best anti-bullying research.

Since 2013, more than 35,000 upper elementary and middle schools students have experienced BOSTON vs BULLIES. We are committed to bringing the program to many more kids in the years ahead.

Our passionate quest to stop bullying continues. Thanks for being part of our team and helping the kids in our community.

BOSTON vs BULLIES . . .

Let's Win This One Together



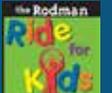
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LEARN MORE AT WWW.BOSTONVSBULLIES.ORG

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Note: This is an updated Version 2.0 of the facilitator's guide originally published in 2012

BOSTON vs BULLIES INTRODUCTION

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

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

Kids and adults working together can act to prevent and stop bullying.

- Kids who are doing the bullying can learn how to use their power to help rather than hurt.
- Kids who are getting bullied can learn how to stand up against and get help in the face of the bullying.
- Kids who are watching bullying happen can learn how to help and be good teammates.
- Adults can learn how to help kids prevent and stop bullying. They can teach kids skills and strategies for bullying prevention, encourage kids to talk about bullying, intervene when needed, set up effective ways to report bullying, and follow up effectively when bullying occurs.

EFFECTIVE BULLYING PREVENTION REQUIRES PREPARATION AND TEAMWORK. THIS GUIDE WILL HELP YOU PREPARE THE KIDS IN OUR COMMUNITY TO STAND STRONG AGAINST BULLYING.

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BOSTON vs BULLIES USER'S GUIDE

BOSTON VS BULLIES VIDEO AND FACILITATOR'S GUIDE

Video

The BOSTON vs BULLIES video features all star athletes from Boston's professional sports teams sharing their stories and providing kids with ways to stand strong against bullying.

Players from Boston sports teams talk about the importance of standing up to bullying and getting help. Kids learn about bullying, the different forms it can take, its hurtful impact, and effective strategies to prevent and stop bullying. The video is designed to be used in conjunction with this BOSTON vs BULLIES Facilitator's Guide.



Facilitator's Guide

This guide is designed to be used with the BOSTON vs BULLIES video in classrooms, youth and community programs, afterschool programs, and at home. It is for use with upper elementary and middle school students and can be adapted for kids younger or older. It will help you learn more about bullying and what you can do to help.

How to Use the Video and Guide

- 1 Preview the video and the guide. Plan specific questions, and activities for your kids before, during, and after viewing.
- 2 Watch the video with your kids. Listen to and watch their reactions. Be prepared to follow up. Try to keep discussion relevant and on target.

- 3 Use the questions in this guide to help kids talk about bullying and ways to prevent and stop it.
- 4 Use the activities and role-playing exercises in this guide to get kids actively involved in trying out effective bullying prevention strategies. When kids practice bullying prevention and intervention techniques, they are more likely to use them when they encounter a situation. The activities can be used with kids individually or in small or large groups.

SUPPLEMENTAL GUIDE

Use the *Facilitator's Guide Supplement: Including Kids with Disabilities in Bullying Prevention* to actively involve kids with disabilities in the BOSTON vs BULLIES program.

ADDITIONAL TIPS FOR FACILITATORS

- **Consider your own experiences with bullying.** Have you ever been bullied, witnessed bullying, or done the bullying yourself? Share your stories with your kids and ask them to share their stories, too. Encourage discussion about what can be done to solve the problem of bullying.
- **Define bullying.** You can't clearly see bullying—or work to prevent and stop it—if you don't know what it is or understand the many forms it can take. Use the activities in this guide to help kids understand what bullying is and what they can do about it.
- **Make it relevant.** Use real-life examples from your school, program, or community. Kids are more likely to understand the issues surrounding bullying and get involved in its prevention when it relates to their own lives.
- **Talk about bullying from the bystander perspective.** Kids can talk more easily about bullying from the perspective of a bystander—someone who sees or hears about bullying. Sometimes it's more difficult to talk about bullying from the perspective of a victim or a bully.
- **Involve all children.** Make sure each kid has a chance to contribute to the discussion and participate in the activities.
- **Develop a team approach.** Tell kids to consider themselves part of a team working together and supporting each other. As part of this team, everyone must follow the basic rules of respect, inclusion, and no bullying. You may want to include the rules that have been established by your school, program, or family.

PLANNING YOUR PROGRAM

The BOSTON vs BULLIES video and guide can be used in a variety of ways depending on the setting, as well as the age and interests of the students. Although this program can be used in a single session, children benefit from ongoing opportunities to address bullying prevention. Try to set up multiple sessions to view the video and use the questions and activities.

Multiple-Session Option

Consider showing each video section separately, followed by the particular questions and/or activities that correspond with that topic.

