



**Goal:**

- After participating in this series of safety lessons, students will have an understanding of things in their environment that could possibly be harmful and methods for dealing with these situations.

**Objective(s):**

- (1) The club member will have an increased awareness of the three parts of the bullying triangle: bully, target, and witness and how they are interrelated.
- (2) The club member will have increased problem-solving skills, and understanding of consequences of a response.
- (3) The club member will recognize myths about bullying.

**Life Skill(s):** Communication, Decision-Making, Critical Thinking

- Responsible
- Citizenship
- Critical Thinking
- Wise Use of Resources

**Character Focus:** Caring, Responsibility

**GLE:** Demonstrate understanding of information in grade-appropriate texts using a variety of strategies, including: sequencing events and steps in a process, summarizing and paraphrasing information, making simple inferences and drawing conclusions, predicting the outcome of the story or situation (ELA-7-M1), Examine and explain the relationship between life experiences and texts to generate solutions to problems (ELA-7-M2).

**Delivery Mode:** 4-H club meetings, workshops, school enrichment

**Time Allotted:** 20-25 minutes

**Materials needed for the Lesson:**

1. 3 signs for “Bully,” “Target,” and “Witness.”
2. situation cards: Bully in red, Target in blue, and Witness in green
3. posters or power point
4. myth or fact cards

**Number & Grade/Age of Participants:** 4<sup>th</sup> – 8<sup>th</sup> grades

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**References:**

Louisiana Department of Education - <http://www.doe.state.la.us/lde/saa/1842.html#58Inquiry>

School Issues: Sticks and Stones and Names Can Hurt You. Linda Starr, May 11, 2005. Education World  
[http://www.educationworld.com/a\\_issues/issues102.shtml](http://www.educationworld.com/a_issues/issues102.shtml)

Dealing with Bullies; Date visited: February 7, 2008. <http://www.kidshealth.org>

Bullying Facts and Statistics; National Youth Violence Prevention Resource Center, Date visited: February 25, 2008.  
[www.safeyouth.org](http://www.safeyouth.org)

The Ring of Valor: The Bullying Triangle activity. [casmith@ksu.edu](mailto:casmith@ksu.edu)

<http://www.ebasedprevention.org/bullying>. Date visited: April 25, 2008.

## What You Say:

Bullying is a big problem that affects lots of kids. According to the Maine Project Against Bullying ([www.bullystoppers.com](http://www.bullystoppers.com))

80% of adolescents reported being bullied during their school years.

90% of 4th through 8th graders report being victims of bullying.

15% of students bully regularly or are victims of bullies.

Up to 7% of 8th graders stay home at least once a month because of bullies.

What is bullying?

Bullying involves repeated acts of physical, emotional or social behavior that are intentional, controlling and hurtful. Bullying either can be direct or indirect. Direct bullying is physical abuse or violence that harms or frightens other kids. Indirect bullying is ignoring someone on purpose or name calling and is much more difficult to identify. Boys more typically are engaged in direct bullying and girls in indirect bullying, but that is not always the case.

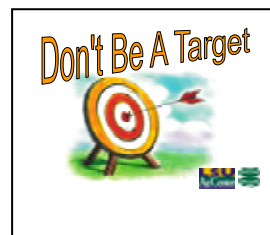
Now that we talked a little about bullying, let me ask you another question. What is a myth?

Yes, a myth is something that is thought to be true but isn't.

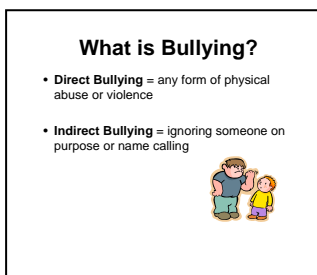
I'm going to show you some statements about bullying and I want you to tell me if they are the truth or if they are a myth.

## What You Do:

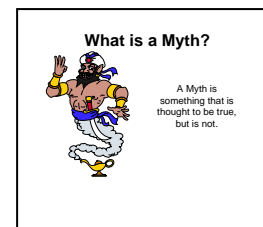
Show title poster/slide.



