

How Does It Feel?

Time needed: 15-30 minutes

Recommended Level: Grade 5-8

Categories: Awareness, Cyberbullying, Reporting

Common Core Standard(s): Reading/Writing/Speaking

Purpose: Students will recognize the feelings associated with bullying while it occurs and after telling a trusted adult.

DISCUSSION:

How do you feel when being picked on? How do you feel when things have been resolved?

ACTIVITY:

Split students into groups of 3-5. Have students brainstorm in groups about what feelings arise from being bullied and what feelings arise after telling someone about it. Compare and contrast the feelings .

Now, watch the video <http://origin.www.netsmartz.org/RealLifeStories/SurvivorDiaries>

After viewing the video, have students regroup, adding to or changing their responses.

Discuss as a class.

FOLLOW-UP:

Discuss as a class who they could tell if this was happening to them.

Make a class list of trusted adults to tell. Examples: Parent, school counselor, teacher, a friend's parent, principal, pastor, youth group leader, boss, etc.

What could these two boys have done differently? Did this surprise you?

Has this happened to you or someone you know ?



Helping Everyone with Anti-Bullying,
Respect & Tolerance

Duplication and distribution of this lesson plan is permitted and encouraged.

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