

○ MUSIC city COUNSELOR

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For helpful ideas and free resources, please check out my website!

○

www.musiccitycounselor.com

ASCA Mindsets & Behaviors:

Category 1: Mindset Standards

- M 3: Sense of belonging in the school environment.

Category 2: Behavior Standards

- B-SS 2: Create positive and supportive relationships with other students.
- B-SS 8: Demonstrate advocacy skills and ability to assert self, when necessary.

Directions:

This lesson will take approximately 45 minutes to teach.

Materials Needed:

- PowerPoint or digital for Google Slides presentation
- Instructional posters
- Printable activities of your choice (craft, worksheet, coloring page, upstander pledge)
- Crayons or markers
- Pencil
- (For the craft only: 1 piece of construction paper, scissors, glue)

Recommended Sequence:

1. To begin, please read the story "One" by Kathryn Otoshi aloud to students.
2. Next, please review the PowerPoint (or digital for Google Slides presentation, link provided in the zip folder) with students. The presentation summarizes the story, teaches about the 4 types of bullying, and empowers students to be an "upstander." Discussion questions that students can "turn and talk" with a partner are included at the end.
3. Then, please review the instructional posters with students. They are also great to hang and display in your space!
4. Next, please have students read and sign the "upstander pledge."
5. Finally, please choose a coloring page, worksheet, and/or the craft to complete with students.

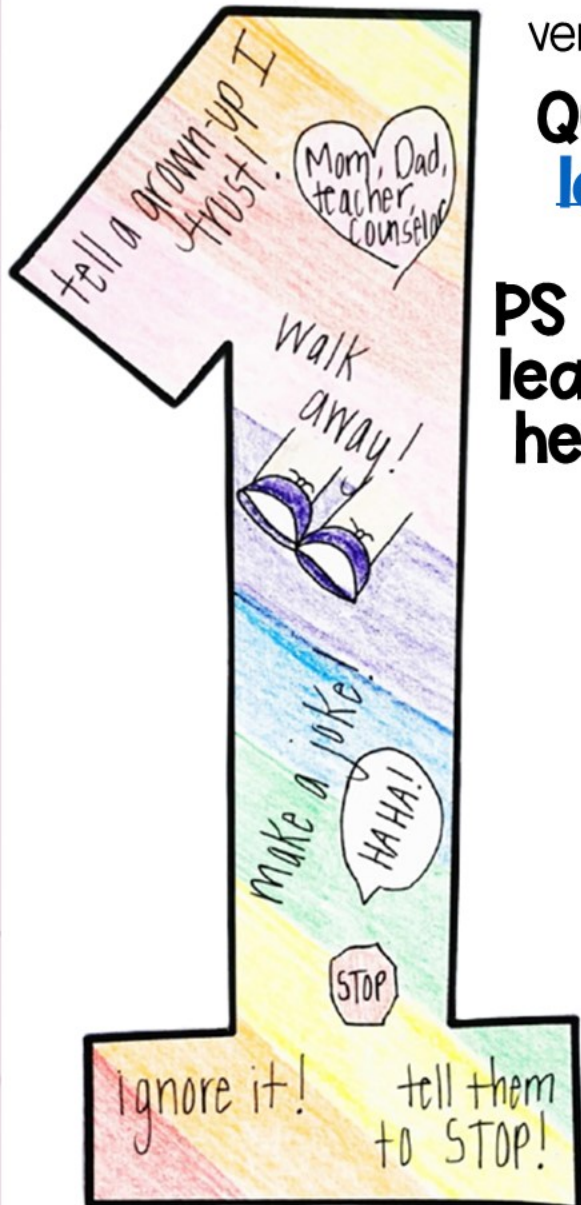
Directions:

Craft:

For the craft, I included both a girl and a boy version. Students can start by decorating their number 1 with words and pictures that describe how to be an upstander. They can also color the clipart kid and the ribbon. Then, they can cut out the 1, the clipart kid, and the "I can be an upstander" ribbon and glue them onto a piece of construction paper. The ribbon goes at the top and the 1 and clipart kid go under the ribbon next to each other (as shown on the print out). These make for a beautiful hallway display or bulletin board! If you don't have enough time for the craft, a worksheet version is included, too!

Questions? Please contact me at
laura@musiccitycounselor.com.

