



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- 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

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. These 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

TeensHealth.org/en/teens/bullies.html

Coping With Cliques

TeensHealth.org/en/teens/cliques.html

Cyberbullying

TeensHealth.org/en/teens/cyberbullying.html

How Can I Help Someone Who's Being Bullied?

TeensHealth.org/en/teens/expert-bullying.html

Should I Fight a Bully?

TeensHealth.org/en/teens/fight-bullies.html

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

TeensHealth.org/en/teens/rumors.html

I Helped Spread a Rumor. What Should I Do?

TeensHealth.org/en/teens/rumor-regret.html

I Bullied Someone. How Can I Apologize?

TeensHealth.org/en/teens/ex-bully.html

Sexual Harassment and Sexual Bullying

TeensHealth.org/en/teens/harassment.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?



Activities for Students

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

Bully Busters

Objectives:

Students will:

- Learn how to combat bullying, as a victim and as a bystander

Materials:

- Computer with Internet access
- 8x11 paper, chart paper or posterboard, colored markers, old magazines, tape or paste; or graphic arts software and online images

Class Time:

- 1 hour

Activity:

To help spread the anti-bullying message, we're going to create informational pamphlets and posters to distribute throughout our school - in hallways, on bulletin boards, in the cafeteria, in bathrooms, you name it. First we'll read the TeensHealth.org articles on bullying. Then we'll break up into small groups and make posters or pamphlets. For the pamphlets, just fold a blank piece of 8x11 paper into thirds. For both, come up with a catchy title, as well as an illustration or image from magazines or websites. Posters should focus on one of the following topics, while pamphlets should cover all or most of these topics:

- Tips for victims
- Tips for bystanders
- Tips on dealing with rumors
- Tips on coping with cliques
- When to go to adults

Extensions:

1. Ask students to identify potential bullying "hotspots" around the school, such as hallways, stairways, locker rooms, bathrooms, or other places that might lack a lot of adult supervision. Create posters for these areas that cite the penalties bullies face and inform victims about how to report bullying incidents.
2. If your school has a bullying policy, communicate the rules clearly to your students and their parents. If your school doesn't have a bullying policy, research any relevant state policies or guidelines online, then brainstorm with your class about what rules and guidelines your school should adopt. Draft a policy to forward to the principal.
3. Give a Top 10 list of anti-bullying tips to the principal to read during the morning announcements; one a day for 2 weeks.



Activities for Students

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

Bully Pulpit

Objectives:

Students will:

- Write a speech advocating for a bully-free learning environment

Materials:

- Computer with Internet access
- “Bully Pulpit” handout, pens or pencils

Class Time:

- 90 minutes

Activity:

Theodore “Teddy” Roosevelt, the 26th U.S. president, called the White House a “bully pulpit.” For Roosevelt, “bully” meant “excellent.” And a “pulpit” is a speaker’s platform, like a podium. Roosevelt meant that presidents in the White House are perfectly positioned to bring people’s attention to important issues, as a way to solve problems. Today, you’re going to write a speech as if you were running for school president. Your campaign speech will be your bully pulpit to bring attention to the issue of bullying, and promise solutions to help end the problem in our school. After reading the TeensHealth.org articles related to bullying, write a campaign speech that includes:

- The effects bullying can have on victims
- The types of bullying behavior that won’t be tolerated at our school
- Your recommended penalties for bullies

Extensions:

1. Have students create logos on T-shirts with markers and/or paints that match students’ campaign promises to stop bullying at school.
2. Talk to a school counselor about creating a bullying discussion or support group for students.
3. Check out StopBullying.gov and share appropriate videos and other content with your students and school community.