Here are four ways you can structure the sessions:

- 1 Kids often have difficulty understanding what is bullying and what is not. Show the video clip What Is Bullying? and then engage kids in the corresponding activities in this guide (pp. 6-7).
- 2 It is important to address all three roles in a bullying situation: 1. Kids Who Do the Bullying (The Bully); 2. Kids Who Get Bullied (The Victim); and 3. Kids Who Watch the Bullying (The Bystander). Structure three sessions to address these three different roles. Show the video clip and engage kids in the corresponding questions and activities in this guide (pp. 8-13).

3 Cyberbullying has become a particular concern among today's youth. Structure a session about this important topic using the cyberbullying information and activity in this guide (pp. 14-15).

4 Learning to work together as a team is important. Structure a session using Team Building Activities (pp. 16-18).

On the BOSTON vs BULLIES website, you'll find Lesson Plans that divide the program into 3-4 class sessions.

Single-Session Option

If your time is limited to only one session, show the entire video, but pause after each section to ask questions, clarify information, and engage kids in a related activity from the guide. Then choose from a variety of activities designed to actively engage kids in developing and practicing bullying prevention and intervention skills and strategies.

**REMEMBER:
PLAN AHEAD, ADDRESS
BULLYING BEFORE IT
HAPPENS, AND HAVE FUN**

QUICK TIP

If you notice a particular bullying situation developing, you might want to choose the topic that addresses that concern. Since everyone shares the role of bystander, be sure to make time for this important topic.



**BULLYING HURTS EVERYONE . . .
HELP MAKE IT STOP**

BOSTON vs BULLIES

ALL STARS



ALY RAISMAN
Team USA Gymnastics



ANDREW FARRELL
New England Revolution



CYDNEY ROSS
BAA High Performance Team



TERRY ROZIER
Boston Celtics



KRISTIE MEWIS
Boston Breakers



MARTIN BOWES
Boston Cannons



MOOKIE BETTS
Boston Red Sox



PATRICK CHUNG
New England Patriots



TOREY KRUG
Boston Bruins

BOSTON vs BULLIES VIDEO OVERVIEW

In the BOSTON vs BULLIES video, Boston athletes share their stories and talk about ways to stand strong against bullying.

OBJECTIVES

- Help kids understand what constitutes a bullying situation (and what does not).
- Provide kids who are doing the bullying with encouragement to find other ways to resolve problems and interact with peers; help them understand how to use their power to help rather than hurt.
- Provide kids who are getting bullied with options for how they can respond calmly and confidently in the face of bullying.
- Provide kids who are watching the bullying with options for how they can help stop the bullying.
- Provide kids with strategies for preventing and stopping cyberbullying.

THE VIDEO

INTRODUCTION

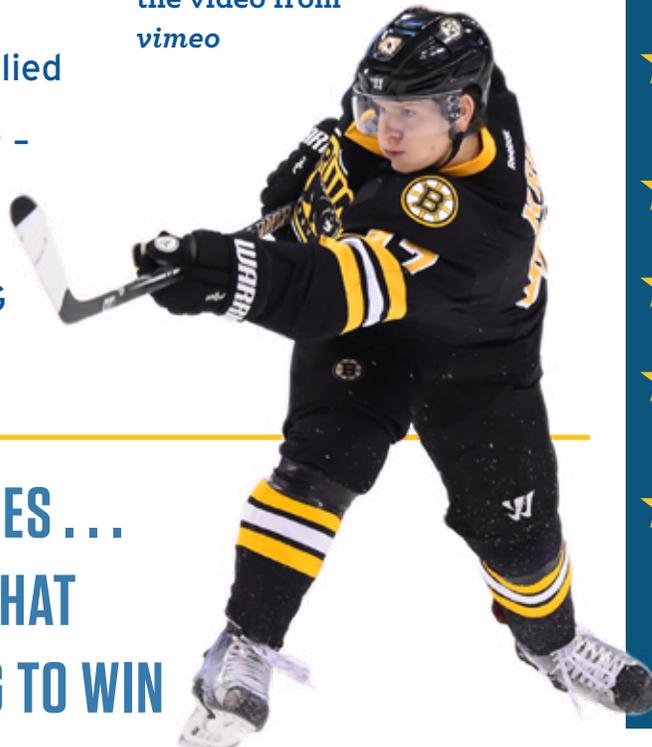
- I. WHAT IS BULLYING?
- II. THE BULLY - Kids Who Do the Bullying
- III. THE VICTIM - Kids Who Get Bullied
- IV. THE BYSTANDER - Kids Who Watch the Bullying
- V. CYBERBULLYING

CONCLUSION

**BOSTON VS BULLIES ...
THIS IS A GAME THAT
BOSTON IS GOING TO WIN**

The video is available on the **BOSTON vs BULLIES** website: www.bostonvsbullies.org

On the website, go to the **Resources** page and download the video from *vimeo*



PRE-VIEWING QUESTIONS

- ★ Have you ever seen bullying happen in your school or other places you go?
- ★ Does it happen a lot?
- ★ How can you tell if someone is bullying?
- ★ Do your friends sometimes exclude others from your group? Do you call that bullying?
- ★ Does bullying happen on cell phones, Facebook, or the Internet?
- ★ Who do you think gets bullied the most?
- ★ Does it hurt to be bullied?
- ★ Do you think someone who gets bullied can get help? Who could help?
- ★ Do you think that no matter what people do, bullying is going to happen?