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Posters

There are 4 types of **BULLYING**



Physical



Verbal



Social



Cyber

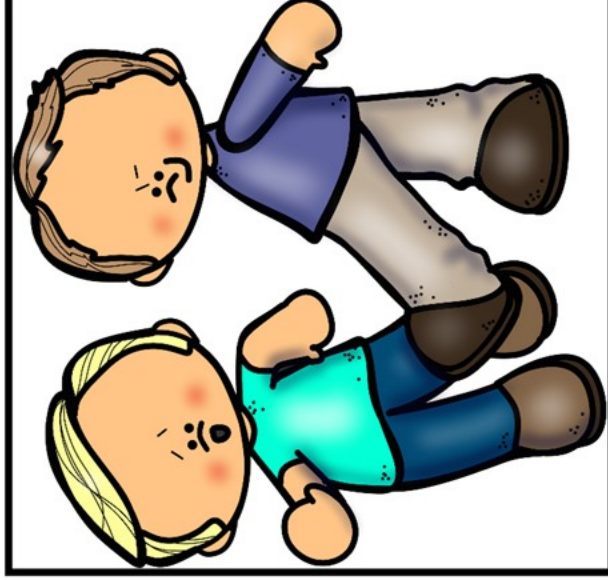
PHYSICAL BULLYING



Hitting

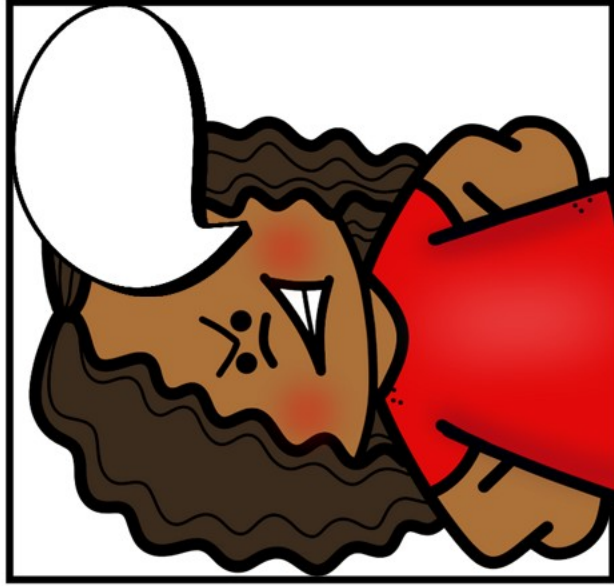


Pushing

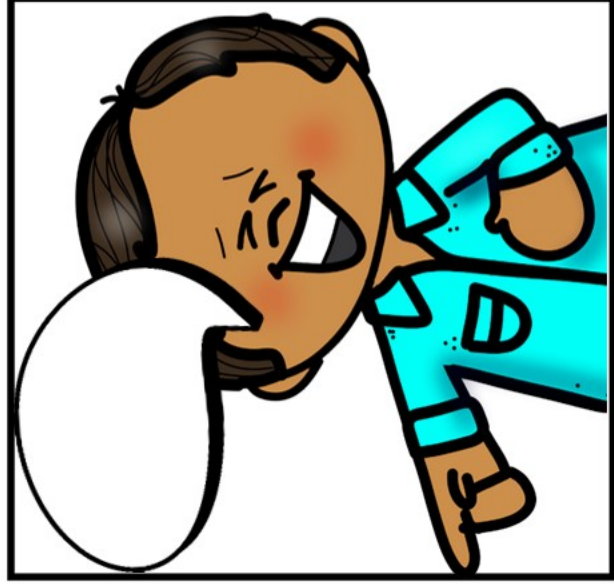


Kicking

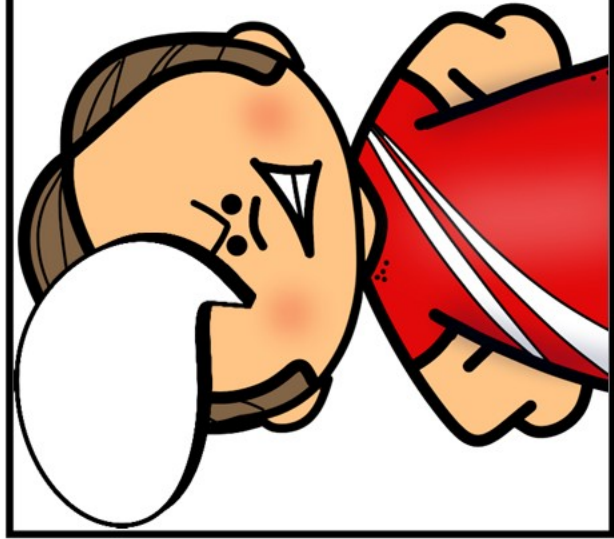
VERBAL BULLYING



Name calling

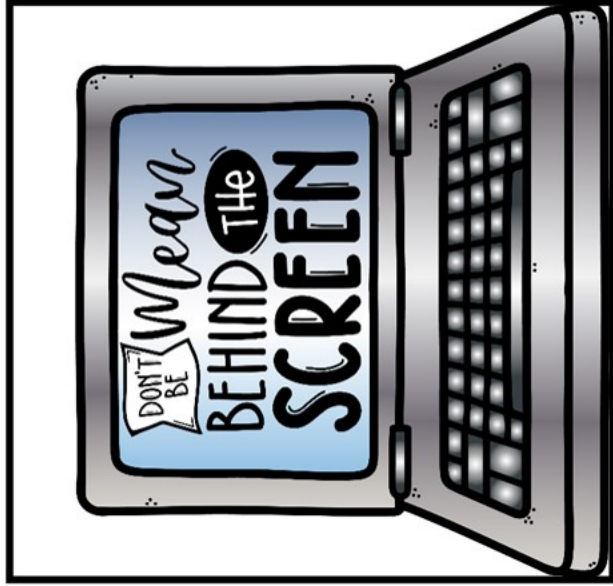


Insulting

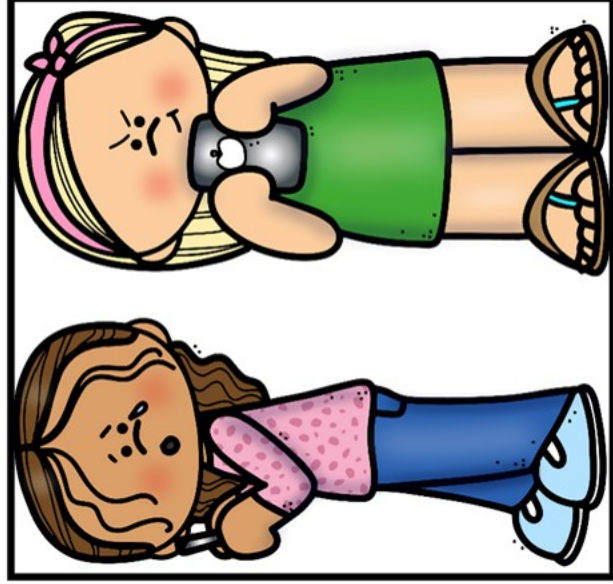


Threatening

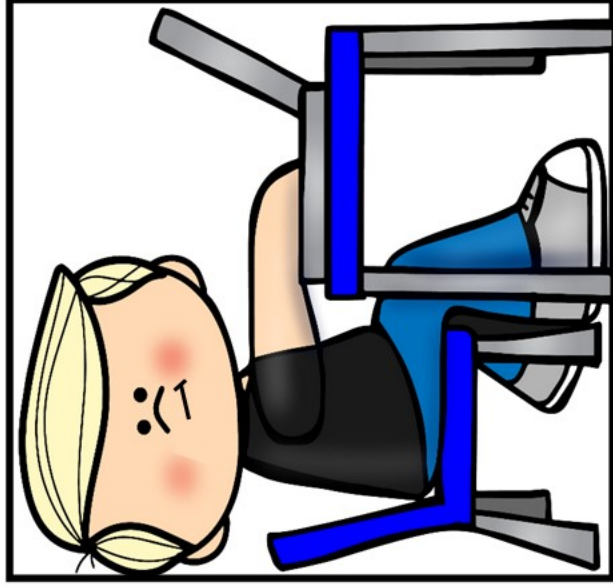
CYBER BULLYING



Posting hurtful videos
or photos online

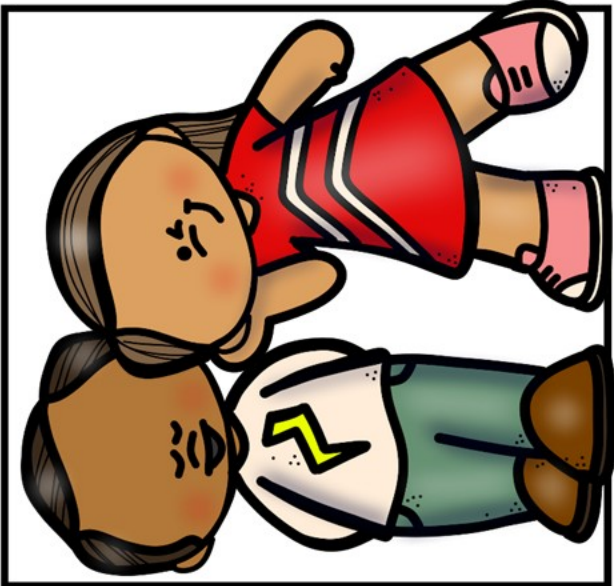


Texting harmful
messages

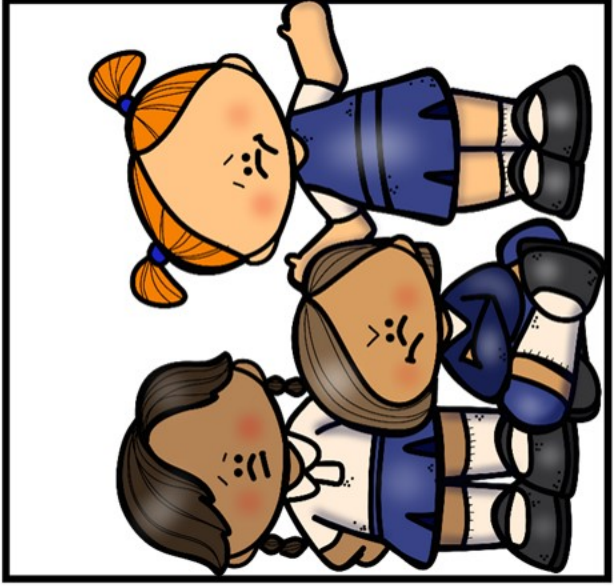


Spreading
rumors online

SOCIAL BULLYING



Spreading rumors



Excluding others



Controlling others

How to be an UPSTANDER



Tell them to stop



Walk away



Make a joke



Stay by your
friend's side



Be kind



Report to a
grown-up



**All it
takes is**

O

N

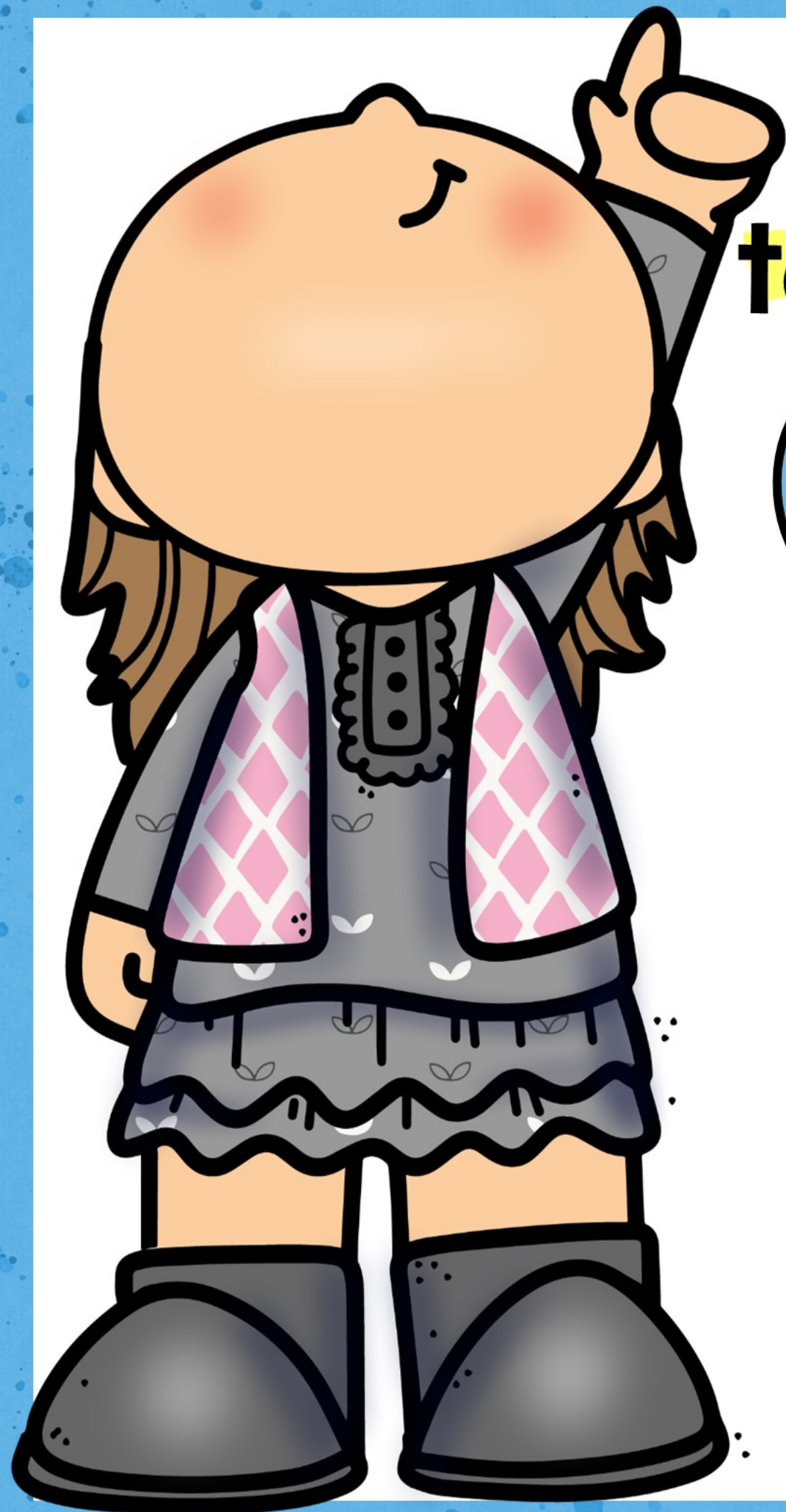
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**All it
takes is**

O

N

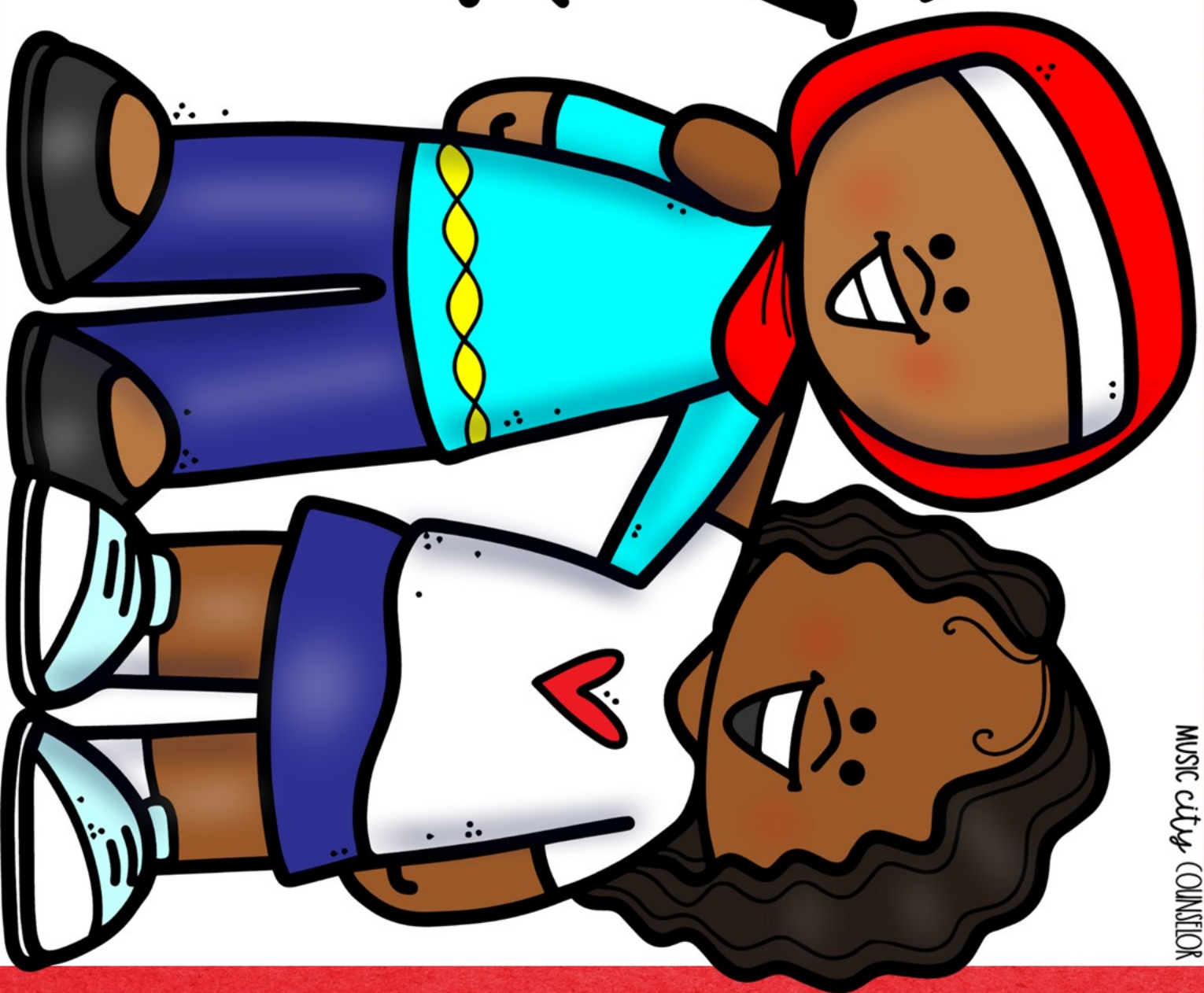
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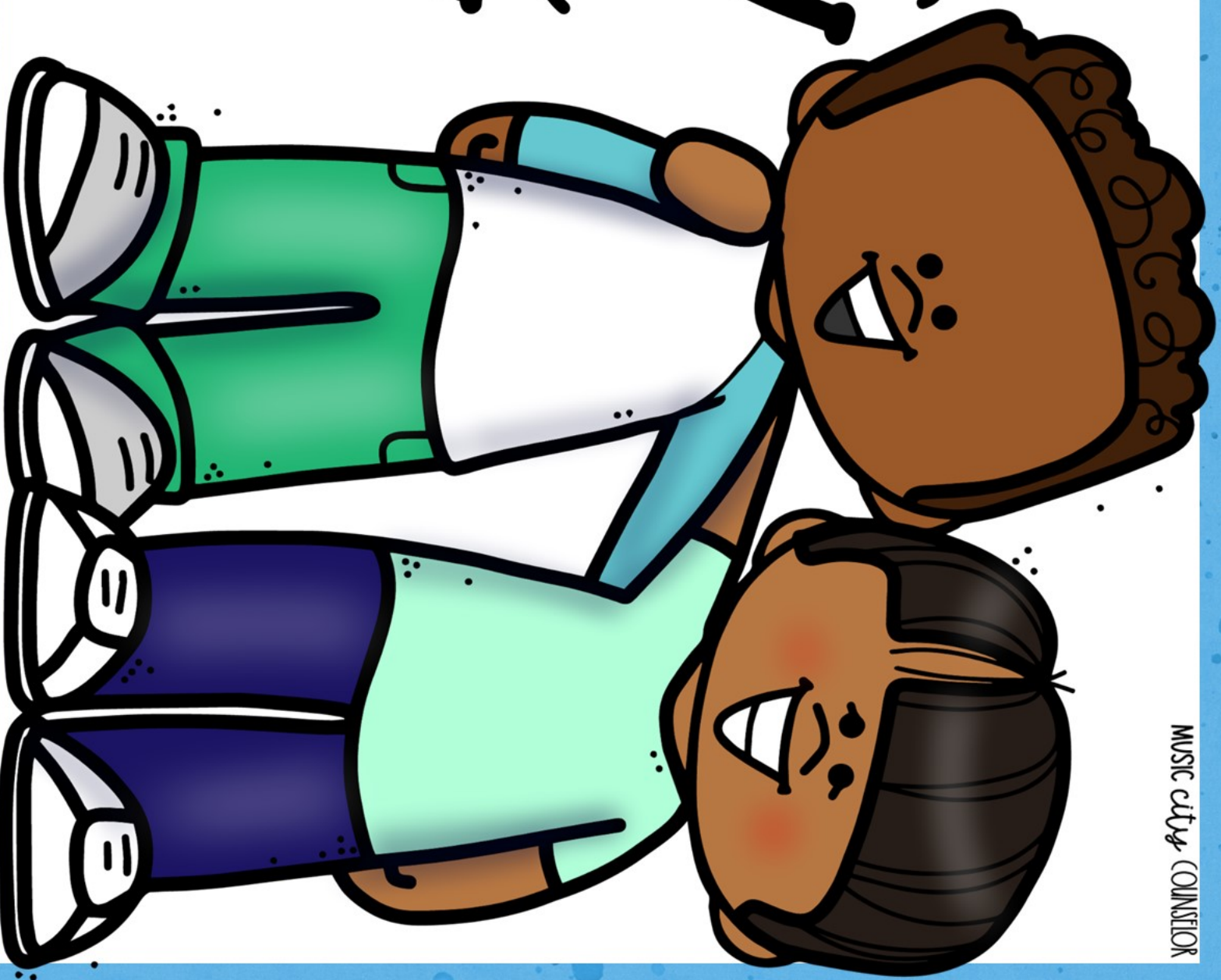




