



## LESSON PLAN 6

### REVIEW AND CONCLUSION

#### Time Needed:

25-30 minutes

#### Objectives:

##### Help Kids:

- Review strategies for how kids can help stop bullying.
- Create a strategy for a bullying-free environment.

#### ACTIVITY: Role Play

(p. 17, Facilitator's Guide)

#### REVIEW:

##### There are 3 different ways to respond to bullying:

1. Aggressively (fighting back)
  2. Submissively (giving in)
  3. Assertively (standing up, reacting calmly and confidently, getting help)
- Emphasize the importance of responding **assertively** — calmly and confidently — against bullying, for both the target and the bystander.
  - Write down bullying scenarios appropriate for your group (ask kids to help) or choose some from the scenarios on [www.bostonvsbullies.org](http://www.bostonvsbullies.org). For each scenario, include how the bystander responds.
  - Divide the kids into small groups, and have each group choose a scenario and act out the scene.
  - Ask the other groups to describe in what way the bystander is being assertive – reacting calmly and confidently (Actions? Words? Body language? Tone of voice?).
  - Ask kids: What do you think would happen if the bystander acted aggressively (fighting back) instead of assertively (calmly and confidently)?
  - After all the groups have had a chance to role play, have kids list different ways to respond assertively — calmly and confidently — to bullying.
  - Ask kids: When do you think you should stand up to bullying and when do you think you should get help?

*TIP:* Stress the importance of safety. If the bystander or target feels unsafe, he or she can get an adult to help.

**VIEW: BOSTON vs BULLIES video clip: CONCLUSION** (1:13 minutes)

**CONCLUDE:**

- Congratulate your kids for doing such a great job with BOSTON vs BULLIES.
- Summarize the importance of standing up to bullying — reacting calmly and confidently.
- Emphasize the power of the bystander in bullying situations.

**DISCUSS AND PLAN:**

**How can kids use what they've learned to help create a bullying-free environment in their class, school, program, and/or community.**

**ACTIVITY: Creating Rules**

(p. 16, Facilitator's Guide)

When a player signs a contract with a professional team, there is a *code of conduct*. This code of conduct lets the player know what behavior the team expects from him or her. It's important to have a set of rules or code of conduct for bullying prevention.

A *code of conduct* will help kids understand what is expected and help create an environment where everyone feels accepted, included, and part of a team where bullying is not tolerated.

- Have kids create a *code of conduct* using what they have learned from BOSTON vs BULLIES.
- Write the *code of conduct* on a poster board and display for all to see.