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## **Bullying/Harassment Safe Environment Lesson**

### **Outcomes**

The learner will be able to:

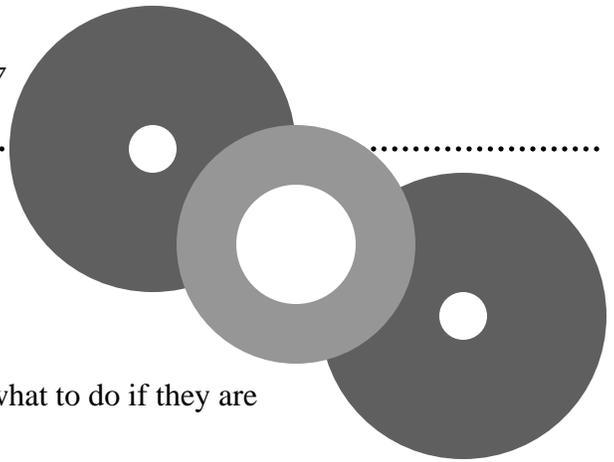
- ✓ Identify different forms of bullying and harassment
- ✓ Identify ways to respond if he or she is bullied by another
- ✓ Name and practice some approaches that may help someone who is being bullied

### **Part One**

1. Ask the students to define bullying.  
In general, bullying can be defined as behaviors that hurt or scare another who is vulnerable or perceived as weak.
2. Go over some facts and statistics about bullying and harassment. Some students may think that this doesn't happen anymore in high school, but it will be important for them to understand that it DOES happen...people choose not to talk about it or tell anyone if it's happening to them. A victim of harassment or bullying often feels ashamed or weak and they decide to keep things to themselves. Unfortunately, bullying and harassment behavior are most often recurring, that is, it is hardly ever a one time offense.
3. 15-25% of high school students are bullied with some frequency.  
Bullying behavior can take on many forms:
  - ◆ Physical—pushing, pulling, tripping, blocking someone's way, knocking over someone's books or tray in the cafeteria, etc.
  - ◆ Sexual—overt behaviors, comments, gestures, pictures
  - ◆ On-line—inappropriate text messages, IM's, blogs
  - ◆ Gossip—spreading rumors about others
  - ◆ Exclusion—keeping certain people out of a group/club/team/organization
  - ◆ Teasing—saying things to someone in a mean-spirited or demeaning way
  - ◆ Ganging up on someone
4. Ask the students for feedback about bullying and harassment. Do they ever see it happening? Why do they think people bully or harass others?  
Some possible responses are:
  - ◆ Others are doing it and getting away with it
  - ◆ They want to feel like they belong
  - ◆ Makes some people feel stronger, smarter, or better than the victim
  - ◆ It keeps others from bullying them

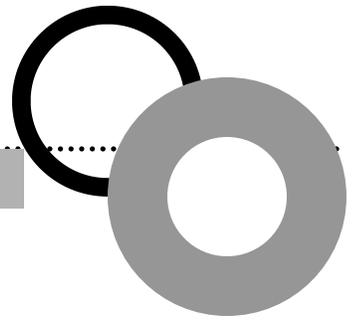
### **Gather the following items for this lesson:**

- Pens for each student
- Writing paper for each student
- Bible for prayer
- Copy of prayer for each student
- Movie clips as needed



**Part Two**

1. Ask the students for some suggestions about what to do if they are being bullied or harassed.
2. After they have had a chance to raise some possible responses, outline the following with them:
  - ◆ First of all, remember it is not your fault...nothing you can do or say gives anyone the right to mistreat you
  - ◆ Tell an adult whom you trust...it always helps to let someone know what is happening. Don't worry about being a "rat"!
  - ◆ Walk away from the bully
  - ◆ Stay in a group as much as you can so you won't find yourself alone with the bully
  - ◆ If it feels safe to do so, stand up to the bully by telling him or her why you find their behavior unacceptable
  - ◆ If you are being harassed online or by phone, **DO NOT REPLY**. Print out and/or save the harassing message. Share them with a trusted adult.
  - ◆ Join groups or clubs to meet people
3. Provide some ideas as to what **NOT** to do:
  - ◆ Don't bully back or bully someone else
  - ◆ Don't keep it to yourself or hope the problem will just disappear
  - ◆ Don't hurt yourself
  - ◆ Don't skip school or avoid groups—Statistics show that many students (up to 160,000 per day) stay home from school to avoid being bullied or harassed
4. Consequences of being bullied or harassed:
  - ◆ Self esteem drops
  - ◆ Feelings of overwhelming sadness, loneliness, or anxiety
  - ◆ Depression that can carry over into adulthood
  - ◆ Dropping out of social situations
  - ◆ Cutting school and falling behind in class work



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**Part Three**

Closing Prayer

Design a prayer experience using some of the resources provided at the end of the high school lessons. You may choose to engage your students in planning this prayer experience.

**Other Options**

- ◆ Invite a guest speaker to class to discuss the topic of bullying and harassment
- ◆ Watch a movie clip that illustrates the effects of bullying/harassment
- ◆ Have the students choose some popular music that seems to encourage this negative behavior or takes a stand against it