

I CAN POSITIVELY IMPACT MY SCHOOL

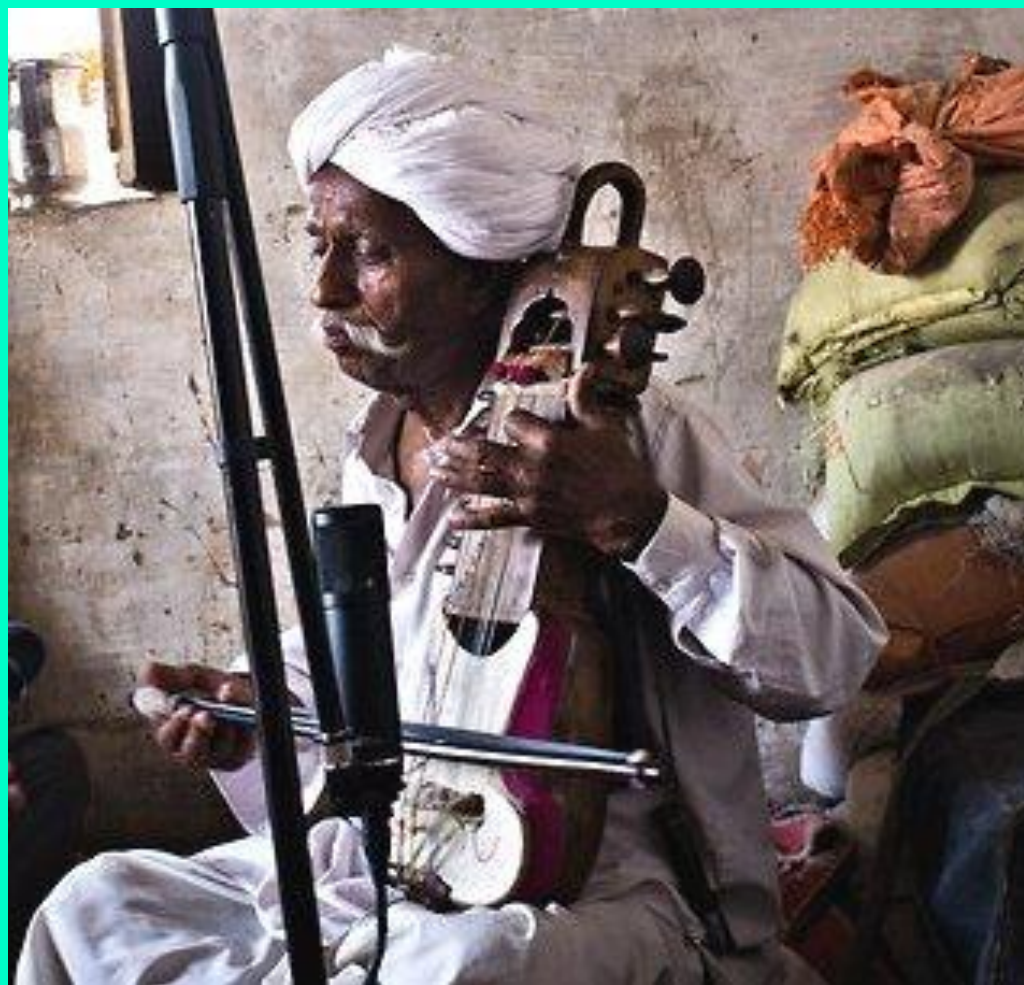
**Preventing Bullying Lesson
Goshen Elementary School 2018**

