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HOW TO USE THIS BOOK

Eliminating Bullying includes ten lesson designs in six easy steps. Elementary teachers, counselors, and other educators can pick up this book and use it with minimal preparation.

Each of the ten lessons is designed to teach a skill through the art of storytelling. You can use any of these lessons independently, depending on your student's needs. As a unit, the entire series of lessons can be presented in two weeks (one half-hour lesson each day), or more spread out in five to ten weeks. Each unit will help you teach bullies to stop their aggressive behaviors, teach victims to become more assertive, and teach spectators/bystanders to become involved to stop bullying.

6 Easy steps to using this book

1. Display the poster: Find a prominent location in your room so all students can see the poster.
2. Read the animal story: Use lots of expression and enthusiasm when you read the story.
3. Discuss questions: Help your students to understand the concept with these questions or your own questions.
4. Share your testimonial: Powerful! Share your experiences to personalize the lesson.
5. Complete student activity sheet: Students will personalize the concept taught with this activity sheet.
6. Send home parent letter: Communicating with parents will help them to reinforce the lesson at home.



LESSON 9

Victims No More

Description:

In this lesson, students will learn how to stick up for themselves.

Objectives:

- Students will develop positive self-talk.
- Students will develop confidence to defend themselves.
- Students will understand that they are not the only ones.

Estimated time: 30 minutes

Materials Needed:

- Victim no more story (see pages 115-118)
- The No More Victims Poster (see page 120)
- Victim's promise (see page 121)
- Activity sheet (see page 122)



LESSON 9

Continued

Procedures:

1. Read the Victim No More story (see pages 115-118).
2. Discuss the follow up questions and share personal testimonial (see page 119).
4. Brainstorm additional positive self-talk words.
5. Discuss with students how confidence is built.
6. Give students the promise to sign (see page 121).
7. Use activity sheet to check understanding (see page 122).

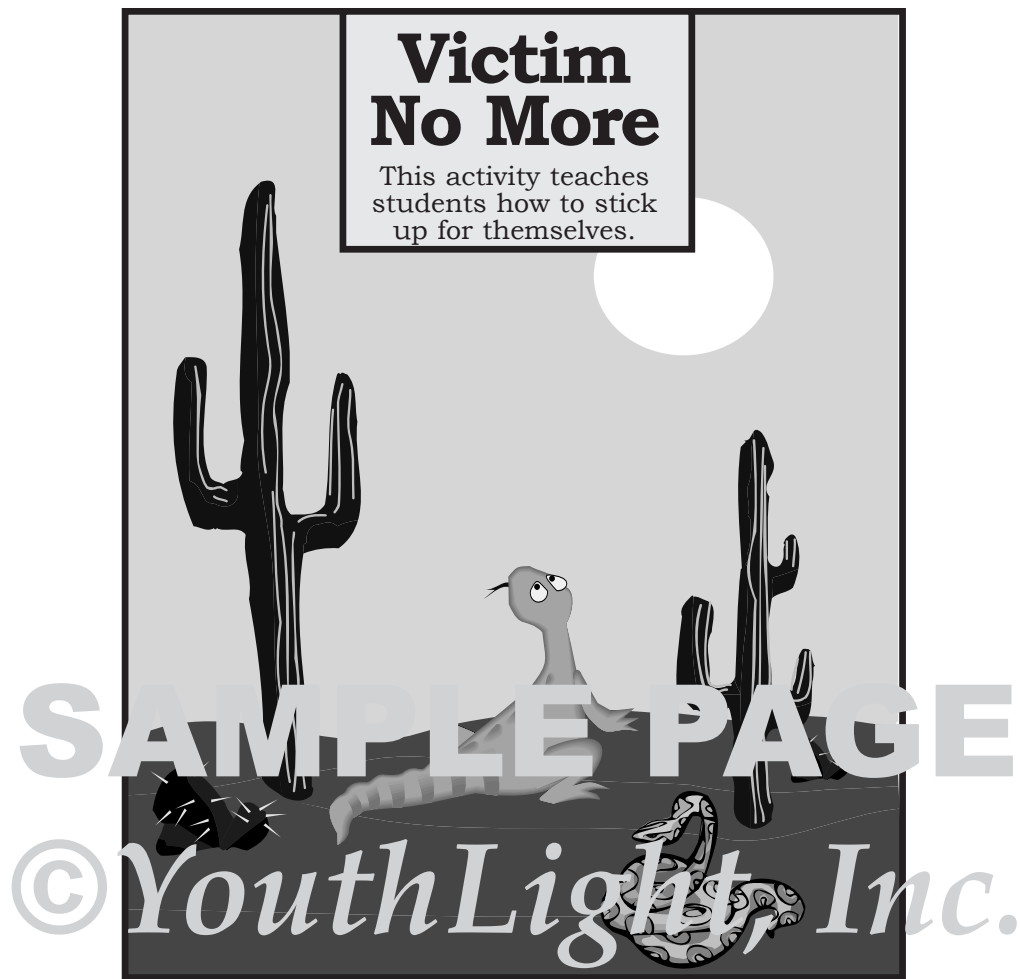
Extension:

AT SCHOOL:

1. Journal entry: It is important to stand up for myself because...
2. Activity sheet

AT HOME:

1. Interview an adult about a time that they stood up for themselves to a bully. Ask them how they made them feel.
2. Discuss as a family some of the things that each person is confident at doing. Ex. Mom is confident about her work.



The sun was very hot and the sand was blowing over the desert floor. The animals of the desert were in their ground homes to keep cool from the scorching heat. When the afternoon sun had passed overhead, Lizzie Lizard came out of her home and went looking for her supper. She soon found the delicious bugs that she eats daily.

To her surprise, Sammy Snake crawled up behind her and yelled, “BOO. I got you.” Lizzie Lizard dropped her supper and ran as fast as she could. She did not know who or what yelled, “BOO. I got you.” In her house, she





Victim No More

This activity teaches students how to stick up for themselves.

Follow up questions:

1. Brainstorm all the reasons to stick up for yourself. Why?
2. How do you build confidence?
3. Like Lizzie Lizard, what would you say to a bully?
4. What does it mean to be brave?

Personal testimonial:

Share a time that you were being bullied and the ways you stood up for yourself.





If you agree to not be a victim
Read and sign the promise below.

I _____, agree to stick up
for myself. I will say, Please stop, I don't
like that. I will not let anyone hurt my
feelings. I will be strong.

©YouthLight, Inc.

No one will bully me.

Signature

