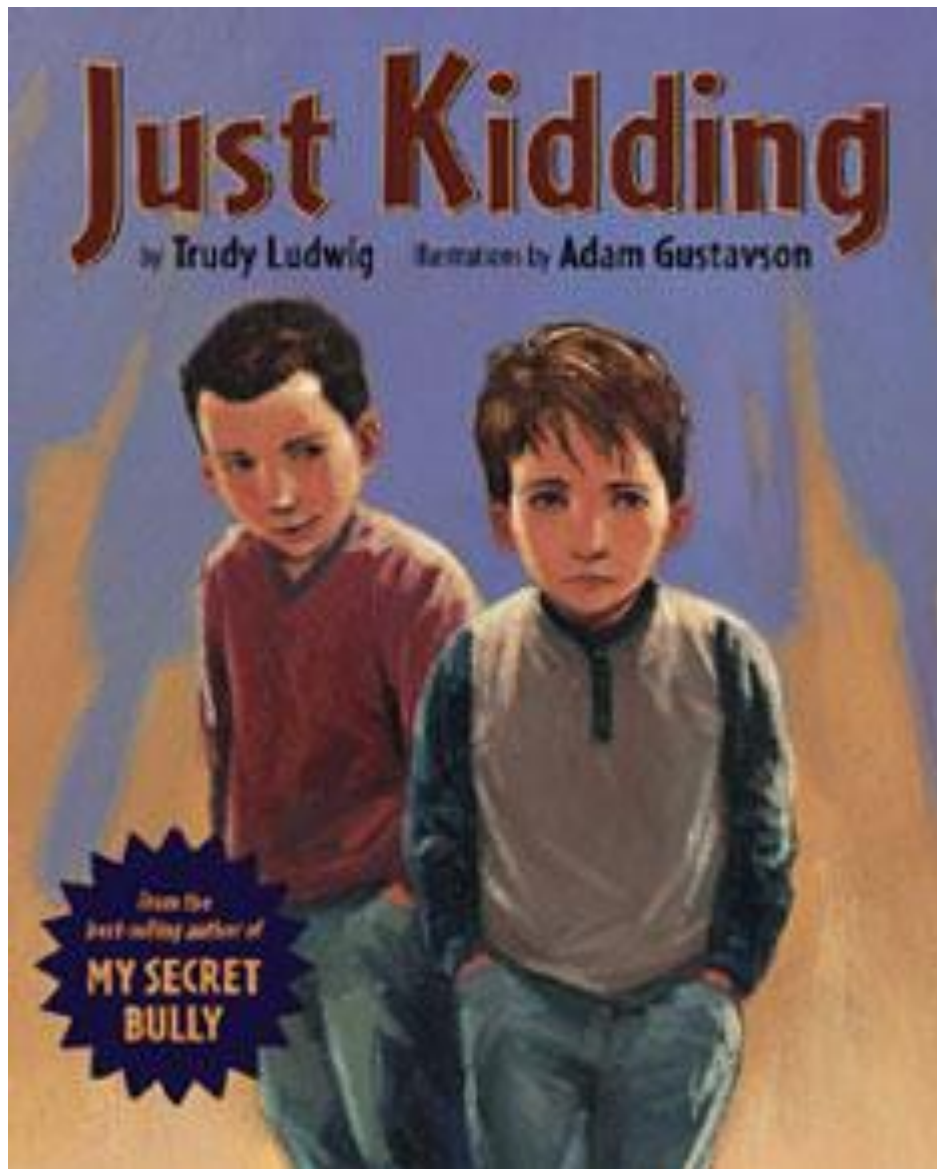


Arts Express Literacy Connection Storytelling of

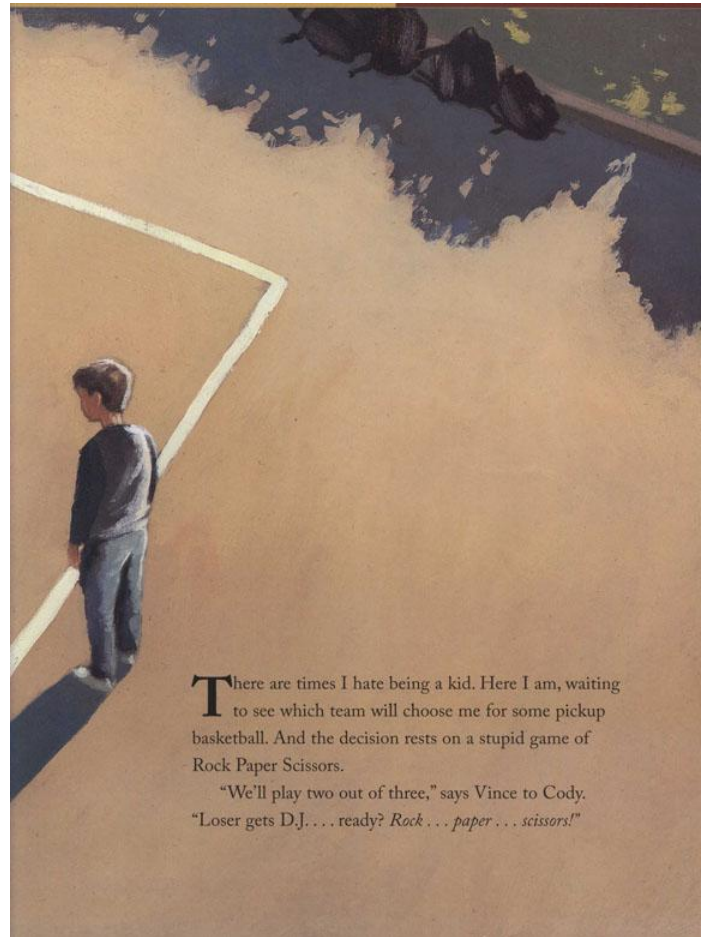


TEACHER RESOURCE PACKAGE
SPRING 2012

SUMMARY

Just Kidding

D.J. wants to be a good sport. As the new kid at school, he's happy to be included by Vince and the other boys, but when Vince's funny remarks start having an edge, D.J. is not laughing. He's confused and hurt. As he says, his friends at his old school "would joke around with me, but they never made me feel like I was a joke." Whether he's making fun of D.J.'s clothing or his athletic ability, Vince repeatedly ignores D.J.'s words, feelings, and body language to cross the line from teasing to taunting.



There are times I hate being a kid. Here I am, waiting to see which team will choose me for some pickup basketball. And the decision rests on a stupid game of Rock Paper Scissors.

"We'll play two out of three," says Vince to Cody.
"Loser gets D.J. . . . ready? Rock . . . paper . . . scissors!"

When D.J. finally has had enough, he first seeks solitude, then shares with his father what's going on with Vince. Dad offers this piece of wisdom: **"You may never know exactly why kids like Vince are mean to you. But I do think it has more to do with what's going on with him than with you."**

Insights like this, though thoughtfully intended, might feel empty if not backed up with substantial solutions. Dad and D.J.'s brother Nick show D.J. one way to deflect hurtful teasing with silly humor. Although this technique is successful the first time he tries it, D.J. admits that Vince continues to bother him. He and his father approach D.J.'s teacher, Mrs. Winter, who rounds out their strategy with some suggestions and actions of her own.