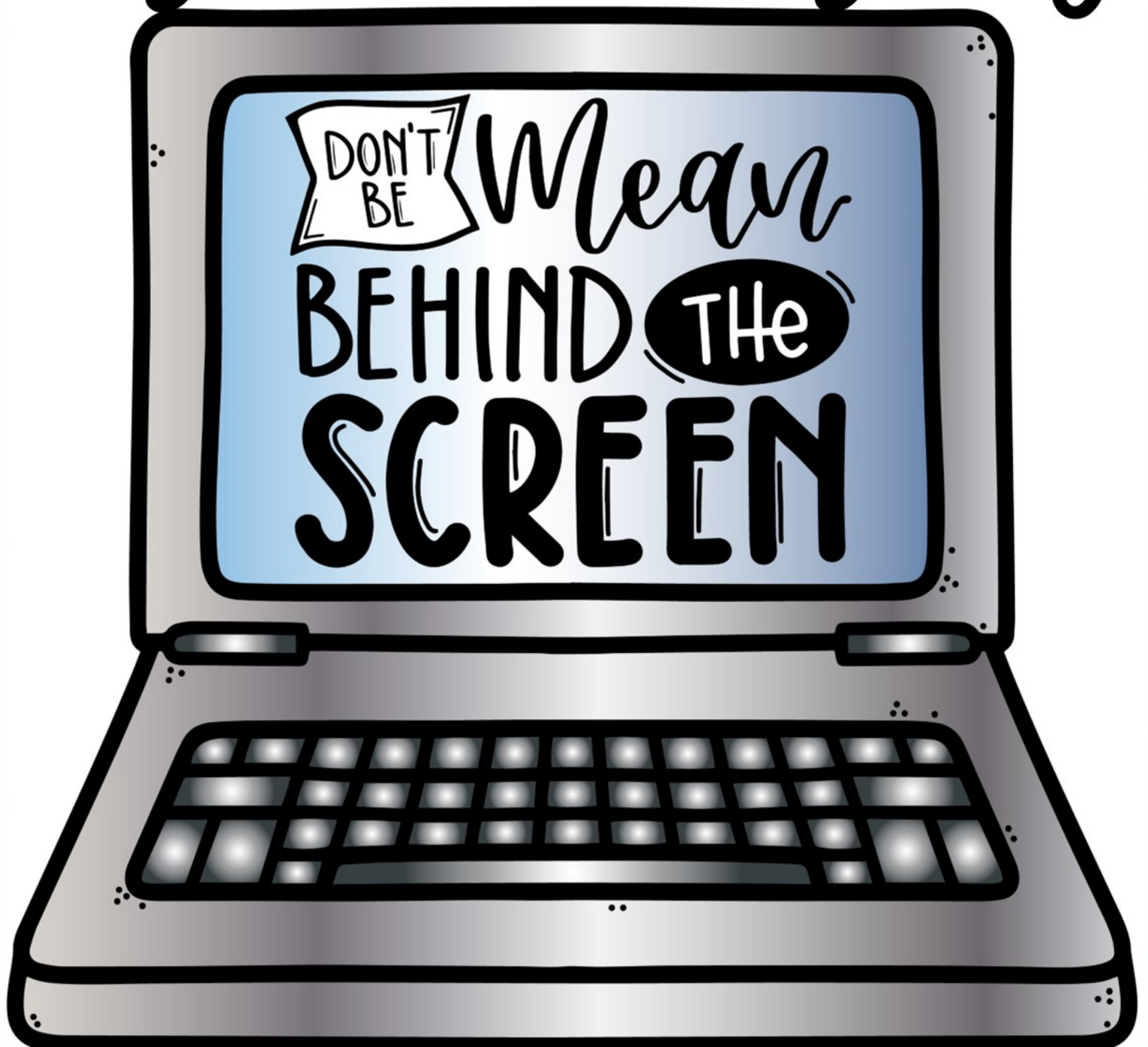
BE A
BODDY
NOT A
BULLY



BE A
BODDY
NOT A
BULLY



STOP Cyber Bullying



STOP Cyber Bullying



STOP Bullying

MUSIC CITY COUNSELOR



STOP Bullying

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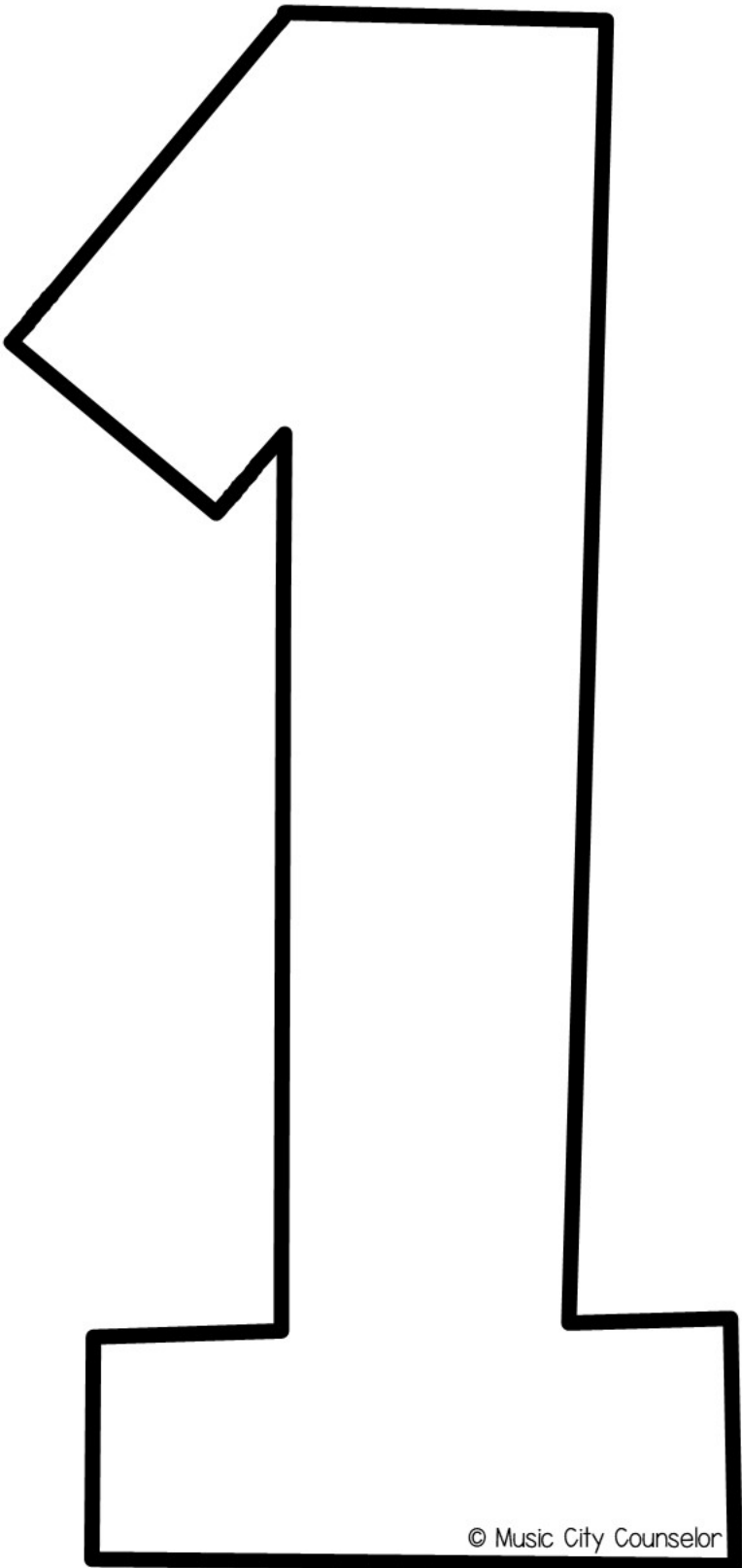