ANALYZING STEREOTYPES

INTRODUCTION ACTIVITY: ANALYZE YOUR STEREOTYPES

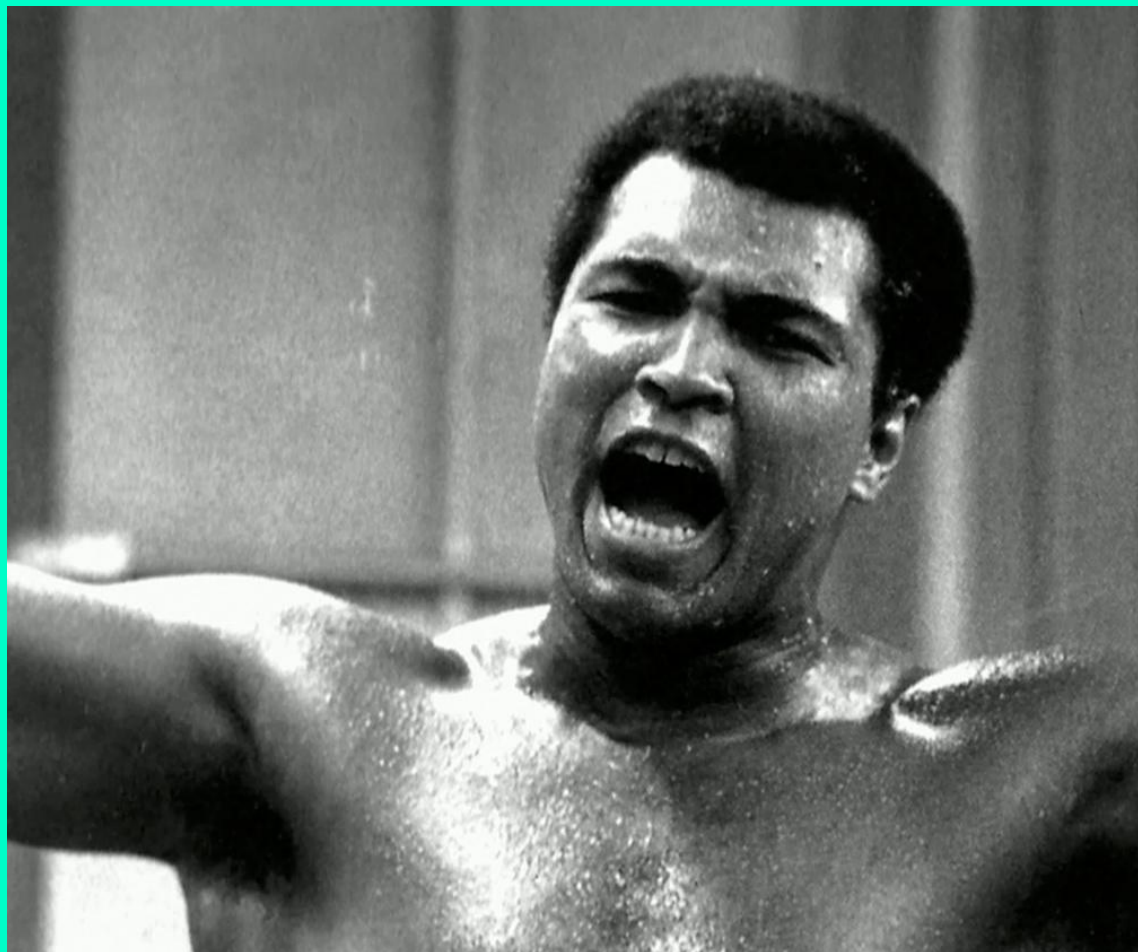
Directions: Look at the following pictures. Write down the first impression you have when you see them. It might be a feeling, a word, or a question. Try not to verbally react. We will not share answers so be honest with yourself.









