

## We Will Try to Help Students Who Are Bullied

Get students into their class meeting circle.

Review with students again the purpose of class meetings and the ground rules for their discussion. Hang the class meeting ground rules poster where all the students can see it.

Say: **Today, we'll be talking about the second anti-bullying rule. Who remembers the first rule? Rule 1: We will not bully others.**

Ask: **Who can define bullying for us? What are some examples of bullying?** Allow several students to respond.

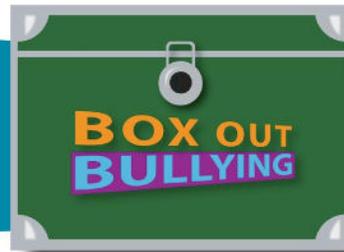
Ask: **Do you remember the second anti-bullying rule that was talked about at our school's kick-off assembly? Rule 2: We will try to help students who are bullied.**

Ask: **What are some ways you could help students who are being bullied?** Allow several students to respond. If they don't mention the following, add them as well:

- Intervene directly by telling the student who is doing the bullying to stop.
- Get help from an adult.
- Be a friend. Stand alongside the person who is being bullied.
- Don't join in on the bullying.

Stress that getting help from an adult may be the best option, particularly if students think they may also get hurt by trying to stop the bullying. Explain that if bullying is





reported, you and all other school staff will be taking action.

Review again the negative consequences for bullying and the positive consequences that will occur for taking a stand against bullying.

Ask students to come up with positive ways to handle the situation if they were bystanders. For example, ask students:

- **What would you say? What would you do?**
- **How hard would this be to do?**
- **How would it make the person who is being bullied feel?**
- **Do you think this solution will change the situation?**
- **Does this solution fit with our school's rules?** *Note:* If students say it would do no good to tell an adult or it would be “tattling,”

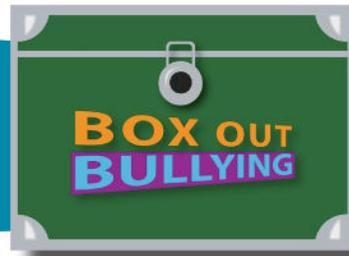
Explain that all adults in the school want to know about bullying and will do something about it. Also emphasize that telling an adult is not “tattling”; it is being a good friend and member of this school.

**Ask: If you were being bullied, do you think you would want someone to help you? In what ways?**

*Note:* If students suggest retaliation or violent options, talk about your school rules and why this is not appropriate.

1. **Say: To summarize what we've talked about today, there are several ways to help someone who is being bullied. Remember these options the next time you see someone being bullied. It is important that you do something not only**





**because it is a school rule but also because it's the right thing to do.**

2. If time permits, ask if students have any questions or would like to talk through any other concerns.
3. Congratulate the class on working hard to understand how they can help someone who is being bullied.