WHAT IS BULLYING?

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.



VERBAL BULLYING

Teasing, name calling, threatening



PHYSICAL BULLYING

Pushing, punching, beating up



RELATIONAL BULLYING

Excluding, ignoring, spreading rumors, getting others to turn against someone



CYBERBULLYING

Sending or posting hurtful, embarrassing, or threatening text or images using the Internet, cell phones, smart phones, and other digital devices



WHAT IS BULLYING? WORKSHEET
available on BOSTON vs BULLIES
website

ACTIVITY: Look Out for Bullying

Many behaviors that seem harmless, such as teasing or excluding, can escalate into bullying. Look out for these behaviors so you can prevent bullying before it happens. Help kids look out for these behaviors, too.

1. Using the What Is Bullying? chart (see p. 6), ask kids to give a few examples of the different types of bullying: verbal, physical, relational, and cyberbullying. You may do this activity as a group or print out a copy of the chart for each kid. Encourage kids to include examples of each form of bullying.
2. Explain that not all these behaviors will lead to bullying (but that doesn't mean they're acceptable, either).
3. Explain that a behavior is considered bullying when done on purpose (intentionally), more than once (repeatedly), and by someone who uses power to hurt (abuse of power). Ask kids what it means to be powerful. Is being powerful good? Can someone who is powerful abuse their power? Explain that by recognizing bullying-related behaviors early, they can help to stop them before they turn into bullying.



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

ACTIVITY: Is It Bullying?

Materials:

Rope, masking tape, or chalk

Instructions:

1. Make three parallel lines on the floor about 6 feet apart from each other. Have kids line up single file on the middle line. Designate the three lines: "Bullying" (left), "Not Bullying" (right), and "Not Sure" (middle).
2. Review with the kids the three components of bullying: deliberate (the intent is to hurt), repeated, and an abuse of power.
3. Read a scenario from the Is It Bullying? list below. Ask kids to move to the "Bullying" line if they feel the action is bullying, or move to the "Not Bullying" line if they feel the action does not meet the bullying criteria. Kids may stay on the "Not Sure" line if they are unsure.
4. Ask kids to explain their reasons for choosing their lines. Remember to include the kids on the "Not Sure" line.
5. Repeat this process for each statement.
6. Ask kids to volunteer their own scenarios, either real (no names) or hypothetical.
7. Explain to the kids that it is not always easy to tell the difference between bullying and conflict. Have kids suggest ways they can deal with conflicts before they escalate into bullying (i.e., apologize if you hurt someone's feelings, etc.).

IS IT BULLYING? Scenarios

- Olivia accidentally bumps into Keisha and knocks her books to the ground.
- Olivia purposely bumps into Keisha and knocks her books to the ground.
- Every day on the way to math class, Oscar, who is 6 feet tall, pushes Olivia, who is 5 feet tall, against the lockers and knocks her books to the ground.
- Maria is annoyed by Lee and goes out of her way to avoid him.
- Sofa gets all of her friends to not speak to Adia and to make fun of her behind her back.
- Rachel tells everyone on Facebook that Jasmine and Dan are together. She posts fake photos (Photoshopped) of the two of them together and asks everyone to report any news on the "couple." Other kids start to make up fake stories about Jasmine and Dan.
- Rachel tells Dan that Jasmine "likes" him.

Kids Who Do the Bullying

THE BULLY

HOW TO STOP BULLYING

If you are being a bully, **how can you make it right?**

- 1 Stop bullying—realize that it's not funny and it's not cool.
- 2 Apologize to the kids you have bullied—saying sorry goes a long way.
- 3 Talk with an adult and ask for help so that you can learn how to use your power to help rather than hurt.



ACTIVITY: Tower Power

Using Power to Help

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, not listening to others, blowing or 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 and feedback, 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.

QUIZ: Do Your Beliefs Prevent Or Promote Bullying?

Do you Agree (A) or Disagree (D)?

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.

- | A | D | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. It's fun to boss other kids around. |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. It's OK to take advantage of kids who are not as powerful as me. |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Some kids deserve to be teased or called names. |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Kids who boss around other kids deserve respect. |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. It's none of my business when other kids get picked on or left out of a group. |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. It takes courage to stick up for a kid who is teased or left out. |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. No matter what people do, bullying is going to happen. |

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



QUIZ WORKSHEET available on
BOSTON vs BULLIES website.

ACTIVITY: Positive Power

Make Someone's Day!

Have your group or class "adopt" a younger group or class in your community. Have them decorate a card and write a positive message, such as "Have a great day!" or "Be your best today!" or "You can do it!" You may want to attach a lollipop with tape or ribbon to the cards to make them stand out.