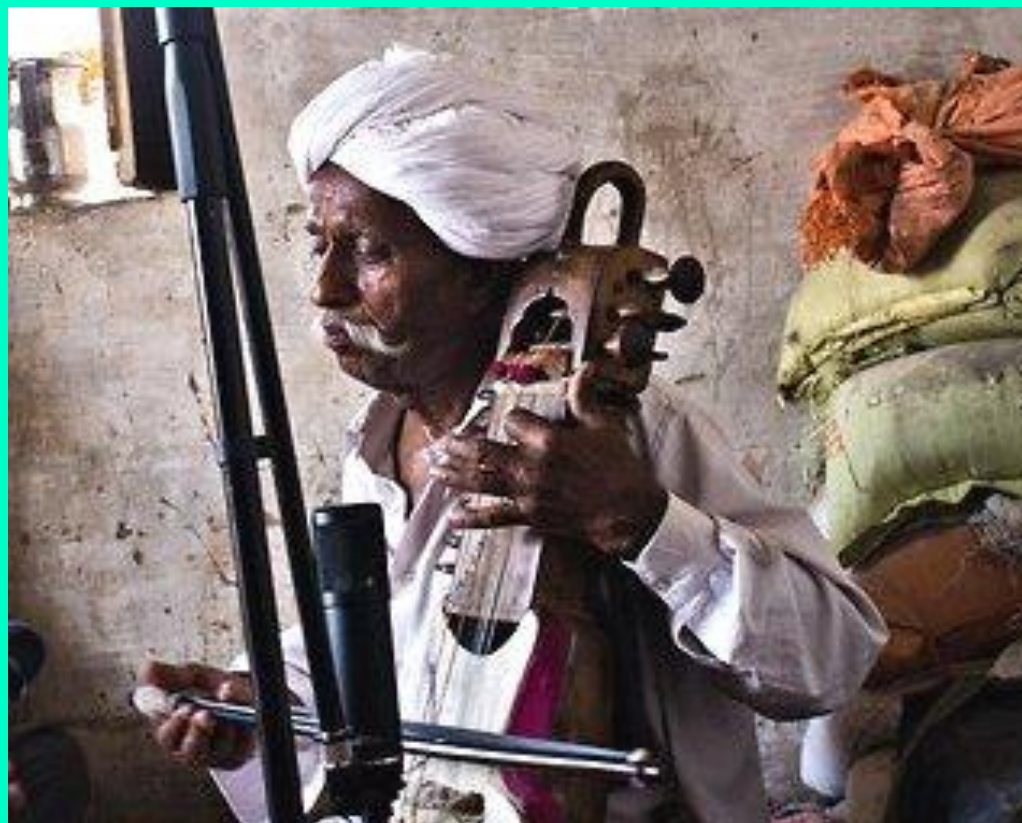








IZ KAMAKAWIWO'OLE ~ HAWAIIAN SINGER



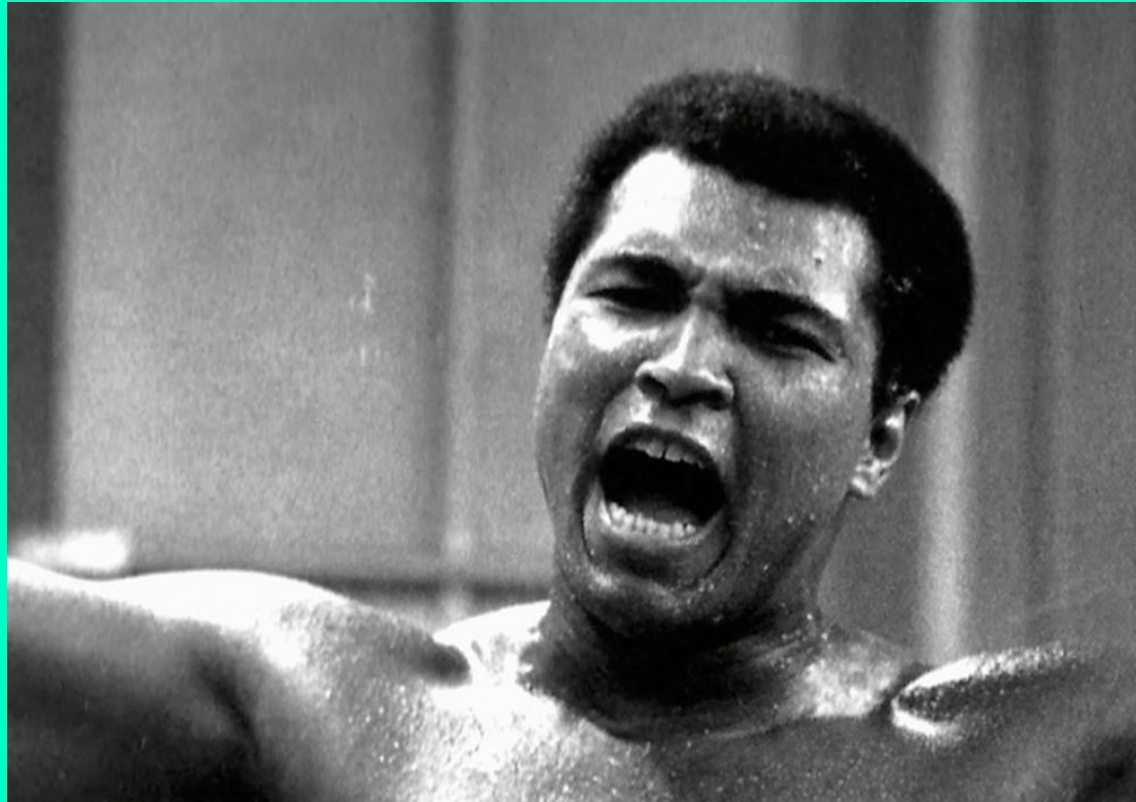
MUSLIM MUSICIAN ~ FIGHTING TERRORISM WITH MUSIC



STEPHEN HAWKING ~ THEORETICAL PHYSICIST



TREACHER COLLINS SYNDROME ~ WONDER MOVIE



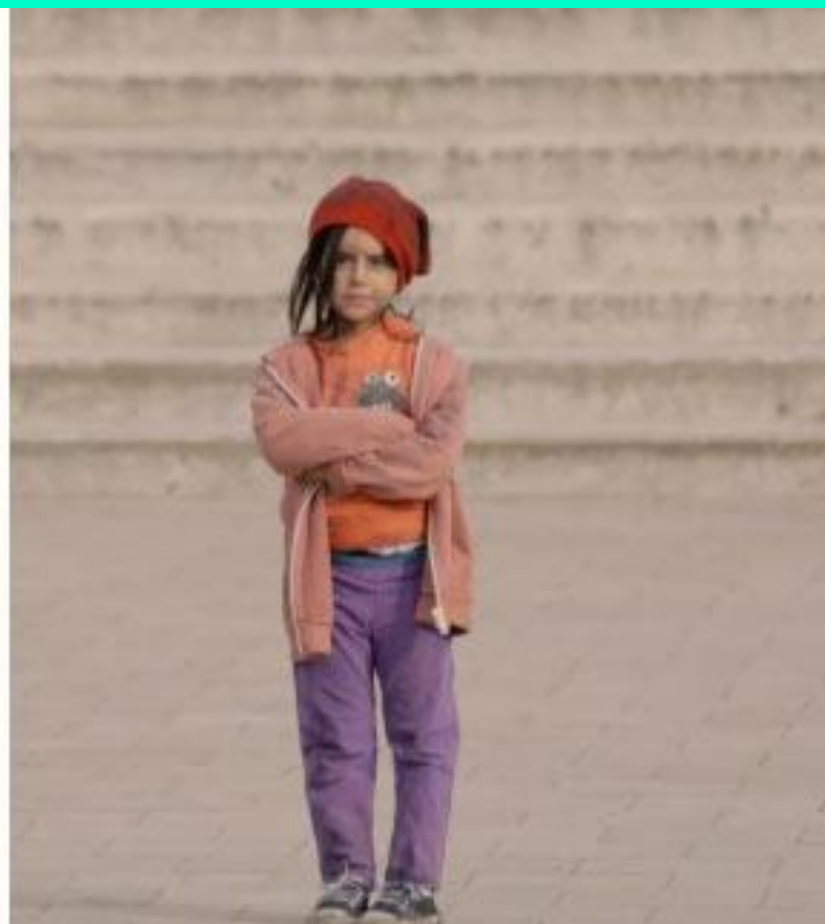
MUHAMMAD ALI AFTER WINNING A MATCH



JOHN CRONIN ~ JOHN'S CRAZY SOCKS



How old are you?



WHEN WE FOCUS ON
DIFFERENCES,
WE SEPARATE
"US" AND "THEM"

STEREOTYPES
JUDGEMENTS

BIAS

— RACISM

"US" AND "THEM"

POINTING OUT DIFFERENCES SEPARATES US FROM EACH OTHER
IT FOCUSES ON THE LABEL RATHER THAN THE PERSON

DEEP DOWN WE ARE ALL THE SAME
SAME HEARTS, SAME LUNGS, SAME FEELINGS
SAME DESIRES, SAME HOPES AND DREAMS

IMPROVING EMPATHY



EMPATHY:

