

LESSON: BULLYING STOPS WITH ME

This lesson plan and accompanying activity are designed to be taught after showing the jsk stories LGBTQ+ presentation. Feel free to change, adjust, and customize these plans according to your classroom or circumstance. The lesson and activity go well together, but can be split into two days.

CONCEPT 1 USE INCLUSIVE LANGUAGE.

DISCUSS: WHY IS USING CORRECT TERMS IMPORTANT?

> Identity is a huge part of all of us. We want to be seen, heard, and appreciated. When we use the correct terms to identify others and ourselves, we are promoting inclusive language and freedom of expression!

> If we don't understand a term, it's okay to ask! Becoming educated about new terms we don't recognize will help us be more inclusive when we speak. If you say the wrong thing, don't be too hard on yourself! Using inclusive language takes practice. Just apologize and correct yourself. You can also respectfully help others use inclusive language through your example.

DISCUSS: WHAT DOES IT MEAN TO BE SOMEONE'S FRIEND?

> Being a friend means being respectful, being inclusive, and asking thoughtful questions. When we accept people and their identities, we are not only being an example of kindness, but a good friend.

> Having friends from different backgrounds can be a great way to open our minds to more diversity and perspectives.

> Be aware of those around you. If you notice someone that is constantly being left out or ignored, approach them and invite them to your activities. Sometimes an invitation or smile will make someone's day happier. If they decline your invitation, that's okay! You can always try again another day.

CONCEPT 2 BE A FRIEND!

CONCEPT 3 IF YOU SEE IT, THEN SAY SOMETHING.

DISCUSS: WHO SHOULD I REPORT BULLYING TO?

> When we see someone being bullied, it is always the right choice to speak up and report the behavior to a trusted adult or parent.

> Bullying comes in many forms. Bullying can be name calling, gossiping, or intentionally being rude to someone. It may seem scary to stand up for someone who is being bullied, but think about how you would want someone to help you if you were being bullied. Treating others the way we want to be treated is always the best rule to go by.

ACTIVITY: BULLYING PREVENTION PLAN

Do the following as a class:

Materials needed:

- > Large Poster Board
- > Sharpies (different colors)

Tape the poster on a wall or board where the students can easily write on it. Together as a class decide on principles and values that you want to implement in class to stop bullying. You can call this your “bullying prevention plan”. Invite students to speak and write their ideas on the bullying prevention plan poster. Make sure that each student signs it to represent their dedication to stop bullying. Finally, hang the poster somewhere the students can see each day.