Secretly leave the cards on the younger kids' desks or anywhere you are sure they will find them.

Try to have your group observe the kids' reactions when they find the cards.

Ask your group:

- What reactions did you notice when the kids found their cards?
- What did they say?
- How did you feel when you saw their reactions?
- Is it more fun to do something nice for younger kids rather than to put them down?

Suggest that the younger kids follow the same procedure with another group of kids. Hopefully, all groups will follow until everyone has received a card.

Discuss how quickly positive feelings can spread. Then discuss that the opposite is also possible: Negative comments can spread quickly, especially over the Internet or via cell phones. Ask if they have seen or experienced this.

Tip.

Have extra cards made up in case one gets lost or there are more kids than expected. Make sure all the notes are positive. If your group can't watch the kids finding their cards, ask the teacher or leader to share the kids' reactions. Coordinate with other teachers or group leaders to make sure every kid in the group gets a card.



POST-VIEWING QUESTIONS

- ★ How do you think it feels to bully someone?
- ★ Do any kids deserve to be teased or called names?
- ★ Why do you think some kids bully others?
- ★ What do you think happens to kids who bully?
- ★ If you are doing the bullying, why should you stop? What should you do instead?
- ★ If you know kids who bully, how could you help them to stop?
- ★ If you could tell bullies one thing, what would it be?





THE VICTIM

POST-VIEWING QUESTIONS

- ★ How do you know if you're getting bullied? Have you ever been bullied?
- ★ What does it feel like to be bullied?
- ★ If you are getting bullied, is it your fault?
- ★ Have you ever been excluded from a group? How does it feel? Is that also called bullying?
- ★ If you were getting bullied, what would YOU do?

ACTIVITY: Game Plan

Strategies for Dealing with Bullying

Well-prepared teams go into a contest with a good game plan, which is helpful for achieving an objective. A good plan requires a carefully thought-out strategy. Ask kids to make a game plan to help when confronted with bullying.

Make a 3-Step Game Plan

1. What will you do or say?
2. Who can help?
3. Where can you go?

Create an All Star Team

Who are five people you can trust to stand strong with you against bullying and help you carry out your game plan? Consider your friends, your parents, your teachers, and your program leaders.

MAKE YOUR OWN MANTRA

Athletes often have a mantra they repeat to themselves to help them keep calm and focused in a stressful situation. A mantra helps keep negative self-talk out and positive self-talk in. Have kids create a mantra they can use to respond calmly and confidently in a bullying situation.

If you are getting bullied, what will be your mantra?

- “I can stand strong.”
- “I won't play the bully's game.”
- “There are people who can help me.”



IT'S YOUR MANTRA!



GAME PLAN BOOKLET available on BOSTON vs BULLIES website

SET PLAYS

Tips and Tactics for Dealing with Bullying

Teams spend a lot of time practicing set plays—planned actions to be executed in certain situations. This way, when a player sees a particular situation develop, he or she will immediately know how to handle it.

Help kids think ahead about strategies they can use to prevent and stop bullying.

Assertiveness means:

Expressing your feelings and defending your rights while respecting the feelings and rights of others.



Create your own scenarios or use the BULLYING SCENARIOS available on the BOSTON vs BULLIES website

ACTIVITY: Make a Play

Ask kids to develop three set plays to use when confronted by bullying.

- Practice responding to bullying in an assertive way (calmly and confidently).
- Avoid responding in a submissive (giving in) or aggressive (fighting back) way.

When confronted with bullying, kids can:

- Look the bully in the eye.
- Speak with a calm, confident voice, loud enough to be heard clearly.
- Reply briefly and directly.
- Walk away—sometimes the best response is no response.
- Find a safe place to go.
- Get help from a friend or trusted adult.



ENCOURAGE KIDS TO BE ASSERTIVE, NOT SUBMISSIVE OR AGGRESSIVE



POST-VIEWING QUESTIONS

- ★ How can you show a bully that you won't tolerate bullying?
- ★ Who can you go to for help? Do you think you should tell someone?
- ★ Why might you not want to report bullying?
- ★ What would make it easier to report bullying?
- ★ Why might reporting bullying help?

IV

Kids Who Watch the Bullying

THE BYSTANDER

WHAT CAN KIDS DO AS BYSTANDERS TO HELP?

What should you tell kids?

As a bystander, your actions can make a difference. You can make it worse by joining in, laughing, or doing nothing. Or you can make it better. Here's how...

- 1 If you feel safe, here are some ways to stop the bullying by directly intervening:
 - Help the kid being bullied walk away.
 - Urge the kid doing the bullying to walk away.
 - Tell the bully to stop. Say things like:
 - “Stop teasing.”
 - “Don’t fight.”
 - “Leave him alone.”
 - “It’s not funny.”
 - Play peacemaker.
- 2 If you can’t directly intervene—or don’t feel safe—here are some other ways to help:
 - Discourage the bully by expressing your disapproval.
 - Defend the kid being bullied.
 - Rally support from other kids to stand up against the bullying.
 - Show friendship and support for the kid being bullied.
 - Get help from a trusted adult.
 - Walk away from the situation.
 - Redirect the situation away from the bullying. (Change the subject or start a new activity.)

