

School-wide Bully Free Program, 2011-2012  
Teacher Instruction Packet

Theme: BYKOTA (Be Ye Kind One to Another)

Key Phrases: Above the Line Behaviors, Below the Line Behaviors

The program kick off will be presented by Mrs. Baldwin at the handshake assembly on Wednesday, Aug. 24. Mrs. Baldwin will remind students of our school theme: We Are His Hands, and connect it to this year's sub-theme: BYKOTA (Be Ye Kind One to Another). She will give a short devotional titled *Random Acts of Kindness*, followed by calling up a few students and asking them some questions. We will develop a list of what we consider *Above the Line Behaviors*. Then she will commission these students as kindness reporters for the next two weeks. She will have them report back to her Above the Line BYKOTA acts, and then share them during the morning announcements/pledge time.

Teachers will then follow up with seven classroom sessions that are outlined for you, including activities and focus. See attached paper "Creating a Bully Free Environment" by Linda Grzybowski. You will need to review materials and adjust for your age level as needed.

**Overview of the 7 Sessions (full lesson plans are attached)**

**Week 1: August 29-Sept 1.**

Session One Focus:

- get to know each other activity
- expose myths of bullying
- define bullying
- name bullying behaviors: Below the Line Behaviors

*Expectations by the end of Week 1:*

- take T or F quiz
- develop list of classroom rules WITH students
- poster/banner of Below the Line Behaviors posted with the words "As a class we pledge NOT to:"

Additional resource: Our Classroom is a Place Where, pg. 20

**Week 2: Sept 6-9:**

Session Two Focus:

- identify bullying behaviors
- suggest appropriate ways to handle bullying situations

*Expectations by the end of Week 2:*

- role play bullying scenarios
- watch clip from Dateline NBC bullying show and discuss

- complete What Should You Do worksheet
- make a poster or banner announcing "This is a bully-free classroom". Display poster in the hallway outside your room.

Optional activity: take your class on a tour of the building to see all the posters  
 Additional resource: 20 Things to Do Instead of Hurting Someone Back (pg. 3)

### **Week 3: Sept. 12-16:**

Session Three Focus:

- What to do when you are bullied, or witness bullying
- Bystanders: empowered to help: *see resource "Attention- By-Standers"*

*Expectations at the end of week 3:*

- discuss What Should You Do
- show YouTube Video and discuss
- list/discuss things to do and not to do when bullied
- Design/make your classroom "Notes to the Teacher" box
- student writes/video tapes/draws 3 acceptable things to do if bullied

Optional: Share videos with other classes

Additional resource: Ways to Stay Bully Free bookmark (pg. 100)

### **Week 4: Sept. 19-23:**

Session Four Focus:

- Learn and use Assertive skills

*Expectations at the end of week 4:*

- Do You Have Rights activity
- Student Bill of Rights poster
- Discuss body language with students
- student skit to practice being assertive
- ASSERT formula: introduce and discuss
- write/video tape/draw: share 2 things you learned today that could help you with someone in your life

### **Week 5: Sept. 26-30:**

Session Five Focus:

- Conflict Resolution

*Expectations at the end of week 5:*

- discuss conflict resolution with your class and make a plan (What do I do when I have a conflict with a classmate?)
- ?Young Peacemaker Program?
- 8 Steps to Conflict Resolution

**Week 6: Oct. 3-7:**

Session 6 Focus:

- Cyberbullying
- internet safety

*Expectation at end of week 6:*

- discussion on internet safety - Student Resource Packet
- review with 5<sup>th</sup>-8<sup>th</sup> grade students materials in Student Resource packet

**Week 7 Oct. 10-14:**

- Review of concepts learned
- sign Bully Free Pledge

*Expectations by the end of week 7:*

- review of concepts in lessons 1-6
- complete a bully survey
- teachers review surveys and then give to Mrs. Baldwin
- students sign a Bully Free Pledge

Optional: Take the Bully True and False Quiz again and see if students do better

**Ongoing:**

- set goals for Above the Line Behaviors,
- Do the Friday Review to see how the class is progressing (pg. 70)
- continue surveys as needed
- administration will survey through out the year

**Additional Resources:**

Our Classroom is a Place Where	pg. 20
Bullying Stories	pg. 23
Surveys	pg. 26-27
20 Things to do Instead of Hurting Back	pg. 33
12 Tips For Making and Keeping Friends	pg. 35
50 Words that Describe Feelings	pg. 48
This Week in Review	pg. 70
Messages From Me to Me	pg. 72
My Feel Good List	pg. 96
Ways to Stay Bully Free	pg. 100
Planning Ahead	pg. 110
Are You a Bully Quiz	pg. 128