



## LESSON PLAN 3

### THE VICTIM Kids Who Get Bullied

#### Time Needed:

25-30 minutes

#### Objective:

Help kids identify options for how to respond calmly and confidently if they are being bullied.

#### ASK: Pre-Viewing Questions

- Why do you think kids get bullied?
- How do you know if you're getting bullied?
- What do you think it feels like to be bullied?

**VIEW: BOSTON vs BULLIES Video clip: THE VICTIM (7:48 minutes)**

#### ASK: Post-Viewing Questions

- If you are getting bullied, what could YOU do? What are some options for responding to bullying? (See more on pp. 10-11 of the Facilitator's Guide.)

#### PRESENT AND DISCUSS:

**When confronted with bullying, kids can:**

- Look the bully straight in the eye
- Speak with a calm, confident voice
- Calmly tell the bully to stop
- Calmly walk away
- Get help from a trusted adult

#### DEFINE AND DISCUSS:

##### **Assertiveness**

- Explain that *assertiveness* means expressing your feelings and defending your rights while respecting the feelings and rights of others.
- Talk about the different ways to be *assertive* – to react calmly and confidently.

#### ACTIVITY: Make a Play

(p.11, Facilitator's Guide)

Ask kids to develop 3 set plays for responding assertively to bullying. Have students practice these set plays in different scenarios.

- Give kids the scenarios or have them make up their own. (Scenarios can be found on [www.bostonsvbullies.org](http://www.bostonsvbullies.org))
- Have kids practice either individually or in a group.
- Review different options for responding to bullying.

## **ACTIVITY: Game Plan**

(p.10, Facilitator's Guide)

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 say or do?
2. Who can help you?
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.