

Bullying Stories **(30 Minutes)**

Objective: Students discuss bullying from various perspectives to gain insight on how and why bullying occurs.

Materials: A sheet of paper and writing supplies for each student.

Distribute a sheet of paper and writing supplies to each student and then ask students to write a paragraph for each of the four prompts below. Remind them not to use names in their writing.

1. Describe a time when someone's words or behavior hurt you.
2. Describe a time when you said or did something to hurt another person.
3. Describe a time when you saw/heard bullying, but did not do anything about it.
4. Describe a time when you saw/heard bullying and either sought help or tried to stop it.

When students are finished writing, divide the class into small groups. Ask groups to discuss their work. Then, bring the class back together and ask students to share their stories and what they discussed in their groups. Ask students to look for similarities in the situations they wrote about and in how the situations were handled.

To conclude, ask:

- What stories did we hear about people being bullied? How did these stories make you feel?
- What stories did we hear about people bullying others? How did these stories make you feel?
- If you saw or heard someone being bullied, what would you do?
- What positive ideas about stopping bullying or getting help did we hear? Are there any ideas that you might try if you see or hear someone being bullied?