

# Anti Bullying Week Lessons

## Monday, December 10<sup>th</sup> - Exclusion

Video: PSA—Stop Bullying [http://www.youtube.com/watch?v=C7sd\\_UDU0](http://www.youtube.com/watch?v=C7sd_UDU0)

Message: Realizing that you can't see the effects of your immediate actions

Discussion: How common is bullying? Why does it happen? About 30% of America's youth claims they have been bullied by their peers. That accounts for 5.7 million students.

## Tuesday, December 11<sup>th</sup> - Verbal and Cyber Bullying

Video: PSA—Cyber bullying [http://www.youtube.com/watch?v=mP-sP\\_GZIZk](http://www.youtube.com/watch?v=mP-sP_GZIZk)

Message: Words hurt. Period.

Discussion: What can you do to stop cyber bullying? Why does cyber bullying happen? 60% of teens say they have participated in online bullying. Females are more likely to be involved in cyber bullying than males. However, males are more likely to experience a threat from another.

Read more at

[http://www.infobarrel.com/Cyber\\_Bullying\\_Statistics\\_50\\_Facts\\_You\\_Need\\_to\\_Know#CjE0SMHhc40c hK3J.99](http://www.infobarrel.com/Cyber_Bullying_Statistics_50_Facts_You_Need_to_Know#CjE0SMHhc40c hK3J.99)

California is the highest ranked state in cyber bullying

Source: Bureau of Justice Statistics, US Department of Health and Human Services, Cyberbullying Research Center

### Use of Technology

- 83% of the kids use cell phones
- 47.1% use cell phones at school
- 40.5% take pictures with cell phones
- 31.5% go online with cell phones
- 50.1% use Facebook
- 37.7% use MySpace
- 11.5% use YouTube
- 6.5% use Twitter

### Cyber bullying Victimization

- 20.8% of the kids have been cyberbullied in their lifetime
- 17% have been cyberbullied at least once in the previous 30 days
- 13.3% have been cyberbullied by rumors online
- 14.3% have been cyberbullied by mean or hurtful comments online
- 7.2% have been threatened online

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## Wednesday, December 12<sup>th</sup> - LGBTQ

Video: From MTV: <http://www.youtube.com/watch?v=D3KsGTIeO7A>

Message: The LGBTQ community is at an even larger risk for bullying.

Discussion: Talk about the use of slang terms and their effects, support for all students 9 out of 10 LGBT teens have reported being bullied at school Out of those numbers, almost half have reported being physically harassed followed by another quarter who reported actually being physically assaulted.

30 percent of all completed suicides have been related to sexual identity crisis.

Five times more likely to miss school because they feel unsafe after being bullied due to their sexual orientation.

28 percent out of those groups feel forced to drop out of school altogether

## Thursday, December 13<sup>th</sup> - Physical bullying

Video: <http://www.youtube.com/watch?v=3U1bGGXW8qM>

Message: Often times bullying leads to violent acts.

Discussion: Do you think there is more bullying amongst girls or boys? Is there more bullying in the younger grades than there is in high school? What are some of the social problems students face today that contribute to bullying others?

## Friday, December 14<sup>th</sup> - Solutions

Video: Kill the Silence [http://www.youtube.com/watch?v=SJxWAYEcl\\_s](http://www.youtube.com/watch?v=SJxWAYEcl_s)

Message: Let's stop it here at Henry! What can we do to make Henry a more welcome environment for all?

Discussion question—Here at Henry, what are other ways we can prevent or step in when we see bullying taking place?

1-866-SAFEYOUTH (1-866-723-3968)

*If your class really gets in to these discussions and lessons, we recommend a longer video made by a young woman, Amanda Todd. She made it back in September of 2012, tracing her experiences with bullying. Now the video has been seen over 17 million times. Sadly, Amanda lost her life to suicide in October. <http://www.youtube.com/watch?v=LgMZWNNOInQ>*

## RESOURCES

National Youth Violence Prevention Resource Center

[www.safeyouth.org](http://www.safeyouth.org) • 1-866-safeyouth

# **Anti Bullying Week Lessons**

HRSA's Take a Stand! Lend a Hand. Stop Bullying Now!

[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

In the Mix: [www.inthemix.org/bullying](http://www.inthemix.org/bullying)

It's My Life: [www.pbskids.org/itsmylife](http://www.pbskids.org/itsmylife)

Center for Safe and Responsible Internet Use: [www.cyberbully.org](http://www.cyberbully.org)

i-Safe: [www.isafe.org](http://www.isafe.org)