Change poster/slide



Wait for response.  
(Change Poster/Slide)



Give Myth Cards to participants and have them read them to the group.

## What Participants Do:

Give possible responses.

Give possible responses.  
(Truth or Myth)

## What You Say:

1. Bullies suffer from low-self esteem and they pick on others to make themselves feel more important.

MYTH - Research says: People who bully usually have an average or above average self esteem. They are just very angry and aggressive, they have no feelings for others, and they have little or no support system at home to teach them to care for others.

2. Bullies are looking for attention. Ignore them and the bullying will stop.

MYTH – Research says: If you ignore bullies they usually don't go away. They are looking for control not attention. If an adult does not step in and address the bully, then the bullying behavior usually increases.

3. Boys will be Boys,

MYTH – Research says: You don't outgrow bullying. The people that bully just change who or what they are aggressive toward. About 60 percent of boys that are bullies in Jr. High commit at least one crime by the time they are 24.

4. Victims of bullies need to learn to stand up for themselves and deal with the situation.

MYTH – Research says: That the people that are being bullied are usually younger or weaker physically than the bullies themselves. They may be new in school and not have many friends to help them deal with the situation. They need the help of someone.

## What You Do:

Show poster/slide

### Bullying Tips

1. Don't give the bully a chance.
2. Stand tall and be brave.
3. Get a buddy.
4. Tell an adult.



## What Participants Do:

Give responses.

## What You Say:

So what do you do if someone is bullying you?

Here are some tips.

1. Don't give the bully a chance. As much as you can, avoid the bully. You can't go into hiding or skip class, but if you can take a different route or break up your routine and avoid him or her, do so.

2. Stand tall and be brave. When you're scared of another person, you are probably not feeling at your bravest. But sometimes just acting brave is enough to stop a bully.

3. Get a buddy (and be a buddy). Two is better than one if you're trying to avoid being bullied. Make a plan to walk with a friend or two on the way to school or recess or lunch or wherever you think you might meet the bully. Offer to do the same if a friend is having bully trouble.

4. Tell an adult. If you are being bullied, it's very important to tell an adult. Find someone you trust and go and tell them what is happening to you. Teachers, principals, parents, and lunchroom helpers at school can all help to stop bullying. This is not tattling on someone who has done something small --- bullying is wrong and it helps if everyone who gets bullied or sees someone being bullied speaks up.

In most bullying situations there are 3 different types of participants. Can anyone name any of these?

Compare them to a 3-legged stool – What happens if one leg is removed?

The bullying will collapse like the stool if one part is removed. In other words, a bully needs both a target and spectators. Change the bully, the bullying stops. If spectators step in to support the target,

## What You Do:

Wait for responses 1.) The bully, 2.) The target (or one being bullied) and 3.)

The witnesses continue to discuss the relationships among the participants.

### Summary

- 3/4<sup>th</sup> of all kids say they have been bullied.
- Remember myths are not the truth.
- The bully will collapse if one part is removed.



## What Participants Do:

**What You Say:**

the bullying stops. If the target refuses to be a victim, the bullying stops (at least with this target).

Now let's look at some bullying situations and talk about them.

PROCESS/GENERALIZE: Ask the youth---

What is happening here?

Is it going right or is it going wrong?

Why? What is going to happen next?

Do you think these situations relate to real life?

Continue the activity with 3 more volunteers.

APPLY: OK now you have seen several examples of bullying situations. Remember each participant in the situation has the opportunity to make the stool collapse. How could you react differently if you were in the situation to change the situation?

**What You Do:**

Have 3 youth at random stand behind 3 signs.

1. Bully
2. Target
3. Witness

Shuffle the cards in each category and have each youth pick a card from their category.

Don't take the time to try to identify the "right" response to the bully's behavior. The purpose of this activity is to provide many examples showing how the three participants work together.

**What Participants Do:**

Volunteer, 3 youth stand by the signs and pick a card. Bully reads the bully card, followed by the target reading the target card; then the witness reads his card

Give responses.

Give responses.

**What You Say:**

**What You Do:**

**What Participants Do:**