

# Real LOVE over Bullying Lesson

## What is bullying?

Bullying is one's abusive behavior toward someone else.

## Who can be a bully?

Bullies come in all ages, sizes, races, religions, and genders.

## Why does someone become a bully?

- **Maybe they were bullied** – so they are treating people like they've been treated
- **It makes people laugh** – and those that are laughing are accessories to bullying
- **To feel a sense of worth** – which shows low self-esteem
- **It makes them feel important and in control** – which also shows low self-esteem

## What types of bullying are there?

- **Verbal** – you're talking about people in a way that does not uplift them at all: teasing, insulting, making negative racial, gender, political, or even religious remarks. Words can be just as harmful as physical violence and can cause lasting psychological damage to victims. Sticks and stones can break your bones and words do hurt you!
- **Nonverbal** – looking at people crazy; rolling your eyes, sizing people up with a frown, making fists at people, or even jumping at them like you're going to touch them in an unfriendly way.
- **Physical** – touching anyone in anyway that hurts or harms them; hitting, kicking, slapping, spitting on, touching or taking other people's stuff trying to be funny when they are not laughing.
- **Cyber** –negative contact you are exhibiting by text, email, or on any social media platforms; to include sending video, pictures, sharing false or true information that would demean or tear down another person. Hiding behind the screen; a bully without a face
- Being bullied at times leads to mental and emotional effects such as low self-esteem, anxiety, fear, depression, stress, isolation which leads to loneliness, and an intensified possibility of further illnesses. These issues can continue into adulthood. These mental influences do not stop with just those who are bullied, they also pertain to the bullies.
- Always be aware of your surroundings and act and walk with confidence. Be positive, and assertive keep your head up, shoulders square, keeping your back straight, that lets people know as soon as they see you, don't mess with me or I don't play.

## **Know this!**

You are valuable and when people do things that are hurtful, they are wrong. It is ok to speak up and tell people how you feel and that they are wrong. I don't appreciate you talking to me like that, please don't treat me like that, stop treating me like that. Say it loud and with authority, you feel threatened, and so will they and others will hear it.

There is a way to protect your feelings from what bully's say and what they do. First of all, they should never be able to tell you who you aren't because you should know who you are.

You are special, you are valuable, you are loved, and without you the world would not be able to survive. Know that, mean that, and say that every day until you have it deep down in your soul.

When others try to discount you, as long as you know who you are, you will be able to ignore their ignorance. Everyone and everything does not need or deserve to be entertained, especially when they do not have your best interest at heart and when what they are saying is not true.

Anyone, adult or child, who is being bullied should tell someone immediately. Children need to be able to tell teachers, parents, and other adults in charge. Whoever is told about a bullying incident, it is their duty to help in some way.

Oftentimes, believe it or not, bullies are crying out for help. Telling an adult about a bully may end up helping BOTH of you.

## **What do we know?**

Bullying is not ok! No one deserves to be bullied! If you or someone you know is being bullied, you should tell someone who can help you.

Don't be a bully!

## **Activities:**

1. Bullying worksheet
2. Have students write down positive words and sentences and use them to practice saying positive words and sentences to others/classmates
3. Have students practice smiling in the mirror so they will have a pleasant smile around others (have a mirror in your classroom for students to walk by and practice in)
4. Practice being nice to everyone (practice makes perfect)