Encourage kids to **THINK AHEAD ABOUT WHAT THEY WILL SAY OR DO** when they see or hear about bullying.

AS A BYSTANDER, THE IMPORTANT THING IS TO DO SOMETHING TO HELP

POST-VIEWING QUESTIONS

- ★ If you see or hear about someone getting bullied, how can you help? What can you do?
- ★ How can you stand strong against bullying?
- ★ Do you think you have the power to stop bullying?
- ★ Have you ever stepped in to help someone being bullied? What did you do? What helped? What didn't help?
- ★ Does it take courage to stick up for someone being bullied?



ACTIVITY: Think On Your Feet

Have each kid tell you a one-sentence bullying situation.

Write the situations directly on a beach ball with a permanent marker. When the beach ball is full of examples, form a circle and toss the ball to another player.

When someone has caught the ball, ask him or her to read aloud the closest example to his or her right thumb. Ask the group to brainstorm different ways to solve the situation.

Then, toss the ball again, making sure the beach ball turns in the air and the next kid can catch it. Have this next player read aloud another situation, and ask the group to solve the problem.

Situation example:

A student in your grade is excluded by a group.

Possible solution:

Invite him or her to sit with your group at lunch.



POST-VIEWING QUESTIONS

- ★ Do you think you should tell someone if you see or hear about bullying? Why or why not?
- ★ If you had to tell your friends one thing about bullying, what would it be?
- ★ As a bystander to bullying, what happens if...
 - you just give in to bullying?
 - you fight back or provoke?
 - you laugh or join in the bullying?
 - you do nothing?
- ★ How can you show a bully that you won't tolerate bullying?
- ★ How can you show a victim that you won't tolerate bullying?
- ★ How can you show your friends that you won't tolerate bullying?

ACTIVITY: Be the Coach

Make a game plan to help a friend or someone you know who is being bullied. What kind of game plan would you give him or her? How would you help? Who else could help?

Consider your friends, your parents, your teachers, and your program leaders.

BE A GOOD TEAMMATE . . .



HELP STOP BULLYING



BULLYING SCENARIOS are available on the [BOSTON vs BULLIES](#) website.

CYBERBULLYING

WHAT KIDS SHOULD KNOW ABOUT CYBERBULLYING

- If you say or put something online, you can't take it back—it is for everybody and forever.
- You can't control who will see what you put online—anyone can forward it on to others.
- Don't share personal information online—that material can be used for cyberbullying.
- Cyberbullying can cause a lot of damage by reaching many kids very quickly.
- Posting false or private information can isolate kids and ruin reputations.
- Don't share your passwords with your friends. They can use your passwords to gain access to your email or social networks. Passwords are private—share them only with your parents.

If you see or hear about cyberbullying...

- Don't join in the cyberbullying.
- Don't encourage it by forwarding the messages or postings.
- Intervene by showing support for the victim or telling the cyberbully to stop.
- Get help from an adult or report it to the site or network provider.

If you are getting cyberbullied...

- Sometimes it's best not to respond—kids who cyberbully like to get a reaction from their targets.
- If you do respond, act assertively but calmly, telling the cyberbully to remove the harmful online material.
- Report the cyberbullying to your parents, your school, the police, and/or to the online sites.
- Block the person doing the cyberbullying by deleting that person from your online “friends” or “buddy list.”

If you are doing the cyberbullying, you should know...

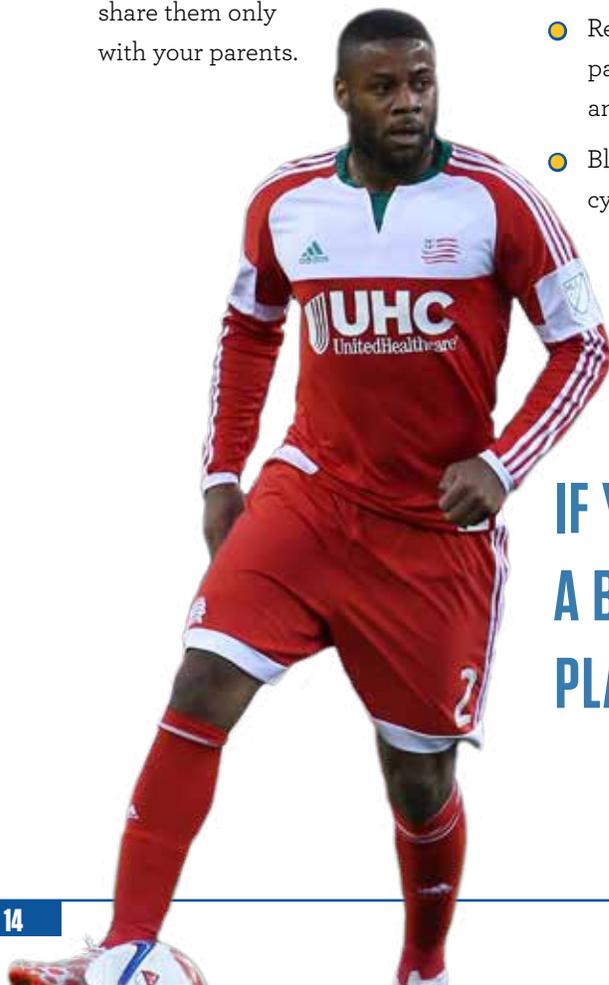
- Lying, spreading rumors, telling secrets, and posting hurtful words and images hurts as much online as offline.
- Hurtful messages make both the target and the sender look bad.
- What you do online has consequences offline with the kids in your school and community.
- On the receiving end of your online messages and postings are real kids with real feelings; just because you can't see them doesn't mean you can't hurt them.

