



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.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Bullying affects millions of students. Teens are bullied physically, verbally, socially, emotionally, or even sexually, every day. Bullying can get extreme during the high school years, especially with the technology available to students. The following discussion questions and activities will show your students how to deal with bullying and help eliminate it from your school.

Related KidsHealth Links

Articles for Teens:

Dealing With Bullying

KidsHealth.org/teen/homework/problems/bullies.html

Coping With Cliques

KidsHealth.org/teen/school_jobs/bullying/cliques.html

Cyberbullying

KidsHealth.org/teen/homework/problems/cyberbullying.html

How Can I Help Someone Who's Being Bullied?

KidsHealth.org/teen/expert/friends/expert_bullying.html

Should I Fight a Bully?

KidsHealth.org/teen/expert/school_jobs/fight_bullies.html

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

KidsHealth.org/teen/expert/friends/rumors.html

I Helped Spread a Rumor. What Should I Do?

KidsHealth.org/teen/expert/friends/rumor_regret.html

I Bullied Someone. How Can I Apologize?

KidsHealth.org/teen/expert/friends/ex_bully.html

Sexual Harassment and Sexual Bullying

KidsHealth.org/teen/homework/problems/bullies.html

Discussion Questions

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

1. Name some different ways teens get bullied.
2. What effects can bullying have on victims? How are family members of those being bullied affected? Bystanders? The bullies themselves?
3. Why do some bullies use texting, email, instant messaging, or other social media? What can you do if you're a victim of cyberbullying? What should you do if you see cyberbullying going on?
4. List some ways teens can help victims of bullying.
5. When do acts of bullying become crimes?