Craft

**I can be THE ONE
to STOP BULLYING!**



**I can be THE ONE
to STOP BULLYING!**



Worksheets

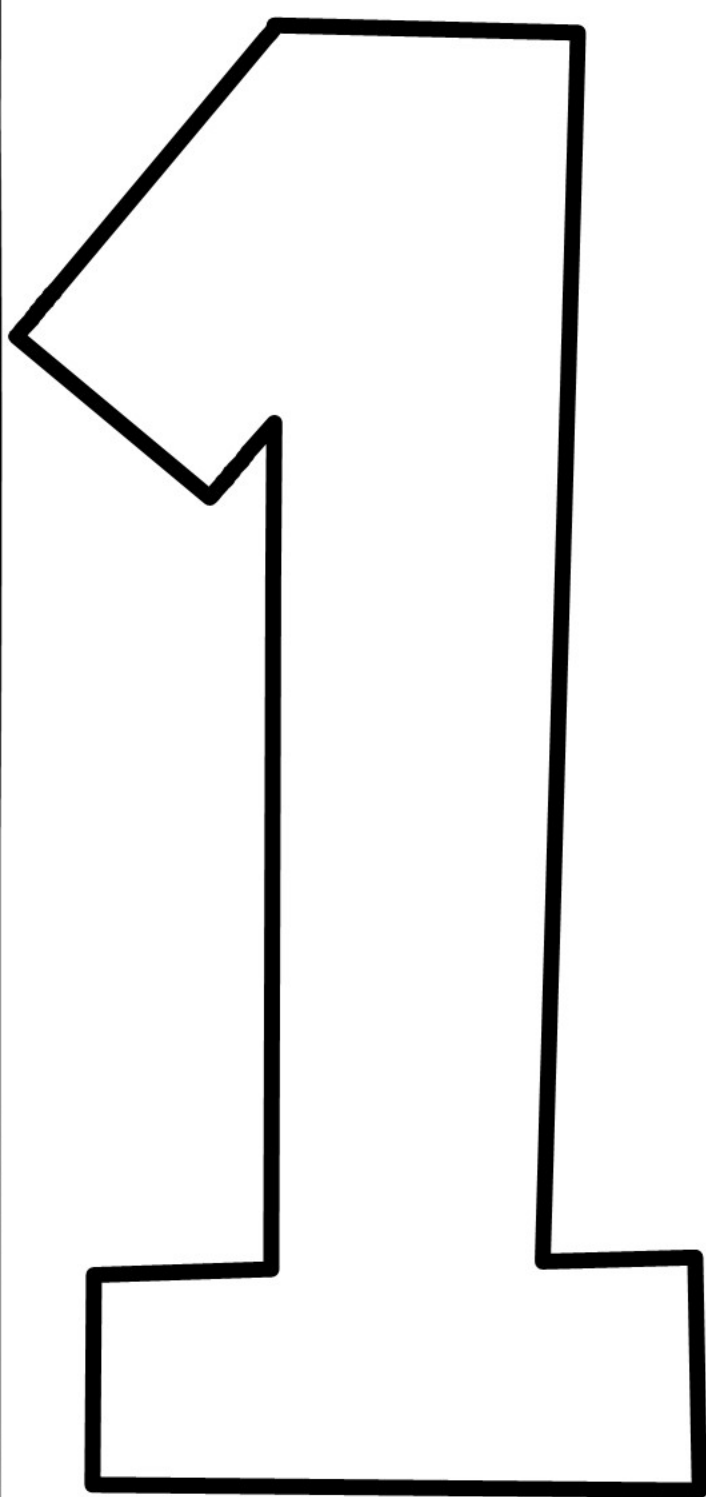
Name: _____

**I can be THE ONE
to STOP BULLYING!**



Name: _____

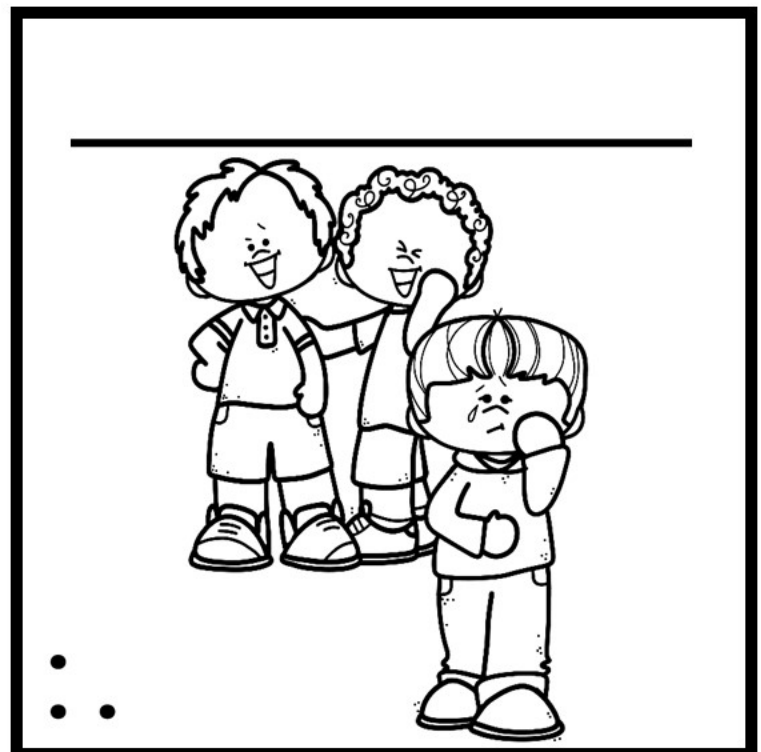
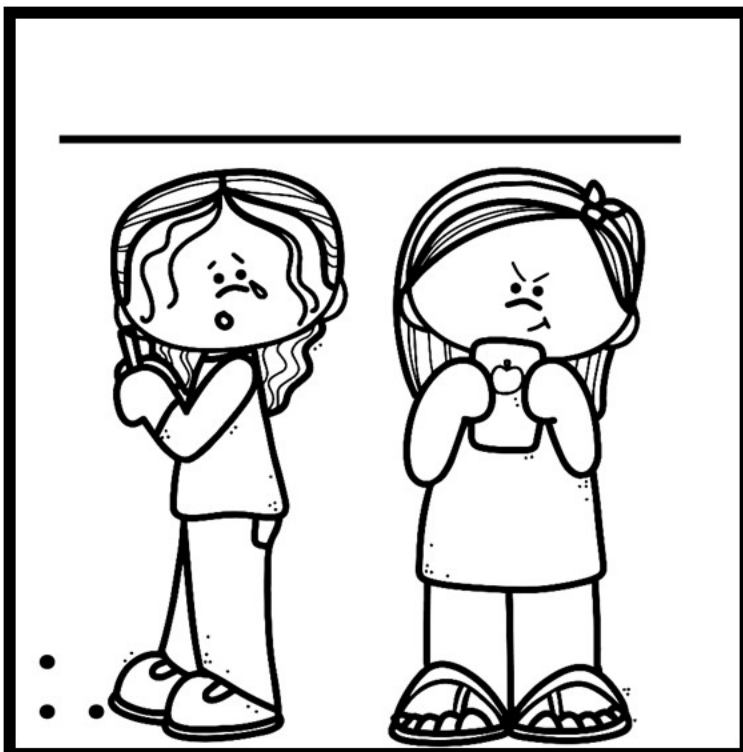
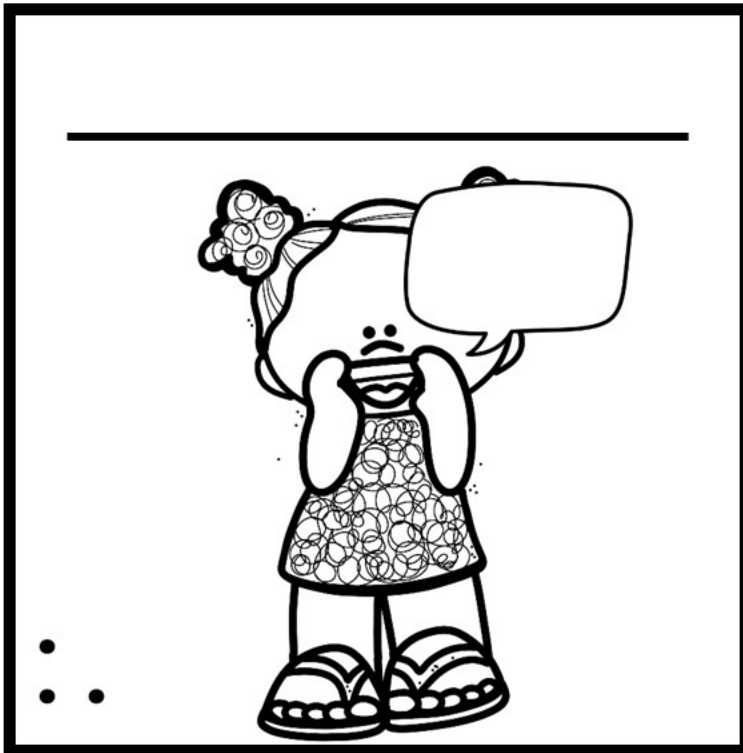
**I can be THE ONE
to STOP BULLYING!**



Name: _____

Physical, Verbal, Social, or Cyber?