WHAT IS CYBERBULLYING?

Cyberbullying is the sending or posting of hurtful, embarrassing, or threatening text or images using the Internet, cell phones, smartphones, and other digital communication devices.

Online harassment becomes cyberbullying when it's intentional, repeated, and an abuse of power. Kids are increasingly using this form of bullying to harass, exclude, and torment others.

**IF YOU ARE BEING
A BULLY... YOU CAN'T
PLAY ON MY TEAM**



CYBERBULLYING IS INTENTIONAL, REPEATED, AND AN ABUSE OF POWER



ACTIVITY: Calling Your Play

During the game, football quarterbacks, basketball point guards, and soccer midfielders are constantly faced with decisions about how to proceed and win the game. Explain to kids, “Whenever you see a cyberbullying comment online, you also have a decision to make: What to do or what not to do to stop the cyberbullying.”

1. Divide kids into two (or more) cyberbullying prevention teams. There are two types of teams: Team A: NOT TO DO; and Team B: TO DO.
2. Ask the TO DO team (or teams) to come up with the five most important things to do when you see a cyberbullying message.

Ask the NOT TO DO team (or teams) to generate the five most important things not to do when you see a cyberbullying message.
3. Give kids five minutes to complete the task. Have kids choose someone to report their answers.
4. Have kids talk about the best ways to respond to cyberbullying as a victim and a bystander.

ACTIVITY: What Would You Do?

Read to your group (or ask a kid to read) the story below. You can also have kids create their own story involving cyberbullying. Have kids discuss what the characters did right, what the characters did wrong, and what else the characters can do to help stop the cyberbullying.

Brian is a new student at Brady Middle School. Many of the boys in the class began posting rumors and mean things about him. Alexis felt sorry for Brian. She forwarded the post to her friends expressing how badly she felt and encouraged her friends to be nice to Brian from now on. Some of her friends agreed with her. Other friends used her post to join in the cyberbullying.

What did Alexis do right? What might she have done differently? What else can she do to help? What can her friends do to help?



CYBERBULLYING WORKSHEET
and examples available on the
BOSTON vs BULLIES website.

TEAM BUILDING ACTIVITIES

ACTIVITY: Creating Rules

Have kids create a set of rules that will help prevent or stop bullying in their classroom or program. Here are some rules kids might want to include:

- Treat everyone with respect.
- Help everyone feel safe and included.
- Don't bully; bullying is not acceptable and will not be tolerated.
- If a bully bothers you, it's okay to stand up for yourself, walk away, or ask a friend or adult for help.
- Be a good teammate.
- Report bullying when you see it and when you hear about it.
- Stand up for the person being bullied.
- Don't watch, laugh, or join in when someone is being bullied.
- Don't cyberbully. If you see others cyberbullying, stop it or get help.

Ask kids to create posters with their rules. Display the posters for all to see in the hallways, cafeteria, etc.

ACTIVITY: Team Power

Have kids vote on their favorite Boston sports team. List the key members of the team and what makes each athlete special.

A team is made up of players who have different skills. Not everyone is fast or big or makes accurate passes.

- Diversity is key. Not everyone on a football team is a quarterback; not everyone on a hockey team is a goalie. It takes different players who have different skills and strengths.
- A team can accomplish great things with players who have different types of strengths and who work together to make the best use of their strengths.
- Ask kids to contribute to a list of the individual strengths of the kids in their group or class. Talk about how these individual strengths make their team stronger.
- Explain to kids that great teammates make the people around them better.

QUICK TIP

Engage kids in discussion about rules of behavior around bullying. What happens when kids don't follow these rules? How can they help create an environment where everyone feels respected and included, and where bullying will not be tolerated?



TEAM PLAYER CARDS available on BOSTON vs BULLIES website





A CODE OF CONDUCT AGAINST BULLYING

When a player signs a contract with a professional team, there is a code of conduct.

