

# Weiler Health Education Center

Scapegoat Escape  
Character Education  
Grades 4-5

## Table of Contents

Program Objectives.....	2
English Activity.....	3
Math Activity.....	4
Large Group Activity.....	5
Answer Keys.....	6
Note to Teacher.....	6
Connection with Home: Letter to Guardian.....	7



## Program Objectives

### Program Description:

This program builds on the lessons introduced in “Where Do Bullies Grow?” and explores what it means to be the target of a bully. Students will have the opportunity to learn steps in overcoming adversity, obstacles and developing and maintaining a positive self-image.

### Standards:

**PA:** 1.1.5g; 2.1.5b; 10.3.6c

**NJ:** 2.1.4.D.2; 2.1.4.E; 2.2.4.A.2; 4.1.4.B.1; 4.3.4.D.1; 3.1.4g; 3.3.4a

### Objectives:

Upon Completion of this program the student will be able to:

1. Define what a target is
2. Identify at least 3 strategies when dealing with a bully
3. Identify the reasons why people might bully others

### Terms:

**Bully**– a person who hurts or frightens people who are perceived to be smaller or weaker

**Bullying**– when someone uses controlling behaviors or statements to have power over other people

**Conflict**– a disagreement between two or more people

**Decision**– a choice

**Self-esteem**– what a person thinks or believes about himself/herself

**Target**– a person who is harmed by violence

**Cyber bullying**- the use of technology to harass, threaten, embarrass, or target another person.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Fill in the Blank

Directions: Answer the following statements.

- 1) \_\_\_\_\_ is when a person is picked on over and over again by an individual or group with more power, either in terms of physical strength or social standing.
- 2) Verbal bullying can involve:
  - a. sending cruel instant messages
  - b. sending email messages
  - c. posting insults about a person on a website
  - d. All of the above
- 3) \_\_\_\_\_ is the feelings that a person has about themselves.
- 4) \_\_\_\_\_ can be a bully and \_\_\_\_\_ can be a target of a bully.
- 5) True or False: Two of the main reasons people are bullied is because of appearance and social status.
- 6) Name an example of physical bullying  
\_\_\_\_\_  
\_\_\_\_\_.
- 7) List three ways to stand up to a bully:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
- 8) What help can you give to someone else is being bullied at school?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Directions: Answer the following problems and fill the answer in the blank.

## Add it up

1)  $(.5 * 40) + 10 =$

\_\_\_\_\_ % of US Adolescents participates in bullying. 13% are bullies, 11% are victims and 6% are both.

2)  $12 + (.5 * 12) =$

Bullies identified by age 8 are six times more likely to be convicted of a crime by age \_\_\_\_\_, and five times more likely to end up with serious criminal records by age 30, if there is no intervention.

3)  $2000 * 40 * 2 =$

\_\_\_\_\_ students miss school each day to avoid being bullied.

4)  $100 * 10,000 * 3 =$

The U.S. Department of Education estimates that each year \_\_\_\_\_ thefts and violent crimes occur in or near schools. That's an average of 16,000 such incidents per school day.





Fill in the Blank Answer Key

- 1) Bullying
- 2) D-all of the above
- 3) Self esteem
- 4) Anyone, Anyone
- 5) True
- 6) Hitting, punching, kicking, slapping, etc.

Add it up answer key

- 1) 30
- 2) 24
- 3) 160,000
- 4) 3,000,000

Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



# Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called “Scapegoat Escape” that was presented by the Weller Health Education Center. This program builds upon previous lessons, and focuses on what it means to be the target of a bully. The students see different scenarios, and the audience discusses appropriate methods to deal with bullies. Those that are the target of bullying behavior also have to overcome adversity and the program discusses maintaining a high self esteem in the face of obstacles such as bullying. Even though on the outside a person may be able to stand up to a bully, the emotions on the inside may not match the exterior. The program also discusses letting go of all the negative thoughts associated with a bullying situation and the benefits that come with it.

In a survey of 1,229 students, conducted by Kids Health, results found that 8% of students were bullied every day, 7% of students were bullied ever week, but not every day, where as 33% of students were bullied once in a while, but not every week. The survey also asked about the student’s personal behavior regarding bullying, 22% of students said that they bully others once in a while, 5% said they bullied others every week, and 15% said that they bullied others every day. Short term effects of bullying on a victim include: a dislike for going to school, especially bus rides, recess and gym times, depression, and development of physical illness due to stress. Long term effects for students that bully others are well known, bullying is a behavior that is very often one of the first steps to more serious problems. Unless some kind of intervention takes place, the aggression of bullying often leads to more serious acts of delinquency and criminal activity. Bullies are also more likely to use drugs and alcohol as adolescents.

Below you will find some sample activities to guide you in taking steps to improve family health and continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at [www.wellercenter.org](http://www.wellercenter.org).

## Example Activities

- 1) Explain the difference between an assertive (self-confident, firm) and an aggressive (violent, belligerent, hostile) response.
- 2) Monitor your own behavior and aggression. Demonstrate behavior at home between adults that are not bullying or aggressive. Children copy parents' behaviors-good and bad.
  - a. Exhibit empathetic behavior in situations at home (behavior that shows you trying to understand how the other person feels).
- 3) Take bullying seriously. Make sure your kids understand that you will not tolerate bullying at home or anywhere else.
  - a. Establish rules about bullying and stick to them. If you punish your child by taking away privileges, be sure it's meaningful.

Yours in good health,  
Weller Health Education Center