



LESSON PLAN 4

THE BYSTANDER Kids Who Watch the Bullying

Time Needed:

25-30 minutes

Objectives:

Help Kids:

- Develop strategies for how they can help stop bullying when they see it taking place.
- Understand the importance of the bystander in bullying prevention.

ASK: Pre-Viewing Question

- Why don't most kids help in bullying situations? (e.g., they're afraid, they don't know what to do)

VIEW: BOSTON vs BULLIES video clip: The Bystander (9:42)

ASK: Post-Viewing Questions

- If you see or hear about someone getting bullied, how can you help? What are your options?
 - Have you ever stepped in to help someone being bullied? What did you do?
 - Does it take courage to stick up for someone being bullied?
- (See more on pp. 12-13 of the Facilitator's Guide.)

REVIEW:

What can kids do as bystanders to bullying?

Direct Intervention

If you feel safe, here are some ways to stop bullying directly:

- Help the kid being bullied to calmly walk away.
- Calmly tell the kid doing the bullying to stop.
- Calmly say things like: "Leave him alone." "Stop fighting." "It's not funny."
- Discourage the bully.

Indirect Intervention

If you can't intervene directly, or don't feel safe, you can:

- Rally support from other kids to stand up against bullying.
- Show friendship and support for the kid being bullied.
- Get help from a trusted adult.
- Calmly walk away from the situation.
- Redirect the situation (change the subject or start a new activity).

DISCUSS:

As a bystander, it's important to do something to help.

ACTIVITY: Think On Your Feet

(p. 13, Facilitator's Guide)

Materials needed: An easy-to-catch ball, markers

- Have kids tell you a one-sentence bullying situation.
- Write the situations directly on the ball with a marker.
- When the 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 one of the situations.
- Ask the group to brainstorm different ways to solve the situation.
- Then, toss the ball again, making sure the ball turns in the air and the next kid can catch it.
- Have the 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 you at lunch.

TIP: Stress the importance of responding calmly and confidently.

ACTIVITY: Be the Coach

(p. 13, Facilitator's Guide)

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.