DISCUSSION QUESTIONS

- What were some of the mean ways Vince would “kid around” with D.J. ?
- How could you tell that D.J. was bothered by Vince’s teasing?
- Why do you think Vince called D.J. a “girlie” instead of congratulating him when D.J. got the goalie position on the soccer team?
- Why do you think Vince continued to tease D.J. when it was obvious D.J. didn’t like it?
- Do you and your friends tease each other?
- How do you let your friends know when teasing is hurtful?
- Have you been bullied by someone in the past and feel like you have to make up for doing the same thing to others?

FORMS OF BULLYING



PHYSICAL

- This form of bullying can be visually detected. This type of maltreatment involves physically contacting the student (kicking, hitting etc.). It can also entail stealing or hiding the belongings of the affected students.

VERBAL

- This form of bullying is difficult to detect, unless the adult is in the presence of the participants. It involves name calling, insults, offensive and threatening language.

EMOTIONAL/INTIMIDATION

- This aspect could include gestures or comments, spreading rumours or stories, graffiti and defacing property

CYBERBULLYING

- This is the modern extension of bullying. This occurs via the Internet, mobile phones or other cyber technology. This can include: (1) sending malicious text, e-mail, or instant messages (2) posting defamatory pictures or messages about others in blogs or on websites (3) using someone else's user name to spread rumours or lies about someone.

