



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National health education standards:  
[www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Too many kids and teens wake up every day feeling afraid to go to school. Bullying, both physical and verbal, can get extreme during the middle school years. The following activities and discussion questions will help give your students an understanding of bullying as well as coping skills to help protect themselves.

## Related KidsHealth Links

### Articles for Kids and Teens:

#### The Scoop on Gossip

[KidsHealth.org/kid/feeling/friend/gossip.html](http://KidsHealth.org/kid/feeling/friend/gossip.html)

#### A World Without Bullying: Brigitte's Story

[KidsHealth.org/kid/talk/kidssay/stop\\_bullying.html](http://KidsHealth.org/kid/talk/kidssay/stop_bullying.html)

#### Dealing With Bullying

[KidsHealth.org/teen/teen/homework/problems/bullies.html](http://KidsHealth.org/teen/teen/homework/problems/bullies.html)

#### How Can I Help Someone Who's Being Bullied?

[KidsHealth.org/teen/teen/expert/friends/expert\\_bullying.html](http://KidsHealth.org/teen/teen/expert/friends/expert_bullying.html)

#### Coping With Cliques

[KidsHealth.org/teen/teen/school\\_jobs/bullying/cliques.html](http://KidsHealth.org/teen/teen/school_jobs/bullying/cliques.html)

#### Should I Fight a Bully?

[KidsHealth.org/teen/expert/school\\_jobs/fight\\_bullies.html](http://KidsHealth.org/teen/expert/school_jobs/fight_bullies.html)

#### Cyberbullying

[KidsHealth.org/teen/homework/problems/cyberbullying.html](http://KidsHealth.org/teen/homework/problems/cyberbullying.html)

#### Someone Is Spreading Rumors About Me. What Can I Do?

[KidsHealth.org/teen/expert/friends/rumors.html](http://KidsHealth.org/teen/expert/friends/rumors.html)

#### I Helped Spread a Rumor. What Should I Do?

[KidsHealth.org/teen/expert/friends/rumor\\_regret.html](http://KidsHealth.org/teen/expert/friends/rumor_regret.html)

#### I Bullied Someone. How Can I Apologize?

[KidsHealth.org/teen/expert/friends/ex\\_bully.html](http://KidsHealth.org/teen/expert/friends/ex_bully.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What kinds of behaviors are considered bullying? Name some different ways kids are bullied.
2. When does teasing cross the line into bullying? Is name-calling bullying?
3. Have you ever been bullied? How did it make you feel? Have you ever bullied someone? How did it make you feel?
4. Have you ever spread a rumor? Why can spreading rumors be considered bullying?
5. What are some of the effects bullying can have on victims?
6. Why do some kids bully other kids?





























