

Weiler Health Education Center

Where Do Bullies Grow?/What if Bullies Grow here?
Character Education
Grades 2-4

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Program Objectives

Program Description:

Emotional health and school safety are stressed in this anti-bullying program. Students identify different types of bullying and learn strategies to deal with a bully.

Standards:

PA 1.6.3ad, 10.3.3c, 11.2.3h

NJ 2.1.2/4f, 2.2.2d, 9.2.4bcd;

Objectives:

By completion of this program, students will:

1. Define the term “bullying;”
2. List 4 reasons why people might bully;
3. Discuss 2 ways bullying can be harmful; and,
4. Demonstrate 2 strategies to deal with a bully.

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

I-message– a statement that contains 1) a specific behavior 2) the effect the behavior has on the individual and 3) the feeling that resulted

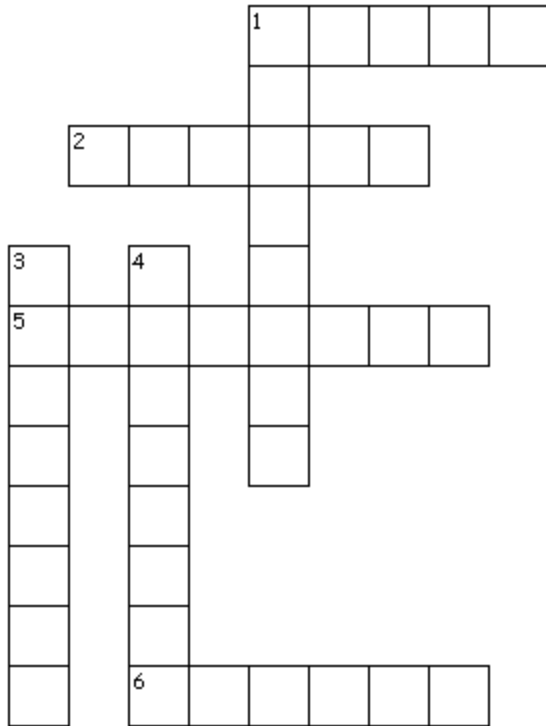
Self-esteem– what a person thinks or believes about himself/herself

Target– a person who is harmed by violence



Crossword Puzzle

Directions: Use the clues to complete the puzzle



Word Bank

Target	Emotions
Conflict	Intimidation
Bully	Health
Decision	

Across

1. A person who hurts others
2. Overall feeling of wellness
5. Another name for feelings
6. A person who is harmed by violence

Down

1. When someone uses controlling behaviors
3. A choice that one makes
4. A disagreement between two people



Getting to Know Class Members

Objectives:

Often the start of school is somewhat stressful. Getting to know each other can often relieve anxiety.

Directions:

1. Find people in the class who fit the characteristics described below.
2. Keep a tally of how many students fall into each category and record their names.
3. Share results with the **entire class**.
4. Discuss and compare results.
5. Determine the number of students in each category.
6. **Create a bar graph** to represent the interests of the entire class.



Getting to Know Class Members

Name: _____ Date: _____

Find Someone Who:

Likes carrots _____

Has traveled outside of Pennsylvania _____

Was born in another state _____

Has more than 3 siblings _____

Has been to Disney World _____

Likes the color green _____

Likes to ride skateboards _____

Likes school _____

Plays an instrument _____

Likes cafeteria food _____

Received two A's on his/her last report card _____

Has played miniature golf _____

Has a brother or sister under 3 _____

Gets along with their brother/sister _____



My Strengths and Weaknesses Activity

Teachers:

Understanding that we all have strengths and weaknesses is important so that while we emphasize our positive points and work on our weaknesses, we realize that we are not alone in the attempt.

Directions:

Have each student fill out the worksheet (below). Then have a class discussion pointing out that everyone is unique and we have both strong points and areas that need improvement.

My Strengths and Weaknesses

1. I feel proud when _____
2. I feel left out and lonely when _____
3. I feel happy when _____
4. I get angry when _____
5. My friends usually makes me feel _____
6. It's disappointing when _____
7. No matter how hard I try, I never _____
8. I really enjoy _____
9.

My Strengths	My Weaknesses
_____	_____
_____	_____
_____	_____
10. Pick one weakness and tell what you could do to improve yourself.



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 “Where do Bullies Grow?” that was presented by the Weller Health Education Center. As educators, we understand the importance of emotional health and safety at school. The students learned to identify different types of bullying and examples of where it may occur. The educators further addressed the motivations and feelings that can occur within the bully and the victim. Most importantly, students had the opportunity to develop and practice skills for standing up to a bully safely yet effectively.

Statistics show that direct, physical bullying increases in elementary school, peaks in middle school and declines in high school. Verbal abuse, on the other hand, remains constant. The U.S. Department of Justice reports that younger students are more likely to be bullied than older students. Many cases go unreported and while physical bullying such as punching and shoving can be very visible and therefore easy to respond to, more subtle forms of bullying including shunning and spreading of rumors can be much harder to detect. This is why creating a safe school environment for our students require the collaborative efforts of parents, teachers and students.

Below you will find some sample suggestions 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.

Sample Suggestions:

- 1) Talk about your own experiences. Share your own experiences of school — cliques have been around for a long time!
- 2) Encourage your child to talk about it
 - a. Help kids strategize ways to handle “situations” that make them uncomfortable
 - b. Ask about their school day, activities and friends
 - c. Help them identify appropriate adults and resources to help them in the face of bullying.
- 3) Ask about your child’s school day, activities and friends.
 - a. Ask if your child feels safe and comfortable at school.
- 4) Talk about what bullying means and help them understand the different types.
- 5) Foster out-of-school friendships. Get kids involved in extracurricular activity that gives them an opportunity to create another social group and learn new skills.
- 6) Communicate concerns about sustained bullying calmly with school personnel and work together to seek solutions.

Yours in good health,
Weller Health Education Center