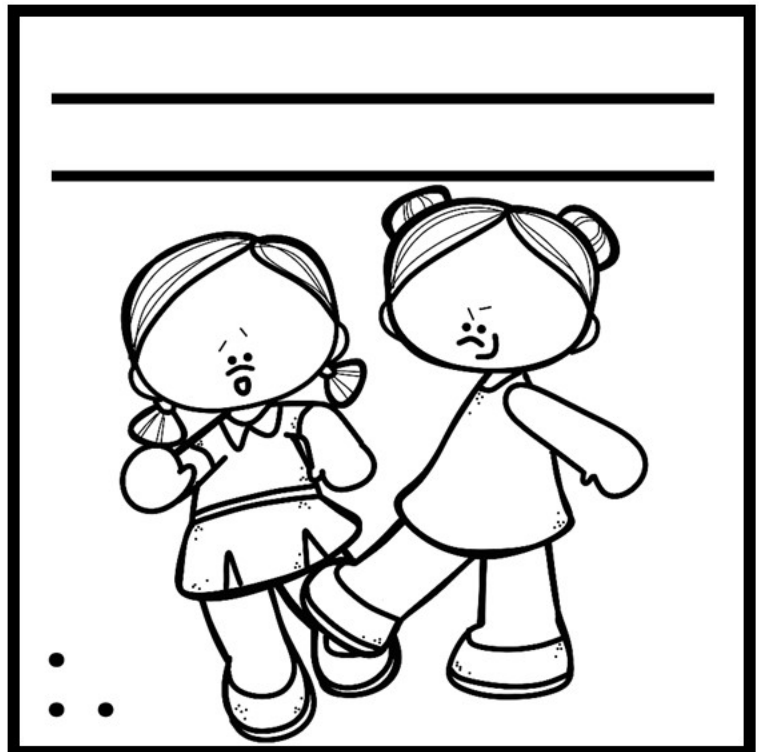
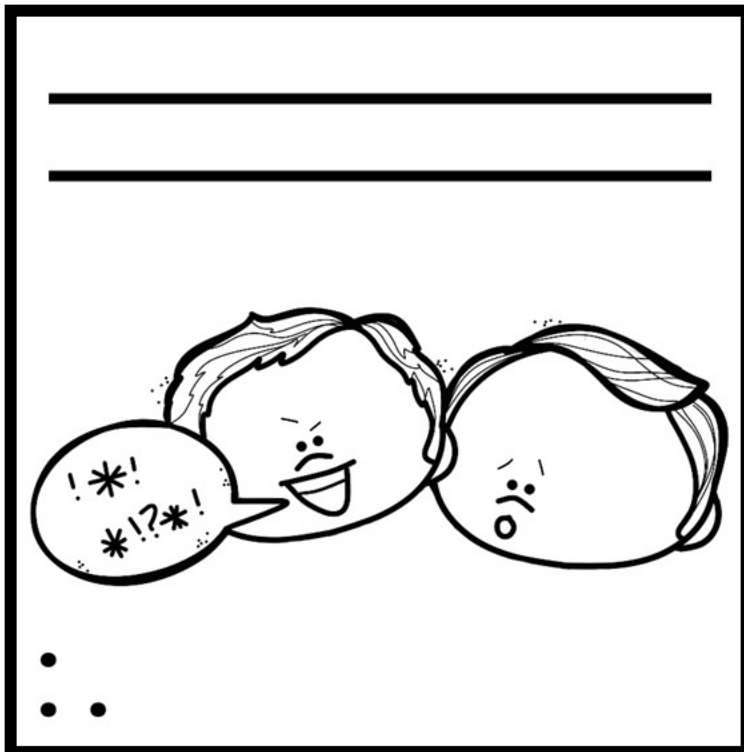
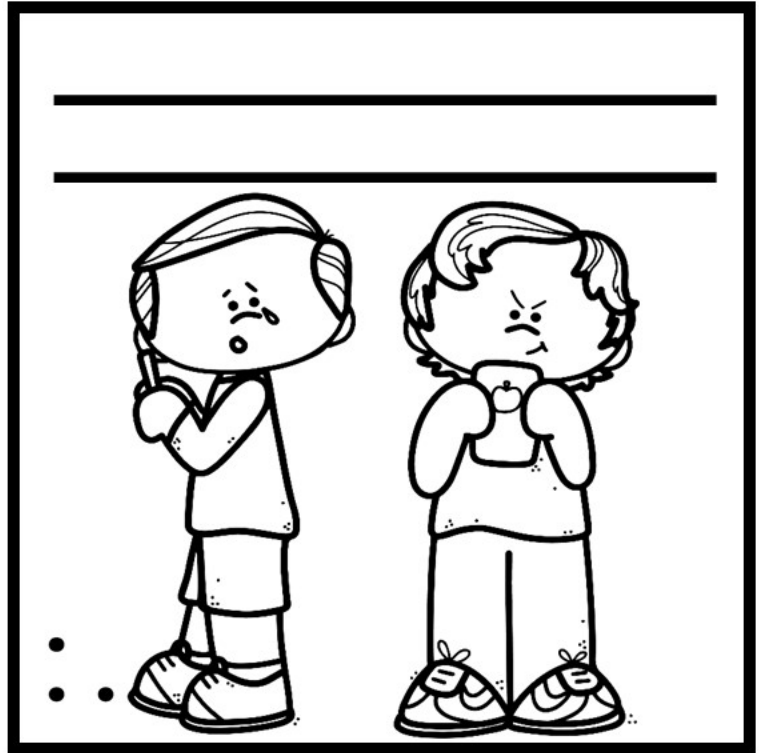
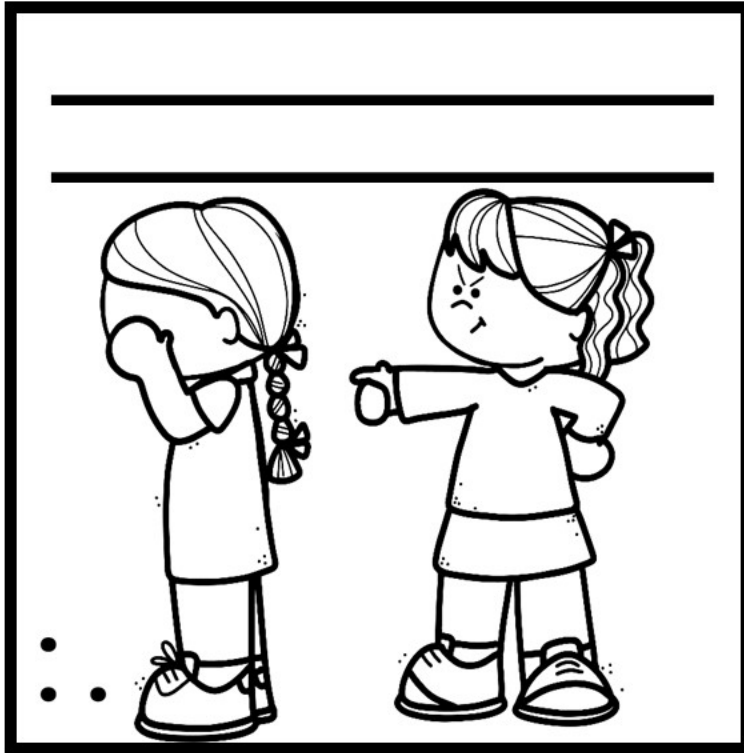
Write the type of bullying that you see in the pictures on the line.



Name: _____

What would you do?

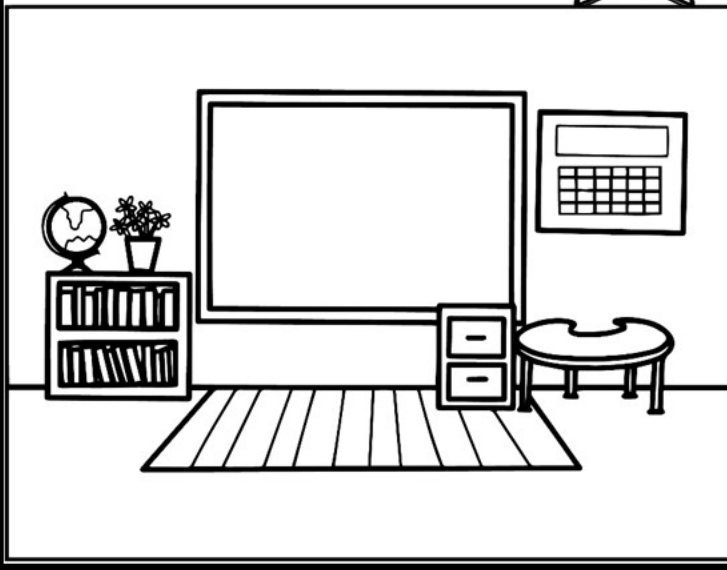
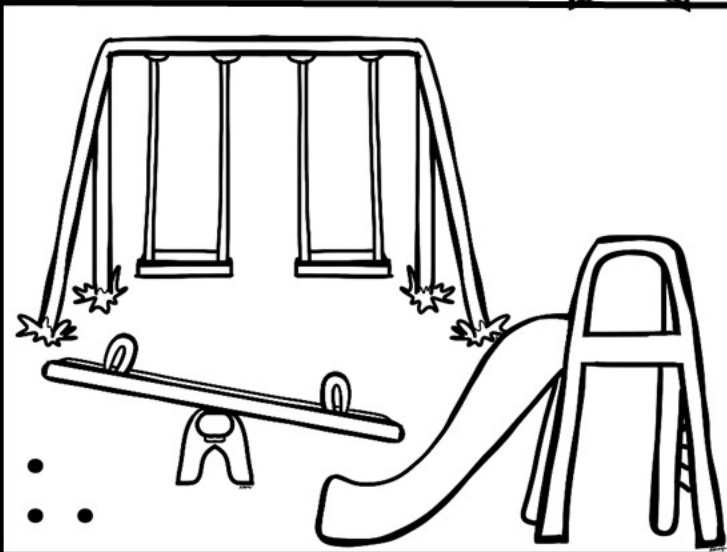
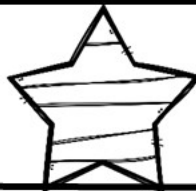
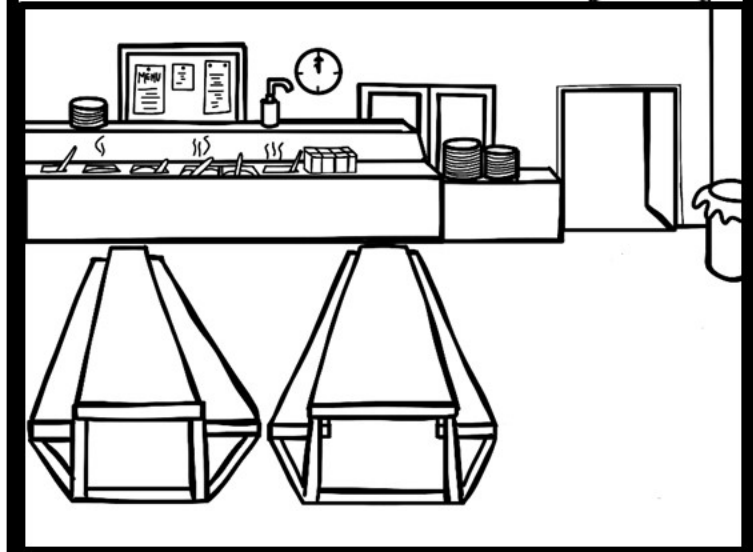
How could you be an upstander and stand up to bullying in these situations?



