


## Family Life and Comprehensive Sexual Health Education (K-1) Lesson Plan

	<p>Topic: Bullying</p>	<p>Date:</p>
<p>Objectives</p>	<ol style="list-style-type: none"> <li>1. Students will be able to identify bullying.</li> <li>2. Students will be able to explain why bullying is wrong.</li> </ol>	
<p>State Standards</p>	<ul style="list-style-type: none"> <li>• Physical Development and Health             <ul style="list-style-type: none"> <li>○ Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury.</li> <li>○ Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</li> </ul> </li> </ul>	
<p>Content</p>	<p>Personal safety and bullying.</p>	
<p>Time</p>	<p>One 25-minute session</p>	
<p>Materials</p>	<p>Make copies of “Who Can Be a Bully?” student page for each student (see attachment).Crayons or colored pencils.</p>	
<p>Learning Activities</p>	<ol style="list-style-type: none"> <li>1. Discuss:             <ol style="list-style-type: none"> <li>a. What is bullying?                 <ul style="list-style-type: none"> <li>• Bullying: unwanted threatening behavior that can be physical or verbal towards another person.</li> </ul> </li> <li>b. What are the types of bullying?                 <ul style="list-style-type: none"> <li>• Physical                     <ul style="list-style-type: none"> <li>• Hitting</li> <li>• Spitting</li> <li>• Tripping</li> <li>• Taking or breaking someone’s things</li> <li>• Making mean or rude hand gestures</li> </ul> </li> <li>• Verbal                     <ul style="list-style-type: none"> <li>• Name calling</li> <li>• Yelling</li> <li>• Teasing</li> <li>• Threatening to cause harm</li> </ul> </li> </ul> </li> <li>c. Who can be a bully?                 <ul style="list-style-type: none"> <li>• Distribute “Who can be a Bully” student page and complete it with students as a group.</li> </ul> </li> </ol> </li> <li>2. Discuss:             <ol style="list-style-type: none"> <li>a. What to do if bullied?                 <ul style="list-style-type: none"> <li>• Tell a trusted adult.</li> <li>• Run away and get help.</li> </ul> </li> </ol> </li> </ol>	

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|  | <ul style="list-style-type: none"><li>• Tell the bully to stop.</li></ul> <p>b. What to do if you see someone being bullied?</p> <ul style="list-style-type: none"><li>• Tell a trusted adult.</li><li>• Run away and get help.</li></ul> <p>c. Who can you tell?</p> <ul style="list-style-type: none"><li>• Parents/guardians</li><li>• Teachers</li><li>• School Principal</li><li>• School Counselor</li><li>• Police</li></ul> |
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