What is Bullying?

• Physical = hitting , kicking , stealing, forcing ,etc.

• Verbal = name-calling, teasing, insulting, yelling, etc.

• Mental = lies, rumors, jokes, etc.

• Verbal bullying is the most hurtful type of bullying most of the time.

The graphic features a rainbow background. At the top, the title 'What is Bullying?' is written in a colorful, bubbly font. To the right is a cartoon illustration of a bully with a smug expression, arms crossed, and a red bow tie. At the bottom left is an illustration of a larger bully in a blue shirt and green pants, looking angry and pointing towards a smaller, nervous-looking victim in a yellow shirt and purple pants. A pink text box on the right contains a list of bullying types and a note that verbal bullying is the most common and hurtful.

Bullying Word Search

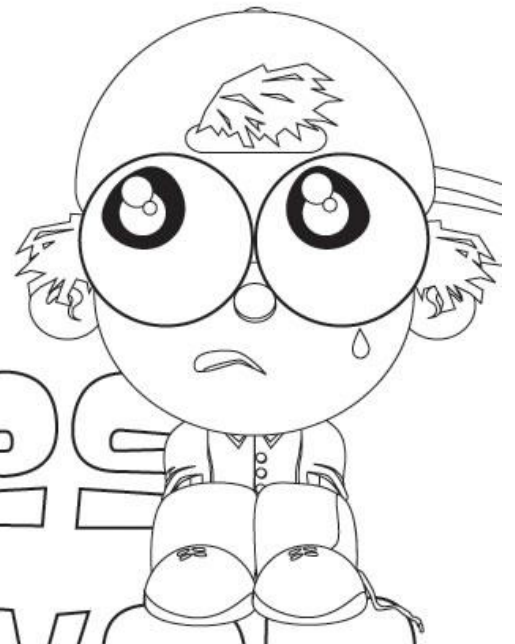
r d s t r o p s h c a o c m
e t e h b t i s a h r y n a e o m c o h
h n t r s u e p l r y s i c r a a l
c e a t a e c v r l p v t s a r n a a n
a d m e i c d s e r l b y t s a o l s s i m
e u m r m d r a e s m t a c a n h e g u l t i r
t t a g g r a a e m o e a n d e h g o r e h c
t s e n v c s e m o e i a n d e h g o r e h c
f u t i c h n e a i a d e r t b a h e l e h r i t f
r p v t h t n e a s i a d e r t b a h e l e h r i t f
i p i h t n e a s i a d e r t b a h e l e h r i t f
e o c g n s i n v e r b a h e l e h r i t f
n r t i s n v e r b a h e l e h r i t f
d t i f i t m i c s e c n a h e l e h r i t f
s s m a d v i c e n a h e l e h r i t f

bullying
bystanders
friends
ethan
verbal
aggressive
mischeif
fighting
sports
harassment

threats
victim
scared
school
emotional
assault
home
teacher
teammate

teasing
advice
support
physical
anger
criminal
reaction
student
coach

NO
BULLIES
ALLOWED



GAMES AND INTERACTIVE ACTIVITIES FOR THE INTERNET/COMPUTER LAB

<http://www.wartgames.com/911/bullying.html>

<http://www.pacerkidsagainstbullying.org/>

<http://library.thinkquest.org/07aug/00117/>

<http://urbanext.illinois.edu/conflict/intromovie.html>

LANGUAGE ARTS

Have students define and discuss the word caring. What are synonyms and antonyms of caring? Is it a noun, verb, adverb, or adjective? Create a "Classroom of Kindness" book. Students can record whenever they see kindness to others or when others show kindness to them.

Share the completed book during circle time at the end of the week. Divide students into small groups. Ask each group to come up with a list of words and actions that describe kindness, compassion, and acceptance.

Use the list to write short stories showing how these skills help us get along with others. Ask students to write in journals about a time they have experienced bullying. Give students the option to share their journal entries with the class.

LITERATURE COMPARISON

Read Martin's Big Words: The Life of Martin Luther King, Jr. by Doreen Rappaport. Have students identify times when Dr. King showed compassion, equality, acceptance, and kindness.

Read real-life stories about young people who are everyday heroes. Explain that a hero is someone who is kind, helpful, and brave. Tell the students about the everyday heroes in your life (including them!). Discuss community, national, or world leaders who have worked for equal rights for all people.

