

# **Bully Prevention Guidance Home Page Mr. Rauschenberger---School Counselor**



**During the months of October and November, children learned the difference between the behavior of a bully and the behavior of a buddy. Students learned many definitions and terms as they relate to bullying. Students learned strategies to use if/when they are bullied as well as what to do if they are a bystander and witness bullying taking place.**

## **Grade 1**

**During this week's lesson on bully prevention, we began by reviewing the definition of bullying.**

### **The NJ State Bar defines bullying as:**

***“Unfair and one-sided. It occurs when someone keeps hurting, frightening, or leaving someone out intentionally. Bullying always involves an imbalance of power that is not based on physical size.”***

**At the beginning of the lesson, students were asked to think about a time that they have been unhappy on the playground. Children were then asked to think if this unhappiness was the result of being teased or made fun of. Children then learned the**

**definition of bullying. Students listened to *The Recess Queen* by Alexis O' Neill. In the story the main character Mean Jean, the recess queen, rules the playground until a new girl, Katie Sue, joins the class. Katie Sue doesn't know that "*nobody swings until Mean Jean swings; nobody kicks until Mean Jean kicks; and nobody bounced until Mean Jean bounced.*" Katie Sue deals with the resulting problem with a combination of assertiveness, ignoring the bully, and inviting Mean Jean to join her in jumping rope. The end result is that the two girls become friends and recess becomes a fun time for all the boys and girls.**

**Students practiced the BEST technique to deal with a bully.**

- ***Body Posture=Head held high***
- ***Eye Contact=Look at the person while speaking to him/her***
- ***Say Appropriate Things="Stop! I don't like that! Leave me alone!"***
- ***Talk With a Firm, Calm Voice=Speak Confidently, but don't yell.***

**We concluded the lesson by learning the difference between "TATTLING vs. TELLING"**

- ***Tattling=Trying to get someone else in trouble.***
- ***Telling=Asking an adult for to keep yourself or someone else safe***

***The concept of being a DEFENDER was also discussed. A defender will stick up for somebody who is being teased. They can either confront the person who is bullying, get friends to help, or find an adult to help. Children were always encouraged to find an adult to intervene, even if the bullying had stopped.***

**Students then played a matching game trying to differentiate between the two when given different scenarios. Students were asked to bring home their "Tattling vs. Telling" sheet and ask a parent/guardian if they can tell the difference themselves!**

