



## Introduction to Bullying Prevention

---

*Welcome to this important lesson on bullying prevention and response! As a 14-year-old student, you have the power to make a positive difference in your school community.*

Bullying is behavior that is intended to hurt, intimidate, or humiliate someone. It can take many forms, including:

- Verbal bullying: using words or language to hurt or intimidate someone
- Physical bullying: using physical contact or violence to hurt or intimidate someone
- Social bullying: excluding or isolating someone from social interactions
- Cyberbullying: using technology to harass or intimidate someone

## Why is Bullying a Problem?

---

*Bullying can have serious and long-lasting effects on a person's mental health, academic performance, and social relationships.*

It can also create a negative and hostile school environment. By understanding the impact of bullying, you can help prevent it and create a safer and more supportive school community.

## What Can You Do to Prevent Bullying?

---

*You can make a positive difference in your school community by:*

- Treating others with kindness and respect
- Being an upstander: speaking up and supporting the victim
- Reporting incidents to a trusted adult
- Promoting a positive and inclusive school culture

## What Can You Do if You are Being Bullied?

---

*If you are being bullied, you can:*

- Stay calm and don't react to the bully
- Seek help from a trusted adult
- Report the incident to a teacher, counselor, or parent
- Talk to a friend or family member about what you're going through

## Activity 1: Bullying Scenario Response

*Read the following scenario and answer the questions:*

"Sarah is being bullied by a group of students on the bus. They are calling her names and excluding her from their games. What can Sarah do to respond to the bullying?"

1. What can Sarah do to stay safe?

2. Who can Sarah talk to about the bullying?

3. What can Sarah do to report the incident?

## Activity 2: Bullying Prevention Poster

*Create a poster that promotes bullying prevention and awareness. Include the following elements:*

- A clear and concise message about the importance of preventing bullying
- Visual images or graphics that illustrate the impact of bullying
- Strategies for preventing bullying, such as treating others with kindness and respect

[Space for creative work]

### Activity 3: Empathy Building

*Read the following story and answer the questions:*

"John is a new student in school. He is shy and doesn't know anyone. A group of students start teasing him and calling him names. How do you think John feels?"

1. How do you think John feels?

2. What can you do to help John feel more included?

3. How can you promote a positive and inclusive school culture?

### Activity 4: Role-Playing

*Divide into small groups and role-play the following scenarios:*

- A student is being bullied on the playground
- A student is witnessing bullying online
- A student is being excluded from a social group

Discuss the following questions:

- What can you do to respond to the bullying?
- Who can you talk to about the bullying?
- What can you do to report the incident?

## Conclusion

---

*Remember, bullying is never okay. You have the power to make a positive difference in your school community.*

By treating others with kindness and respect, being an upstander, and reporting incidents to a trusted adult, you can help prevent bullying and create a safer and more supportive school environment.

## Reflection Questions

---

*Answer the following questions:*

1. What did you learn about bullying in this lesson?

2. How can you apply what you learned to your daily life?

3. What can you do to promote a positive and inclusive school culture?

## Additional Resources

---

*For more information on bullying prevention and response, visit the following websites:*

- National Bullying Prevention Center: [www.pacer.org/bullying](http://www.pacer.org/bullying)
- StopBullying.gov: [www.stopbullying.gov](http://www.stopbullying.gov)

