

# BULLYING

**I need to grow up quickly because if I think bullying is cool, the joke's on me!!**

**Bullying: Yeah, So You Think That's Cool Huh?**

## Lesson Summary

Teacher: 30 Minutes

This lesson is designed to show students that bullying is a weak man's sissy game.

### Define it:

“Bullying is when you keep picking on someone because you think you are smarter, stronger, or better than them” - antibullyingsoftware.com. Bullies are kids who feel bad about themselves, and because they feel bad about who they are, they think making someone else feel bad will help them. This is a Big Mistake because, in most cases, everyone around you knows you're a bully and knows that you are acting that way to hide something. Find another way! Learn to identify that something is going on in you, or else this can lead you down a dangerous path!

### Example.

There's a new kid in school who is very quiet, probably because they are the new kid. There is also a kid at your school who is bigger than most and meaner than most. He or she doesn't have any control over their life. Unfortunately, they are going through abuse at home, and they feel hopeless. As a result of what they are experiencing at home, they feel a need to exert control over something when they come to school, and that “something” ends up being the other kids in their class. There are bullies in every walk of life, at school, at work, at the game, at the store, or they can even live in your home and drive on the roadways. Are you a part of the problem?

### Let's Talk About It.

Bullying is painful NOT JUST for the kid who is being mistreated, but it also hurts the bully because it is giving power to the pain and hurt! It's like piling bricks up on top of each other...every time that bully hurts someone with their actions, they are becoming a person who is controlled by hurt, pain, and anger...DANGEROUS PATH!!



## Let's look and discuss.

Take the Bully Test Just in Case:

(Answer these questions honestly to yourself)

1. Do you look for people who are smaller than you and who appear weak? Ask yourself why.
2. Can you remember a time in your life when you were bullied?
3. Can you think of a time when no one took the time to be with you? Have you ever stopped to think about how this made you feel?
4. How are you on the anger scale? Do you lose your temper at the slightest thing?

If you can relate to some or all of these questions, you may be struggling with the bullying syndrome. Good news!! There is a remedy!



**Video and Discussion: How to Stop Bullying & Crumpled Paper Bullying**  
**- 10-15 Minutes**

**Have you ever been on the other side of pointing fingers?  
Remember, when you point a finger at someone, four fingers are pointing back at you!**

### **Activity 1: Take out a piece of paper, DON'T PUT YOUR NAME ON IT**

- 1. Write down five things that you did to bully someone. (Example: tease someone, push someone, threaten someone). Be specific about exactly what you did. The more specific, the stronger the remedy to this sickness will be!**
- 2. At the bottom of the page, write down five things you were feeling or what you are feeling now.**
- 3. Put that person's name at the top of those five things you were feeling and take a moment to take it all in. That person has feelings just like you, and every time you act without considering the feelings of others, you are hurting yourself.**



**Your  
Takeaway.**

### **Activity 2: Crumpled Paper Exercise**

**Take out a clean sheet of paper and crumple it up into a ball and stomp on it a few times.**

**Afterward, pick it up and tell it you're sorry.**

**Look at the paper and answer the following questions:**

- 1. Will it ever be the same again?**
- 2. Even though you apologized to it, is it still crumpled, wrinkled, torn, and dirty?**

**Recognize that you are trying to hurt another person because you may have been hurt, and this is not a healthy response to take!**

**Once words leave our mouths, we cannot take them back.**



**I need to grow up quickly because if I think bullying is cool, the joke's on me!!**

**1. Has anyone ever said something to hurt your feelings? How did it make you feel?**

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**2. How do you feel when you say hurtful and mean things to others?**

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## **Here are some healthy ways to respond to bullying someone or being bullied.**

**First, if you are bullying someone, understand that everyone can see that you are hiding something.**

**The faster you address it, the better off you will be.**

**You can address it by talking to your instructor and developing a strategy to help you cope with something hurting you instead of hurting someone else. If you stay on this path, it will only get worse. Talk to someone you trust and who has your best interest at heart! Get some help!!**

**After you complete this assignment, take it home to remind yourself.**