



INSTRUCTIONS

Watch The Video: *No Bullying Schools - Episode One - How to Respond to Bullying* with your students. Use the questions below to debrief in small groups (group size is your choice). Time Needed: 30 Mins.

EPISODE 1 – HOW TO RESPOND TO BULLYING – DISCUSSION GUIDE

1. Who can raise their hand and tell us one thing you learned from watching this video?
2. How would you define bullying in your own words?
3. Let's review the National Bullying Definition from StopBullying.gov: *(Write it on the board.)*
 - Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.
4. What do you think is the basic difference between **bullying** and **peer conflict**? *(Basic Difference: Bullying is one-sided, meaning one person tries to take power over the other. Peer conflict is two-sided – both students behave in a negative or harmful way toward each other.)*
5. What are the Four Types of Bullying? And what are some real-life examples of each type? *(The answers and some possible examples are listed below. Source: StopBullying.gov.)*
 - **Physical Bullying**
(Pushing, tripping, spitting, mean hand gestures, damaging someone's property)
 - **Verbal Bullying**
(Name calling, verbal intimidation, teasing, taunting, harsh language)
 - **Social Bullying**
(Hurting someone's reputation, excluding on purpose, rumors, embarrassing someone)
 - **Cyberbullying**
(Bullying through a phone, text, social media, the internet, gaming, or electronics)



6. How do you think it feels to be bullied on a regular basis, more than three times a month?
7. Where do you think our school experiences the most bullying? *(Some Possible Answers: on the bus, online, social media, in the halls, at recess, lunch, after school, etc.)*
8. What did Tom say it meant to be resilient? How would you describe being resilient?
9. Let's look up the definition of "resilient" on google. Who wants to volunteer to look it up? There are multiple definitions, so let's pause and discuss how each could relate to bullying.
10. Resilience is the ability for people to pick up the pieces and go on with their lives after they face something incredibly tough. This does not mean that we forget what we have experienced, but instead, we remember what happened and decide to take positive actions in order to pursue our dreams in life. How can you be resilient when you are being bullied by others?
11. Do you know anyone who has learned to be resilient? This could be a friend, a relative, even yourself. How do you think they became resilient?
12. Who is your trusted adult? Who do you talk to when you're feeling sad, hurt, or depressed?
13. If you don't have a trusted adult in your life, please know that you can talk to our school counselors and school administrators. How else can you find a trusted adult to talk with about your life?
14. What are some of the possible negative outcomes of carrying emotional "baggage?" In other words, what kinds of things can happen when you refuse to talk about your hurts and keep them in your mind?



15. What are some possible benefits of identifying your past hurts (your “baggage”) and talking through it with a trusted adult? How can this process lead you toward better mental health?

16. In the video Tom challenged us to become a “No Bullying School,” and he explained that the phrase does not mean we will have no bullying at all, but it means we will “say no to bullying” and speak up in a positive way. What are some positive actions we can take to become a “No Bullying School?”

CLOSE THE DISCUSSION BY SAYING THIS

If you or someone you know is being bullied, abused, or harassed, please report it today by talking to me or to one of our school counselors or administrators. We are here to help you, and we can't know if you don't tell us. At our school, we take bullying very seriously, and we hope you will partner with us to build a positive culture where everyone feels safe and valued.

EDUCATOR NOTES

If any of the students report bullying, or any type of harassment or abuse, make sure to follow the applicable Mandatory Reporting Laws, and then file a report at the school, and make sure all follow-up procedures are followed. If you don't have an evidence-based curriculum for bullying prevention, reporting, and intervention, please visit our site at <https://NoBullyingSchools.com>.