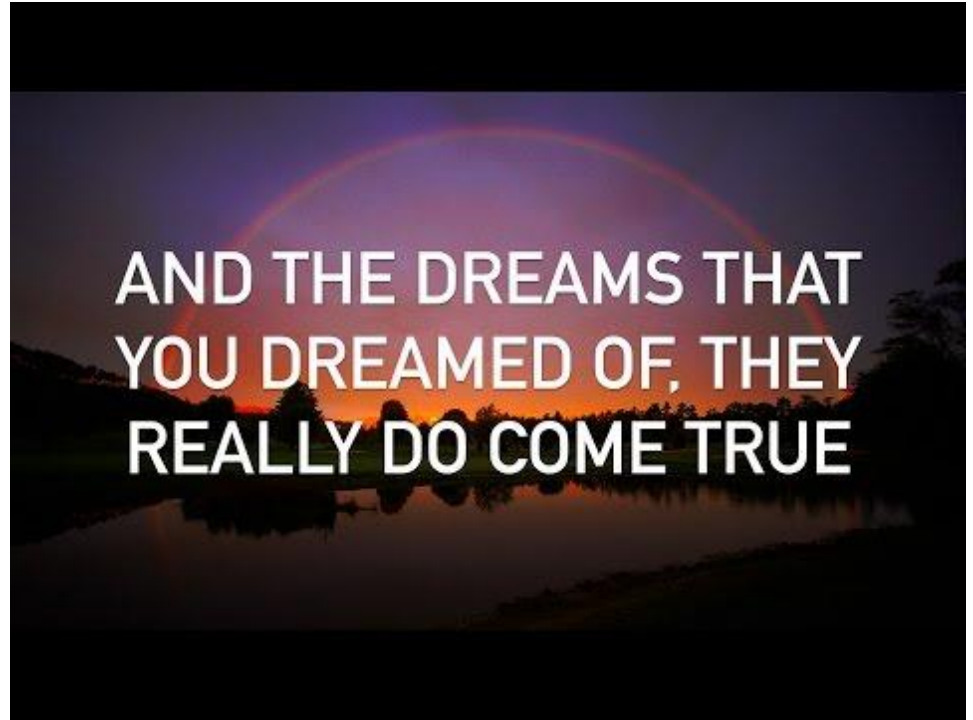
WALKING IN SOMEONE ELSE'S SHOES

DEVELOPING ACTIVITY: PRACTICE USING EMPATHY

Directions: Imagine you were born as a different person. You live in a different place, you look different, you like doing different things, you have a different family. Close your eyes and imagine what a day in this new life would be like.

PRACTICE USING EMPATHY

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Voice Level: 0 (no talking please)

UNDERSTAND
BULLYING

BULLYING

is repeated, unwanted,
aggressive or insulting
behavior to intimidate
another person.

28%

Of U.S. grade school students
reported being bullied in 2017
school year.

57%

Of bullying situations stopped
when a peer intervened.

PEOPLE WHO BULLY

- May have been bullied themselves
 - Are trying to get attention
- May be using it as a defense mechanism
 - Feel like they need to control others
- “Feed” off the reaction of their victim

BULLYING

can cause depression, anxiety,
headaches and stomach aches,
sleep problems and school
avoidance.

BULLYING

elicits a stress response.

It is called

“fight or flight”

BULLYING

makes kids feel unsafe.

It prevents them from learning
and reaching their potential.

BULLYING

is the easy way out.

It takes work to solve problems,
manage your emotions,
and to improve yourself.

POSITIVELY IMPACT
YOUR SCHOOL

CULMINATING ACTIVITY: DEVELOP A PLAN

Directions: Work as a team to come up with

1 to 5 ideas

for how we can reduce bullying at our school.

Try to think of *positive actions* we all can take to make change happen.

Display your ideas on the poster using text, drawings, and/or diagrams.

POSITIVELY IMPACT YOUR SCHOOL

Directions: Work as a team to come up with 1 to 5 ideas for how we can reduce bullying at our school. Try to think of positive actions we all can take to make change happen. Display your ideas on the poster using text, drawings, and/or diagrams. Be prepared to share!



Voice Level: 3 (for your group)

SHARE YOUR IDEAS!

Voice level: 5

(when presenting - project your voice)

Audience Voice Level: 0

EXIT ACTIVITY:

SIGN YOUR NAME TO ONE OF THE "PREVENTING BULLYING" IDEAS,
SHOWING YOU ARE COMMITTED TO TRYING THAT STRATEGY

"THROUGH OTHERS, WE BECOME OURSELVES"

~LEV VYGOTSKY