Name: _____

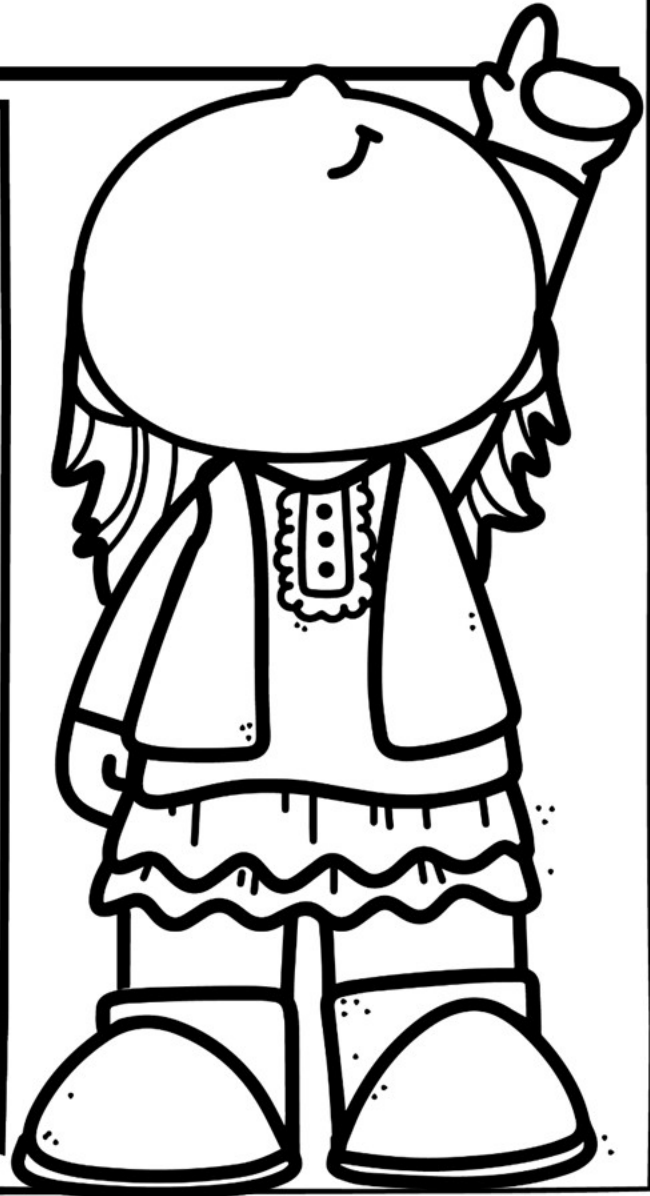
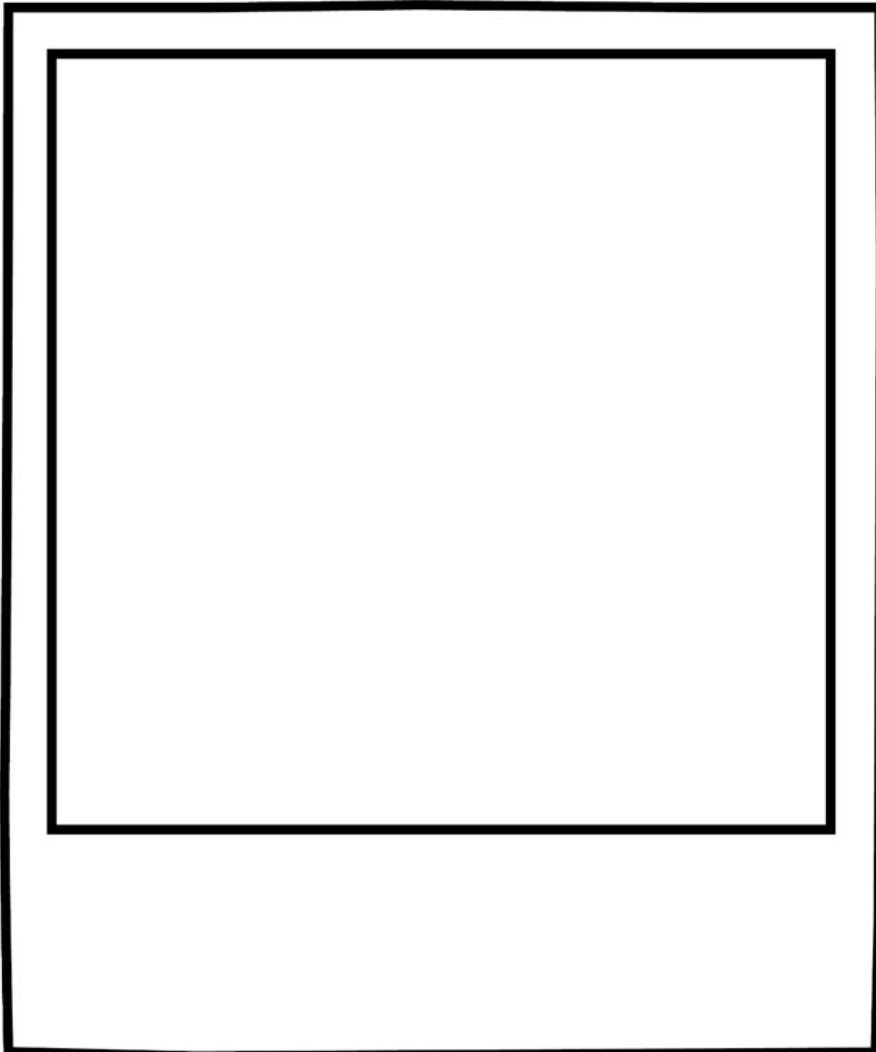
Where does bullying happen?

Color the places where you believe bullying happens at your school. Color the star next to the place where you think bullying happens the most.

Classroom**Bus****Recess****Lunch**

Name: _____

I am an UPSTANDER when I...



Name: _____

I am an UPSTANDER when I...



Upstander Pledge

Name: _____

I pledge to be an UPSTANDER!

I will...

- Be kind and respectful.
- Appreciate what makes us different, unique, and special.
- Be an upstander! I can tell a bully to stop, make a joke, walk away, or ignore it.
- Report bullying to a grown-up.
- Think twice before texting or posting anything online.

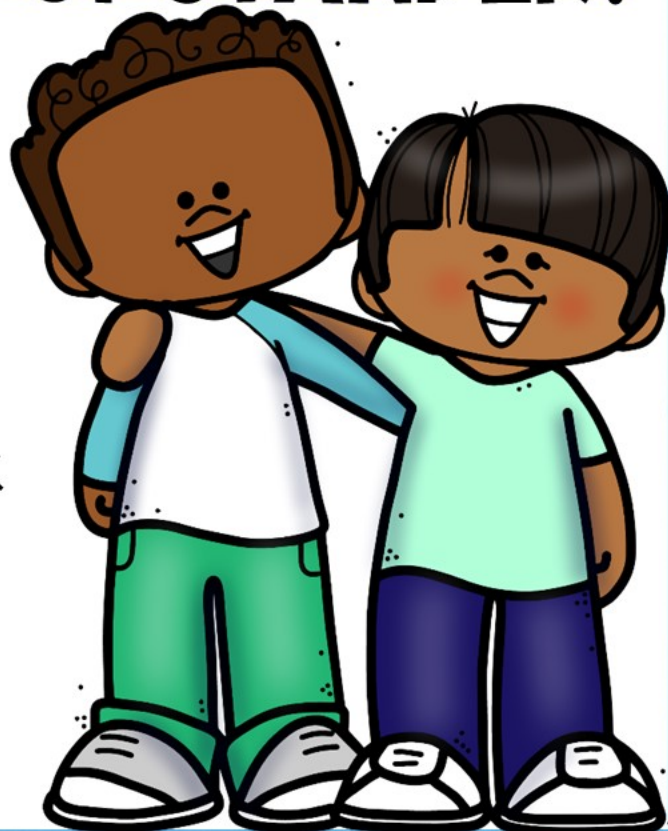


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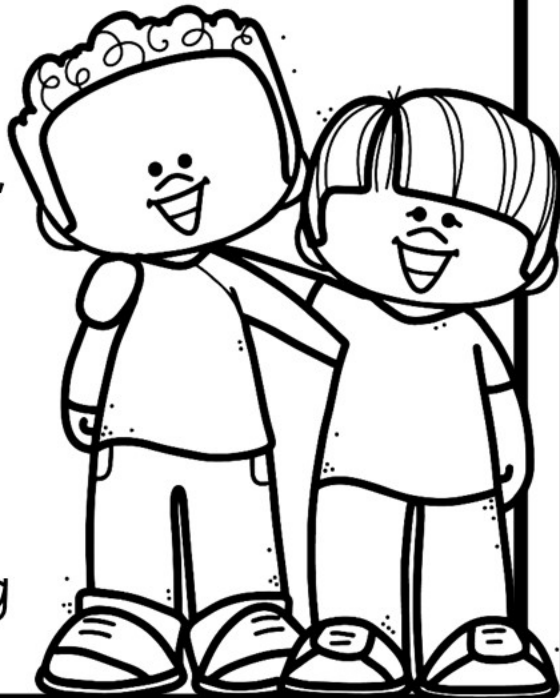
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Coloring Pages

