

Responsible Retaliation

(Understanding and Dealing with Bullying)

Purpose: To help middle school students gain both insight and strategies in dealing with and or witnessing bullying behavior.

Materials: Internet connection to other supportive website materials, visual monitor/screen/ELMO and daily guide plan (see below.)

Student Requirements: Open eyes, ears, and mind. (No materials necessary.)

Time: As formatted, approx. 10 minutes per day for five days. Lesson may be reconfigured to fit class schedule needs or specific “Bullying Group” weekly meeting.

Key Words: Bully, Bully Behavior, Witness, Victim, Human Rights.

Part 1

Monday:

Announce: The first 10 minutes of our counseling group/class today will be dedicated to raising pro active awareness on the negative effects of bullying. Every day or every time our group/class meets for the next five sessions we will open with bullying awareness materials. (Modify statement to accommodate group/classroom schedule.)

1. Go to: <http://www.pacerteensagainstbullying.org>
 - A. Listen to the quick message from the two young adults on the Home page.
 - B. Click on the upper left tab Identify.
 - C. Put your cursor on the corner of the cell phone image on the right, click and drag it left across the screen off the main body of text.
 - D. Call on a student to read the “Get Real: Let’s Call Bullying What it is” paragraph.
 - E. From the Quick FAQs menu list, put your cursor on and click the Who Bullies link (*Delete the five question quiz if it pops up*) & recruit a volunteer to read text.
 - F. Repeat process for the Who Is Bullied link.
 - G. Repeat process for the Why Me link.

2. Go to:
http://www.youtube.com/watch?v=nWJut7KQhI4&feature=related&safety_mode=true&persist_safety_mode=1 (50 second video)

3. Discuss as time permits.

Part 2**Tuesday:**

1. Go to: <http://www.pacerteensagainstbullying.org>
 - A. Listen to the quick message from the two young adults on the Home page.
 - B. Click on the upper left tab Identify.
 - C. Place cursor on the cell phone image, click and drag image slightly to the right off the main image and then scroll down the cell phone menu and click on the Seriously link.
 - D. Take the 17 question quiz with the class. Poll students to either raise their hand if they believe the statements to be Serious (true) or Seriously? (false.)
2. Discuss as time permits.

Part 3**Wednesday:**

1. Go to: <http://www.pacerteensagainstbullying.org>
 - A. Click on the upper left center tab Respond.
 - B. Automatically the What Can You Do? category comes up. Put your cursor on the corner of the Respond cell phone image, click and drag left across and off the main body of text.
 - C. Call on a student to read the two sentences on the What Can You Do? page.
 - D. Listed in the Respond Cell Phone menu is a category titled Acting Up. Click on it. From the main body of text, use your cursor to scroll down and then select (click on to play) the Out of Bounds video (4 minute video.)
2. Discuss as time permits.

Part 4**Thursday:**

1. Go to: <http://www.pacerteensagainstbullying.org>
 - A. Click on the upper right center tab Listen.
 - B. Click on and drag the corner of the Listen cell phone menu to the left off the main body of text.
 - C. From the Listen cell phone menu, click on the Been There link.
 - D. Call on a student volunteer to read the paragraph.
 - E. From the cell phone menu, click the Stephen's Story link (3 minute video.)
2. Discuss as time permits.

Part 5

Friday:

1. Go to:
http://www.youtube.com/watch?v=wYyl0fUZMUY&feature=BF&playnext=1&list=QL&index=7&safety_mode=true&persist_safety_mode=1

(11 minute video)

2. Gather feedback/comments as time permits.

*Special thanks to pacerteensagainstbullying.org and Youtube subscribers jallard 123 and eisakay for posting their anti bullying materials!