This code of conduct lets the player know what behavior the team expects from him or her. It's important to have a set of rules or code of conduct for bullying prevention.

ACTIVITY: Body Language and Using Your Words

Athletes have poses and expressions that indicate winning or losing.

What does your body language say?

What do your words communicate?

How do body language and words affect bullying?

Role-playing exercises can help kids use body language, facial expressions, tone of voice, and words to respond assertively—calmly and confidently—against bullying.

Preparation

Explain to kids that there are three different ways to respond to bullying:

1. Aggressively (fighting back)
2. Submissively (giving in)
3. Assertively (standing up or getting help)

Emphasize the importance of responding assertively—calmly and confidently—against bullying.

Part I: Statues without words

- Warm up: Have kids pose in sports poses just for fun. They could pose in positions such as scoring a basket, crossing a finish line, spiking a football, or saving a goal. Then have kids pose in positions indicating winning or losing a game.
- Have kids demonstrate body language that indicates responding calmly and confidently to bullying (assertiveness without aggression) and body language that indicates you're giving in to bullying (submissiveness).

- Statues: Divide the group into pairs. Ask one player in each pair to shape his or her partner into a pose that displays either assertiveness or submission. Kids can gently move their partner's body into the pose, and/or tell their partner what to do. Ask the other kids to guess the type of behavior being displayed by the statue: Is it assertive or submissive?
- Ask kids: Can body language affect a bullying situation? Why or why not?

Part II: Role plays with words

Write down, on an index card, bullying scenarios appropriate for your group (ask kids to help). For each scenario, include how the target responds. Divide the kids into small groups. Have each group choose a card and act out the scene, using actions and words. Ask the other groups to guess the type of response being portrayed by the target: submissive, aggressive, or assertive.

- Ask kids: How did you know it was submissive, aggressive, or assertive? (Actions? Words? Body language? Tone of voice?) Have kids list different ways to respond assertively to bullying.
- Ask kids: Can what you say and how you say it affect a bullying situation? Why or why not? When do you think you should stand up to bullying and when do you think you should get help?

Tip.

You may want to have two kids demonstrate before dividing into pairs. If any of your kids are sensitive to touch, partners may give verbal directions.

TEAM BUILDING ACTIVITIES

ACTIVITY: Design Your Team Tagline

Many teams adopt taglines that are guiding principles to stay strong and focused when times get tough.

The 2014 New England Patriots used the tagline, "Do Your Job." The 2008 Boston Celtics used "Ubuntu." These words could be found on bulletin boards and in locker rooms wherever the players gathered. Ubuntu is a South African philosophy that promotes the greater good rather than individual success.

Review some examples of famous logos and taglines from sports or advertising.

- Discuss why these images and slogans are effective.
- Ask kids to create a tagline for their group or class.
- Encourage teamwork by having kids work in small groups to create their own logo and tagline.
- Consider creating a T-shirt design for YOUR TEAM vs BULLIES or BOSTON vs BULLIES with a tagline on the back, such as BOSTON vs BULLIES... The bullies don't stand a chance. Wearing the same T-shirt shows that your group is united and working together.



ACTIVITY: Strategy Team

Using index cards, write a short bullying situation on each card.

Make up situations appropriate for your group. Include the location (classroom, hallway, schoolyard, street, playing field, etc.). Indicate if there are any bystanders—kids and/or adults.

Prepare these cards ahead of time, and consider getting kids to help.

Divide kids into teams of at least three people. Have each team choose a card with a bullying situation and work together to solve the problem. Encourage kids to consider a variety of solutions: distraction, humor, talking directly to the bully, supporting the victim, offering to help the victim walk away, engaging bystanders, getting help, etc.

Ask kids to discuss the following questions in their groups:

- How do you know it's bullying (intentional, repeated, power abuse)?
- Who's involved (bully, victim, and bystander)?
- How do you think the victim feels?
- What could the victim do to make the bullying stop? What could bystanders do to make the bullying stop? Do you need help from a trusted adult?

At the end of the exercise, select one person from each team to report the solutions to the whole group. Write and post a list of effective solutions to bullying.

RESOURCES

BOSTON VS BULLIES RESOURCES

BOSTON vs BULLIES Video

An educational video divided into five sections. Video features athletes from Boston's professional sports teams sharing their stories and providing kids with ways to stand strong against bullying.

BOSTON vs BULLIES Facilitator's Guide

A guide designed to be used with the BOSTON vs BULLIES video. This guide contains tools, tips, strategies, and activities to help prevent and stop bullying.

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

This supplemental guide is designed to actively involve kids with disabilities in the BOSTON vs BULLIES program.

BOSTON vs BULLIES Lesson Plans

Lesson plans divide the BOSTON vs BULLIES video and facilitator's guide into 45–60 minute sessions that include video, discussion questions, strategies, and activities. There is an option to deliver it in 3 or 4 sessions.