How to be an UPSTANDER



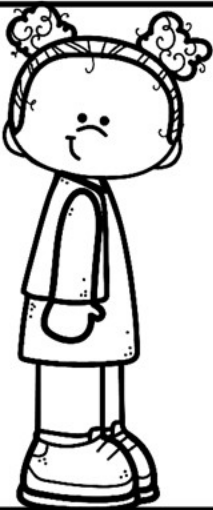
Tell them to stop



Walk away



Make a joke



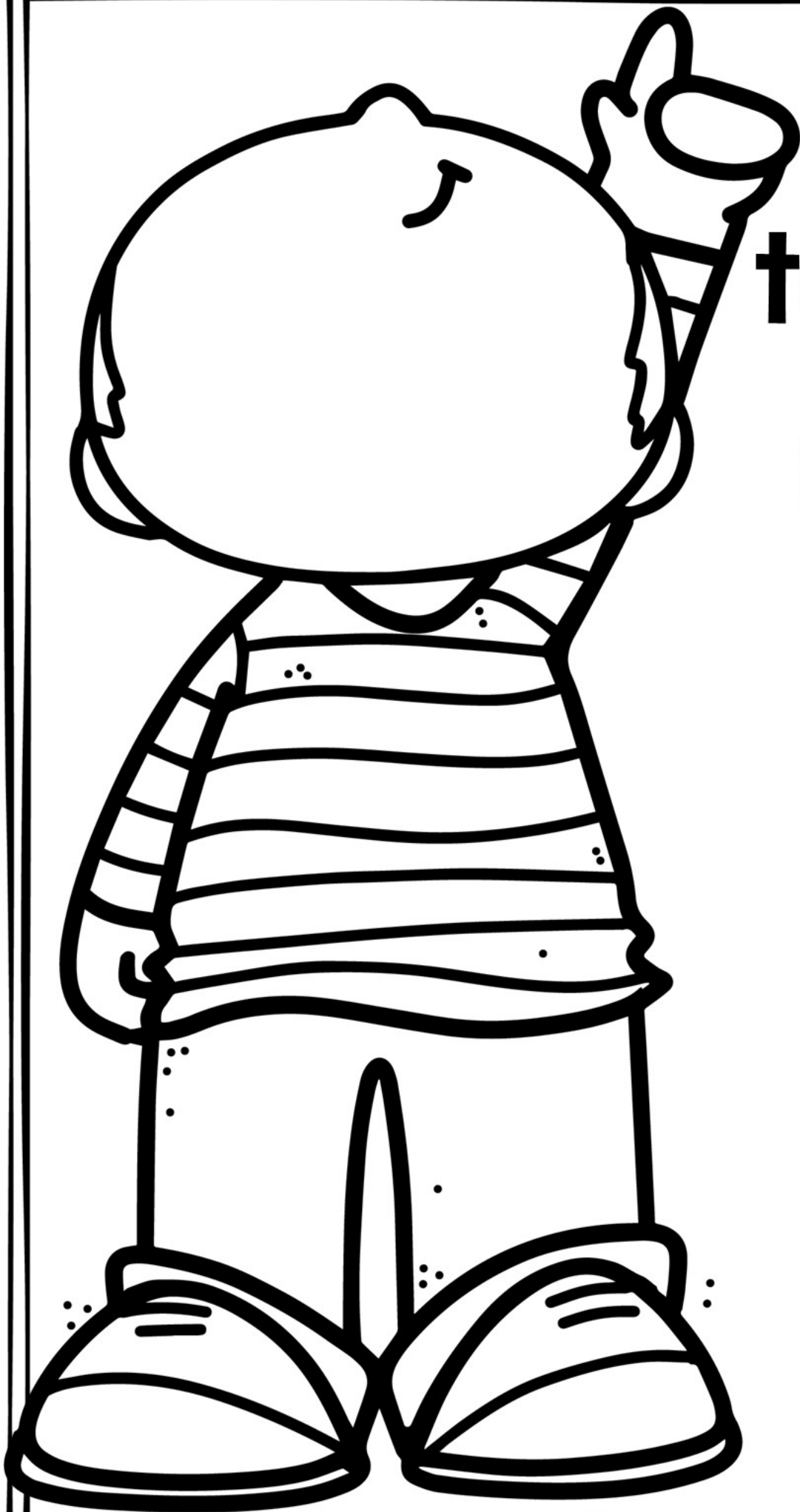
Ignore it



Be kind



Report to a
grown-up

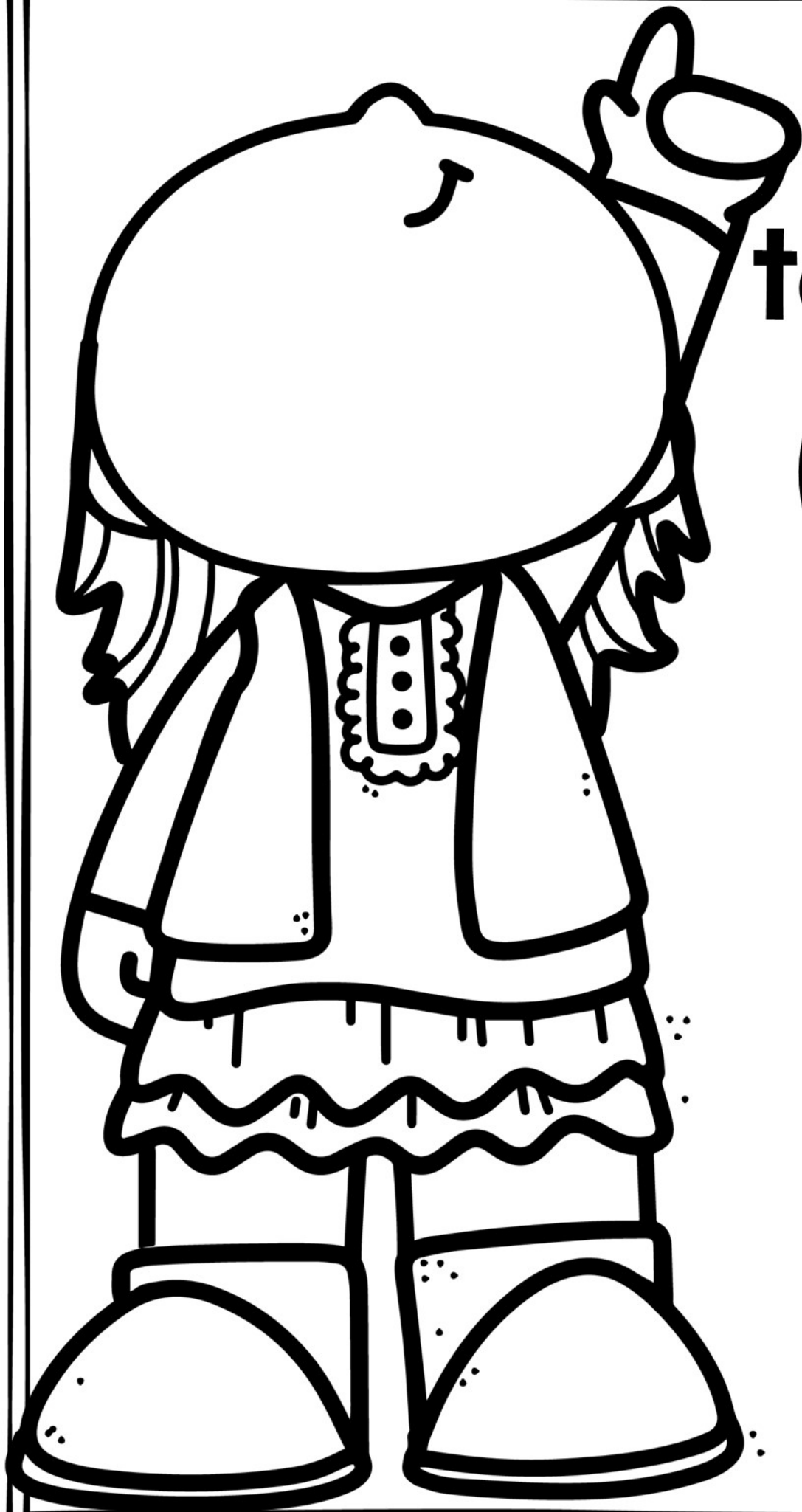


**All it
takes is**

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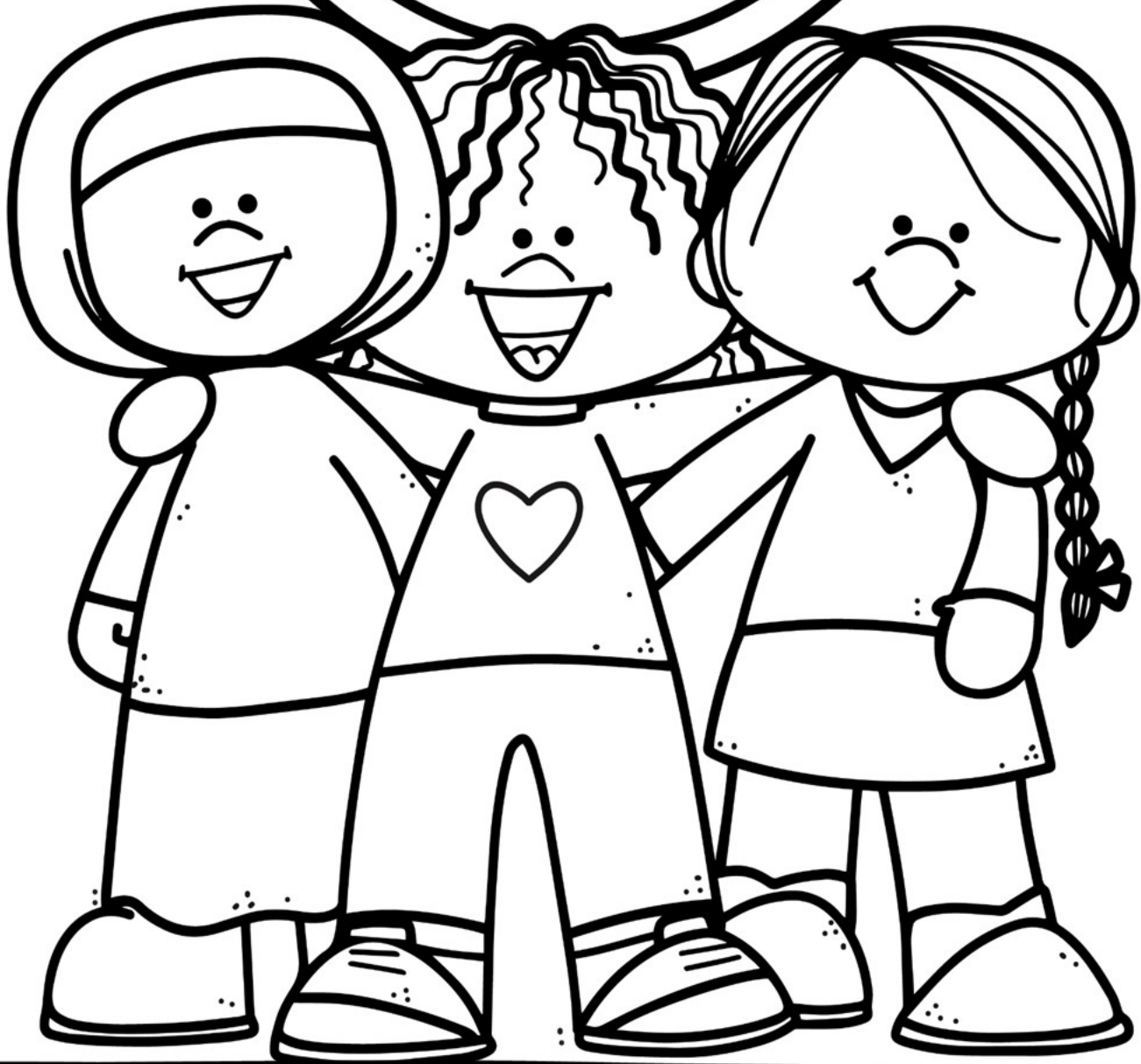


