

Empowered

Becoming an Up-stander to Help Stop Bullying 2021-2022 School Year

3rd-5th Grade Outline for a 45-minute Program

Portions of the program will be omitted if less than 45 minutes.

Introduction / Dreams and Goals

You can be empowered to reach your dreams and goals and help to change the lives of those around you.

See the Bigger Picture

Students learn to the power of perspective. Step back and see the bigger picture to understand the pain of those who have been bullied.

Bullying

Bullying is defined and the power of words is illustrated.

Understanding different forms of bullying- physical, emotional, verbal, and social.

Bullying has a negative impact on the physical, mental, and emotional health of all involved.

Cyberbullying

Cyberbullying messages that can be stronger and last longer than spoken words.

According to the FBI, what you send can be retrieved. A “phone tree” shows how far texts and posts can be sent.

If you have been the target of cyberbullying: 1.) Block communication. 2.) Talk to your parents or school counselor. 3.) Never post private information

You are Not Alone

Students hear true stories of famous people who overcame the challenges of bullying.

Students participate in a game to illustrate that nearly all feel they have been bullied at some point.

Become an Up-stander

Bystanders can be transformed into Up-standers through the power of actions.

Don't be the audience. Report what's happening. This isn't tattling – it's getting help.

Be assertive and tell the person to stop.

Radical Acts of Kindness

“Radical” acts of kindness are deliberate and directed for a specific purpose and person.

Students are broken into two teams and play an interactive game to review the points illustrated throughout the program.

Conclusion / Survey

Students are encouraged to become “someone who cares” and make a positive difference in someone else's life.

A voluntary, anonymous survey is offered to students. Response averages/comments are sent to the school.