Classroom Presentation: A Slideshow for Teachers

A PowerPoint presentation designed for teachers to use and adapt in their classrooms. This presentation provides an overview of the BOSTON vs BULLIES program with an emphasis on what students can do if they are

involved in bullying situations. The video is embedded into the PowerPoint presentation, which is divided into the seven sections of the program.

Game Plan Booklet

A printable booklet designed to accompany four BOSTON vs BULLIES activities: Make a 3-Step Game Plan, Create an All-Star Team, Make Your Own Mantra, and A Code of Conduct (See pages 10, 16 and 17 of the Facilitator's Guide.)

Team Player Cards

A personal player card that kids can use with the BOSTON vs BULLIES Team Power activity (See page 16 of the Facilitator's Guide and page 13 of the Supplemental Guide.)

Friend Detective

A chart that helps kids understand what makes a good friend and helps kids detect when friendship is used in hurtful ways to bully others. (See activity on page 11 of the Supplemental Guide.)

Quiz: Do Your Beliefs Prevent OR Promote Bullying?

A quiz that helps kids understand how their beliefs contribute to either promoting or preventing bullying. (See page 8 of the Facilitator's Guide.)

Cyberbullying Worksheet

A worksheet to list what TO DO and NOT TO DO about cyberbullying. (See activity on page 15 of the Facilitator's Guide.)

What Is Bullying? Poster

A BOSTON vs BULLIES poster to help kids understand and talk about the definition and characteristics of bullying. (See activity on page 7 of the Supplemental Guide.)

Here's What You Can Do Poster

A BOSTON vs BULLIES poster to help kids learn and practice different options for responding to bullying. (See activity on page 9 of the Supplemental Guide.)

QUICK TIP

To order additional copies of the BOSTON vs BULLIES facilitator's guides and/or to arrange for a training, visit the BOSTON vs BULLIES website at www.bostonvsbullies.org or contact Michelle Gormley at: mgormley@sportsmuseum.org or 617.624.1233

Copies of the video on DVD are also available.

RESOURCES

BOSTON VS BULLIES TRAININGS

Direct Delivery

One of our master trainers delivers 1-3 BOSTON vs BULLIES sessions to a group of students while school/program staff observe. This is best suited for grades 4-6.

Train-the-Trainer for Staff and Teachers

One of our master trainers conducts a 2-3 hour workshop at a school or community organization. The session focuses on identifying and practicing effective instructional and facilitation strategies to use when delivering the BOSTON vs BULLIES program.

Public Train-the-Trainer

One or two of our master trainers conducts a 2-3 hour workshop at different locations throughout the year. These sessions provide attendees with all the materials and tools they need to deliver the program in their classrooms/programs.

Informational Workshop

This is a customized 60-90 minute workshop for para professionals, PTA/PTO parent groups, education support staff, etc. that introduces the BOSTON vs BULLIES program.

Including Kids with Disabilities in Bullying Prevention Train-the-Trainer

One or two of our master trainers conducts a 2-3 hour workshop on how to actively include kids with disabilities in the BOSTON vs BULLIES program. The training provides attendees with all the materials and tools they need to include kids with disabilities in the BOSTON vs BULLIES program. This supplemental program features a facilitator's guide with strategies and activities specifically designed to include kids with disabilities. It works in conjunction with the main program's guide and video.

EYES ON BULLYING RESOURCES



eyes on bullying

Much of the bullying prevention content in this guide was derived and adapted from the **Eyes on Bullying program**. The program was developed by Ron Slaby, Kim Storey, Jennifer Minotti, Melanie Adler, and Rachel Katz.

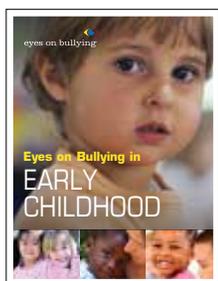
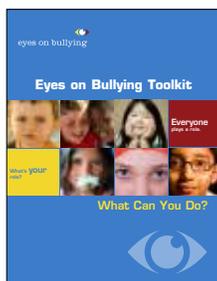
For more information, strategies, tips, activities, and resources on bullying prevention, download the **Eyes on Bullying toolkits**:

Eyes on Bullying

Eyes on Bullying in Early Childhood

www.kimstorey.net/publications

For more information on the **Eyes on Bullying** program and trainings, please contact: Kim Storey at kim@kimstorey.net



OTHER RESOURCES

Boston Public Schools Anti-Bullying Resources

www.bostonpublicschools.org/antibullying

Federal Government Anti-Bullying Resource

www.stopbullying.gov

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new balance

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The Sports Museum is a non-profit educational institution that has served Boston and New England for the past 39 years. Housed at the TD Garden, The Sports Museum features a half-mile of exhibits celebrating the history and character of Boston sports. Through its educational programs **BOSTON vs BULLIES** and **STAND STRONG**, The Sports Museum leads the way in using the power of sports to help kids build character and prevent and stop bullying.