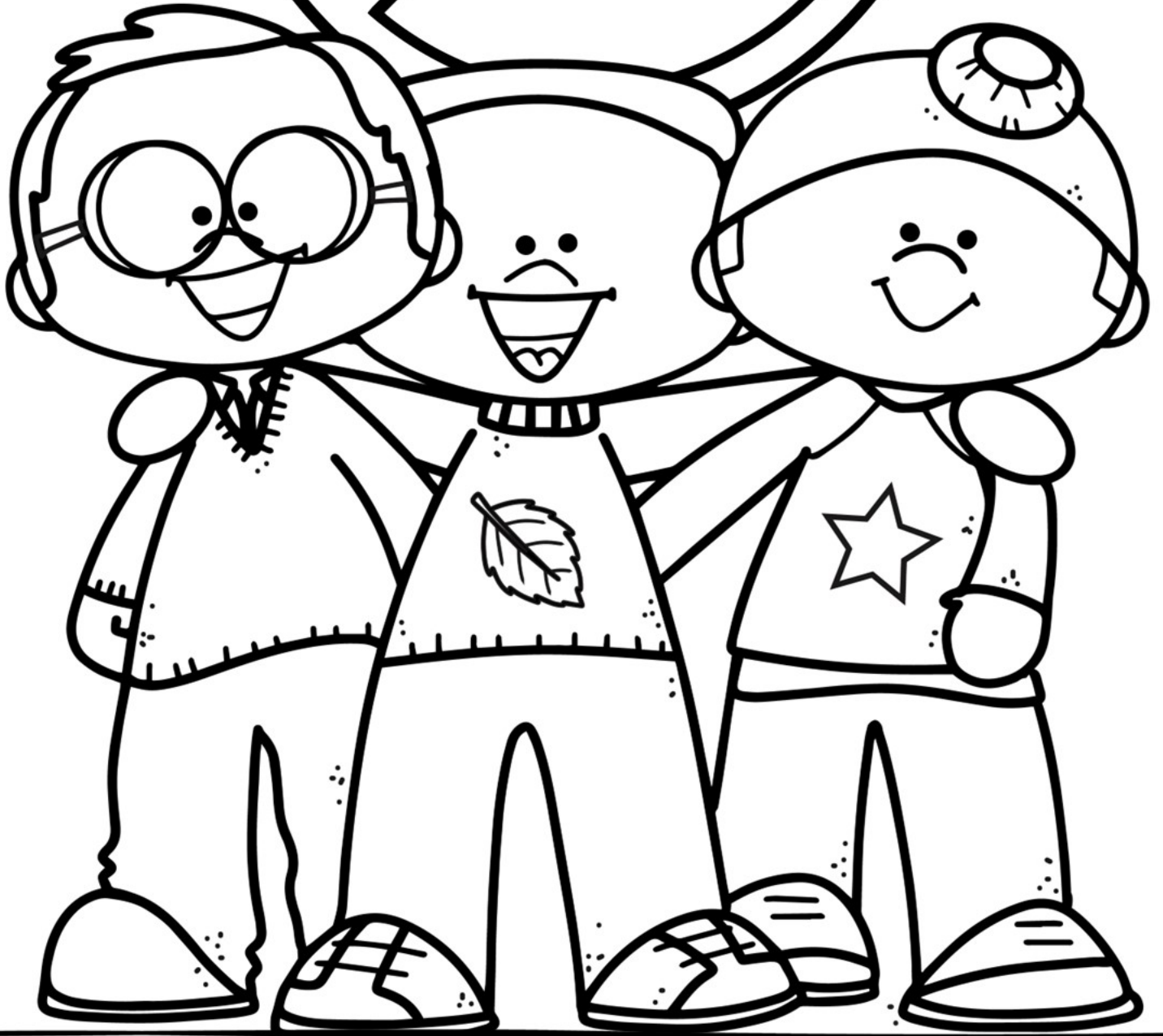
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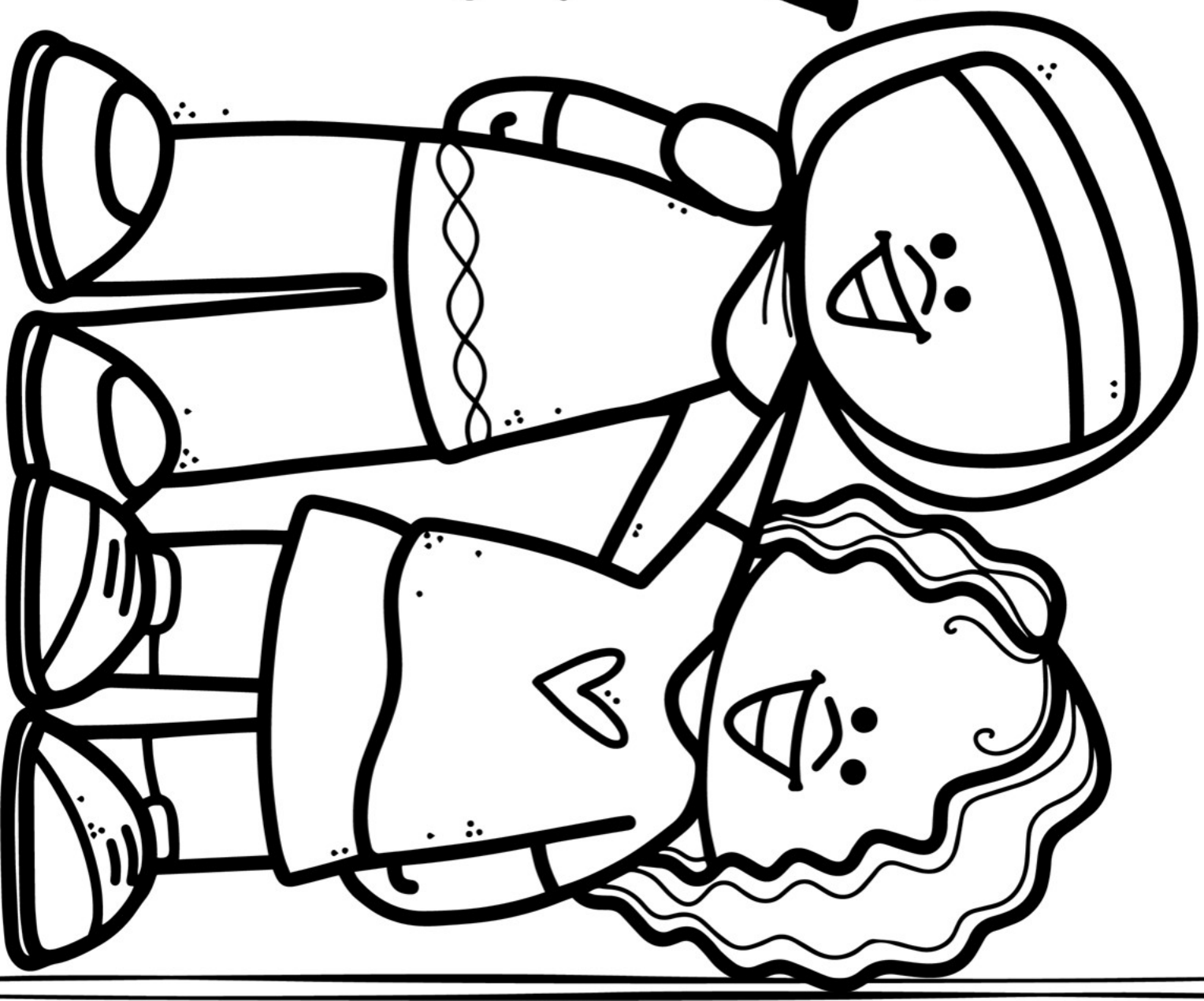
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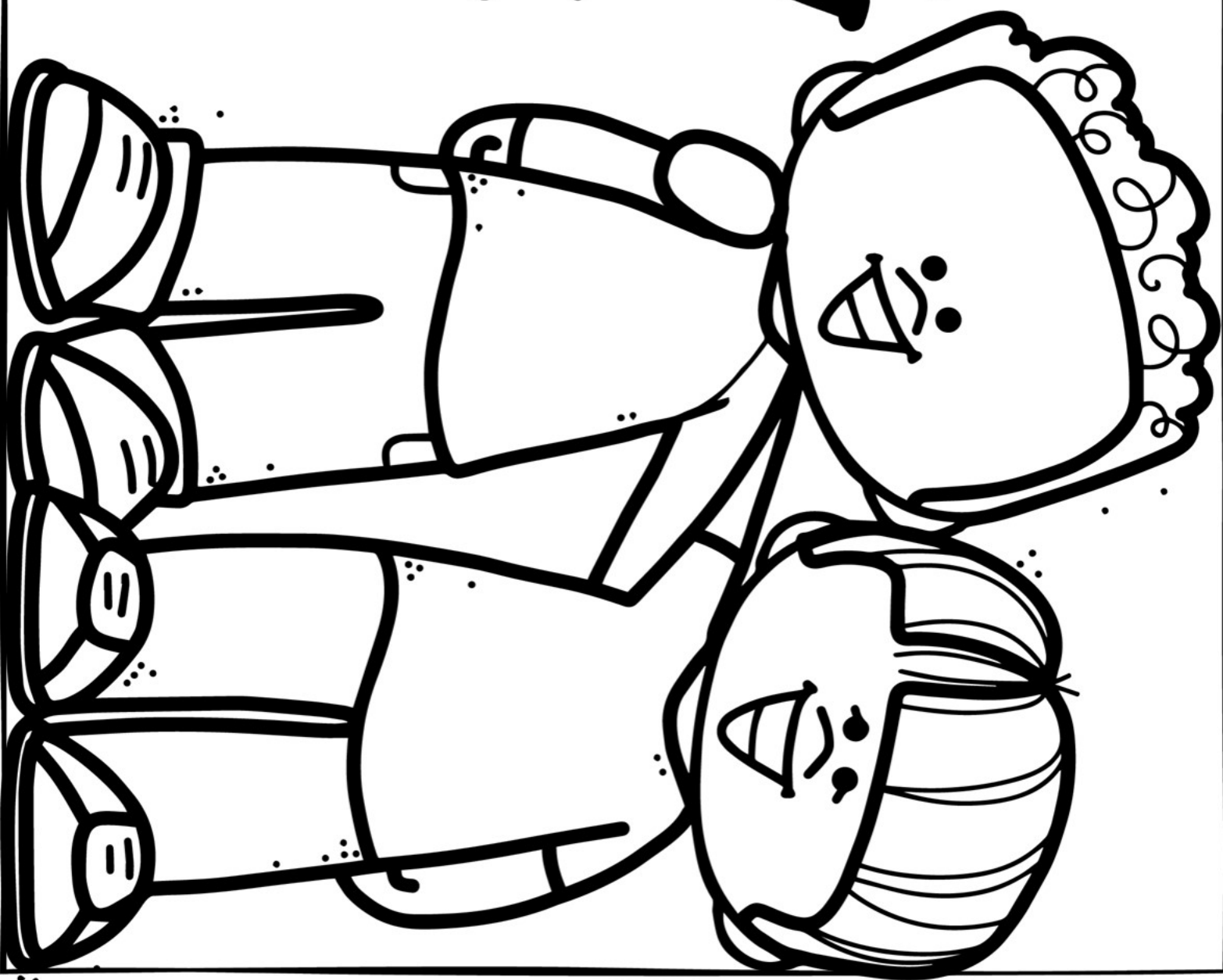




BE A
BODDY
NOT A
BULLY



— BE A —
BODDY
— NOT A —
BULLY



STOP Cyber Bullying



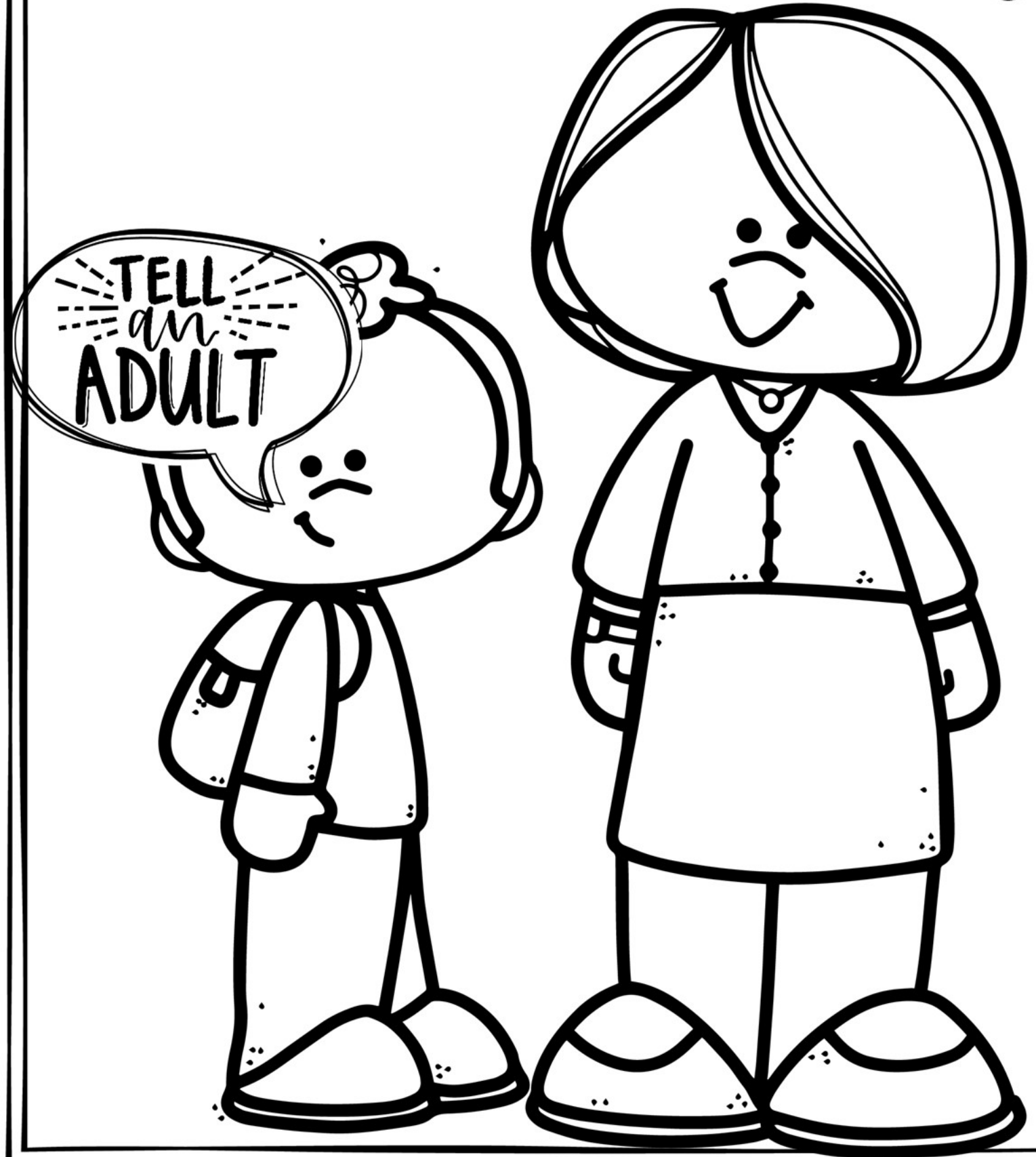
STOP Cyber Bullying



STOP Bullying



STOP Bullying



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