

# Anti-Bullying Week

Bullying Prevention

8TH GRADE



# Learning Goals

- Understand what bullying is.
- Identify solutions to bullying situations.
- Promote awareness on such topics.

## Figures

Who has  
seen/experienced  
bullying before? Or even  
was the bully?

# WHOAI!

In one Canadian study, **41% of all students** in grades 4 to 7 reported that they were victims of bullying and/or bullied others monthly.



# Day 1

What makes a bully?

**On a half piece of paper write  
down any hateful  
words/actions that occurred  
to you.**

**On the other half of the paper  
write positive words/actions  
that occurred to you. Make  
these pretty.**

POPSUGAR

**NO ONE CAN**  
HURT YOU  
**WITHOUT YOUR PERMISSION.**

**DON'T ASK WHY  
SOMEONE KEEPS  
HURTING YOU.  
ASK WHY YOU KEEP  
LETTING THEM.**



# Self-Esteem

- Being **confident** in who you are.
- Bullies are **less likely** to target someone who is confident in themselves, they look for people who will **react** to their hurtful words/actions.
- Solid self esteem helps to **cope** with bullying.

# Ratting vs Reporting

- **Tattling** is when you tell to get someone **into trouble** and you tell **in front of others**.
- **Responsible reporting** is when you talk with an adult if you are **concerned** about bullying or want to get someone **out** of trouble, and you talk with an adult **in private**.

# What is Bullying?

- someone **hurts or scares** another person on **purpose** and the person being bullied has a **hard time defending** themselves
- The **repeated actions** or threats of action directed toward a person by one or more people
- **Intention** to cause harm



# TYPES OF BULLYING



**PHYSICAL**



**VERBAL**



**SOCIAL**



**CYBER**

# What is **NOT** bullying?

1. Excluding someone (i.e. birthday party).
2. Telling a joke about someone once.
3. Sending mean notes/texts about someone to classmates.
4. Someone arguing with you.

# Scenarios

**1. Act out the scenario**

**2. Act out the solution as the person or the bystander of what you could do.**

# Next Steps:

# PSA