Shutting Down the Rumor Mill

Objectives:

Students will:

- Learn how passing along rumors is related to bullying
- Understand how to deal with rumors

Materials:

- Computer with Internet access
- “Shutting Down the Rumor Mill” handout, pens or pencils

Class Time:

- 1 hour

Activity:

Some teens spread rumors about people as a way to intimidate them or to be popular. But when rumors are spread this way, it’s a form of bullying. Rumors can have serious consequences for the victim and anyone involved in spreading the rumor. Texting can help rumors spread like wildfire and cause a lot of damage in a short amount of time. Today, each of you will be writing about rumors as if you ran your own advice blog for teens. To help you get your facts straight before you dish out advice, read about rumors at TeensHealth.org, then write your responses on the “Shutting Down the Rumor Mill” handout. Here’s a basic rule about rumors to keep in mind: If you hear a rumor, ask yourself three questions - Is it kind? Is it true? Is it necessary? If the answer is “no” to any of those questions, then it’s probably not a good idea to spread the rumor.

Extensions:

1. Gather some tabloid magazines and show some of the covers and/or articles to your students. Then lead a classroom discussion on why rumors about celebrities sell magazines. Discuss how some celebrities stopped the spread of false rumors by filing lawsuits seeking damages. Also discuss possible consequences that students who spread false rumors might face.
2. Have your students research and write a brief report on the local and/or state laws regarding libel and slander, and the possible penalties for each. Instruct them to cite recent cases of both charges.

Reproducible Materials

Handout: Bully Pulpit

KidsHealth.org/classroom/9to12/problems/emotions/bullying_handout1.pdf

Handout: Shutting Down the Rumor Mill

KidsHealth.org/classroom/9to12/problems/emotions/bullying_handout2.pdf

Quiz: Bullying

KidsHealth.org/classroom/9to12/problems/emotions/bullying_quiz.pdf

Answer Key: Bullying

KidsHealth.org/classroom/9to12/problems/emotions/bullying_quiz_answers.pdf



Name: _____

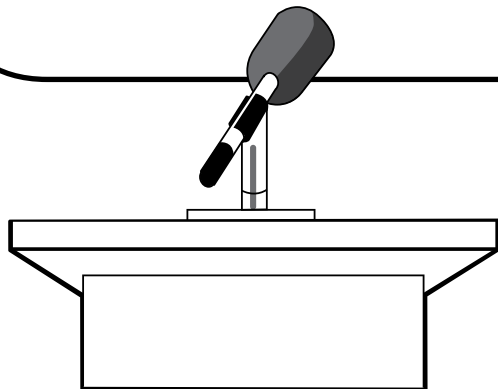
Date: _____

Bully Pulpit

Instructions: You're running for class president and your top priority is to eliminate bullying at your school. Write a campaign speech that explains:

- the effects bullying can have on victims
- the types of bullying behavior that won't be tolerated at our school
- your recommended penalties for bullies

