


Family Life and Comprehensive Sexual Health Education (2-3) Lesson Plan

	Topic: Bullying	Date:
Objectives	<ol style="list-style-type: none">1. Students will be able to identify bullying.2. Students will be able to explain why bullying is wrong.	
State Standards	<ul style="list-style-type: none">• Physical Development and Health<ul style="list-style-type: none">○ Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury.○ Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.	
Content	Personal safety and bullying.	
Time	One 30-minute session	
Materials	Make copies of “Speak Out on Bullying” student page for each student (see attachment).	
Learning Activities	<ol style="list-style-type: none">1. Discuss:<ol style="list-style-type: none">a. What is bullying?<ul style="list-style-type: none">• Bullying: unwanted threatening behavior that can be physical or verbal towards another person.b. What are the types of bullying?<ul style="list-style-type: none">• Physical<ul style="list-style-type: none">• Hitting• Spitting• Tripping• Taking or breaking someone’s things• Making mean or rude hand gestures• Verbal<ul style="list-style-type: none">• Name calling• Yelling• Teasing• Threatening to cause harmc. Who can be a bully?2. Discuss:<ol style="list-style-type: none">a. What to do if bullied?<ul style="list-style-type: none">• Tell a trusted adult.• Run away and get help.	

- Tell the bully to stop.
- b. What to do if you see someone being bullied?
 - Tell a trusted adult.
 - Run away and get help.
- c. Who can you tell?
 - Parents/guardians
 - Teachers
 - School Principal
 - School Counselor
 - Police
- d. **ACTIVITY:** Distribute “Speak Out on Bullying” student page and complete it with students as a group.

3. Discuss:

- a. How does it feel to be bullied?