My fellow students,

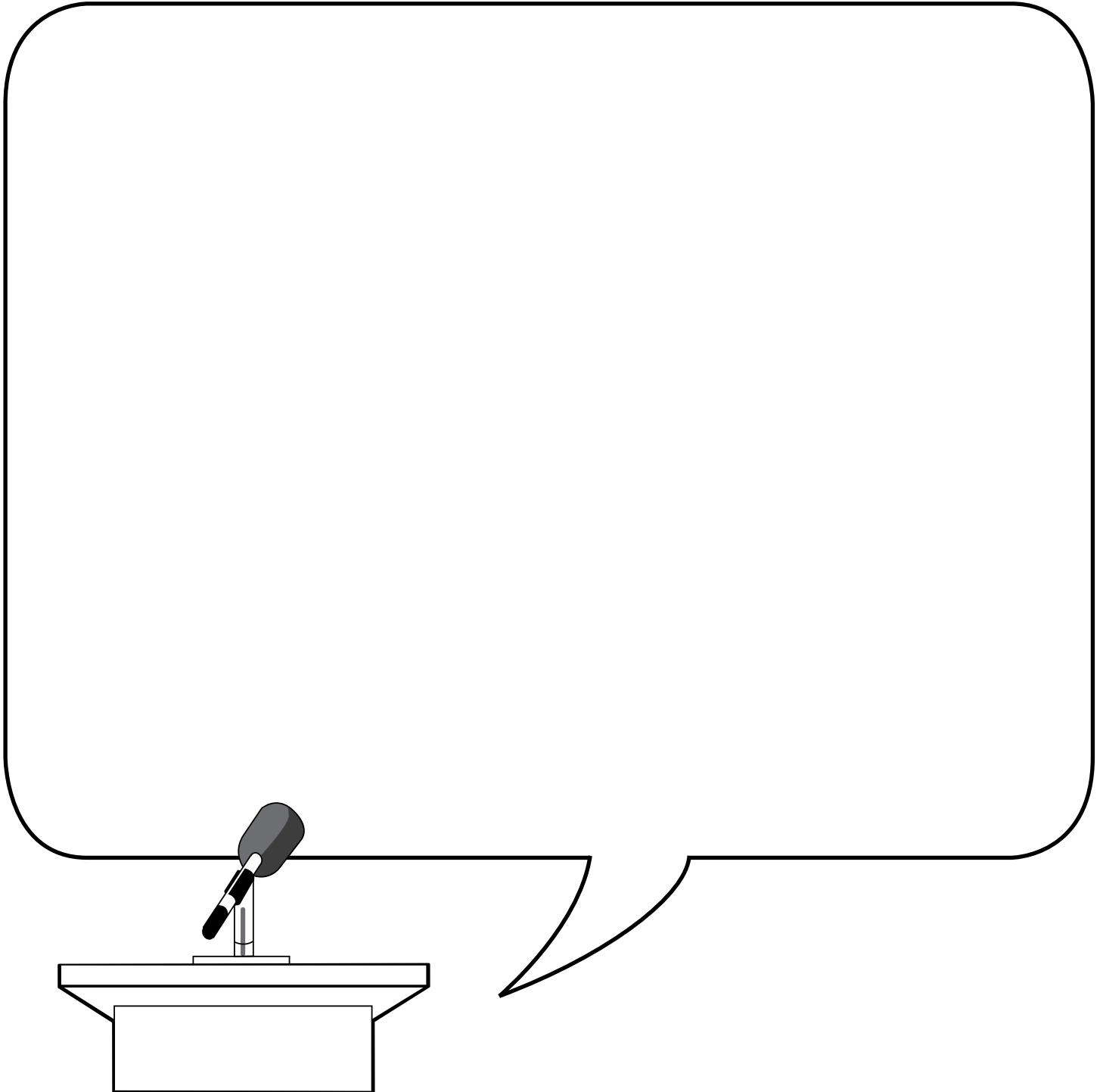




Name: _____

Date: _____

Bully Pulpit





Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. Bullies can attack victims:

- a. physically
- b. verbally
- c. emotionally
- d. sexually
- e. all of the above

2. True or false: Spreading rumors about someone is a form of bullying.

3. Give an example of verbal bullying:

4. Name three ways that bullying affects victims:

5. Name two ways to deal with bullying:

6. True or false: Bullying can cause victims to suffer from physical ailments like stomachaches.

7. How can the use of technology make bullying worse?

8. True or false: Some kids bully because they want to feel empowered and manipulate people.

9. How can a bystander help a bully?

10. Bullying affects _____ of students every day.



Quiz Answer Key

1. Bullies can attack victims:
 - a. physically
 - b. verbally
 - c. emotionally
 - d. sexually
 - e. all of the above
2. True or false: Spreading rumors about someone is a form of bullying.
3. Give an example of verbal bullying:
Any one of the following: repeated name calling; passing rumors; mean texts or online messages; gossiping; taunting or teasing.
4. Name three ways that bullying affects victims:
Any three of the following: grades can go down; stomach pains; diarrhea; eating problems; low self-esteem; stress; depression; anxiety; thoughts of suicide; suicide.
5. Name two ways to deal with bullying:
Any two of the following: ignore the bully; avoid the bully; don't show your feelings or react to the bullying; keep your anger in check; don't get physical; talk about it to an adult; find and surround yourself with true friends; be confident.
6. True or false: Bullying can cause victims to suffer from physical ailments like stomachaches.
7. How can the use of technology make bullying worse?
Texting, instant messaging, emails, and social media can help spread rumors and photos very quickly.
8. True or false: Some kids bully because they want to feel empowered and manipulate people.
9. How can a bystander help a bully?
Any one of the following: Let an adult know about the situation; be friends with the person being bullied; calmly tell the bully to knock it off.
10. Bullying affects millions of students every day.