Have students identify common characteristics among these leaders. Read books about teasing and bullying behaviors. (for example: My Secret Bully also by Trudy Ludwig or A Bad Case of Tattle Tongue by Julia Cook). Have students write their own stories about bullying, teasing, and tattling.

ART

Use a camera to take pictures of students as they role-play the right and wrong ways to deal with bullies. Post the pictures with captions, or create a classroom book about bullies. Using “No Bullying Allowed in Our School” as a theme, students can decorate bulletin boards in the hallways, the cafeteria, or entryway of your school.

Help students make kindness cards to give to people who have been kind to them.



MUSIC

Teach songs related to the struggles for equal rights, such as “We Shall Overcome,” “Blowin’ in the Wind,” or “This Little Light of Mine.” Have students identify how lyrics and melody help express the emotions of the time.

MATH

Ask students to create a chart that shows how many acts of kindness they witnessed during the month. To make it more interesting, have each classroom in a grade level keep its own chart, and compare the charts at the end of the month.

Recognize all attempts to use acts of kindness. Students write word problems related to the monthly theme. (For example, Mary helped her mother with the dishes for 7 days, walked her elderly neighbor’s dog for 6 days, and read a book to her sister for 5 nights. How many acts of kindness did Mary do? If Mary did this every month for a year, how many acts of kindness would that be?)

Kids write their own word problems using names of their classmates. Write the problems on index cards, and pass them out for others to solve.

DRAMA - ROLE PLAY

Role plays can be an effective way to help students see things from a different perspective. Write down some different bullying scenarios on small pieces of paper.

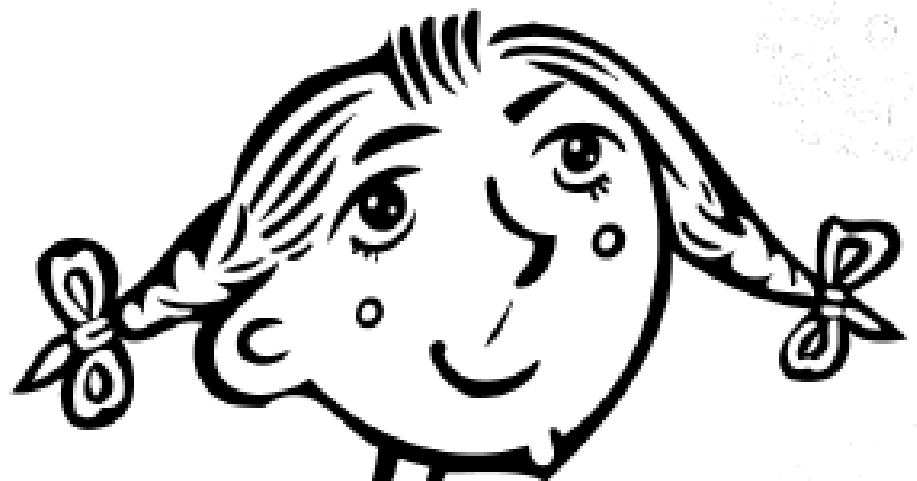
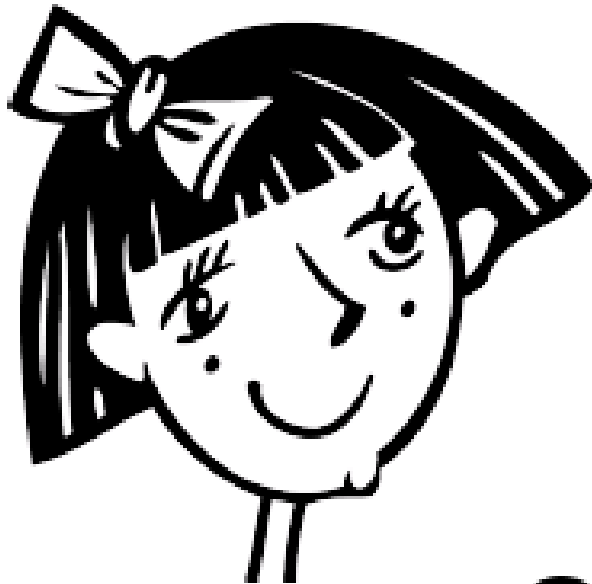
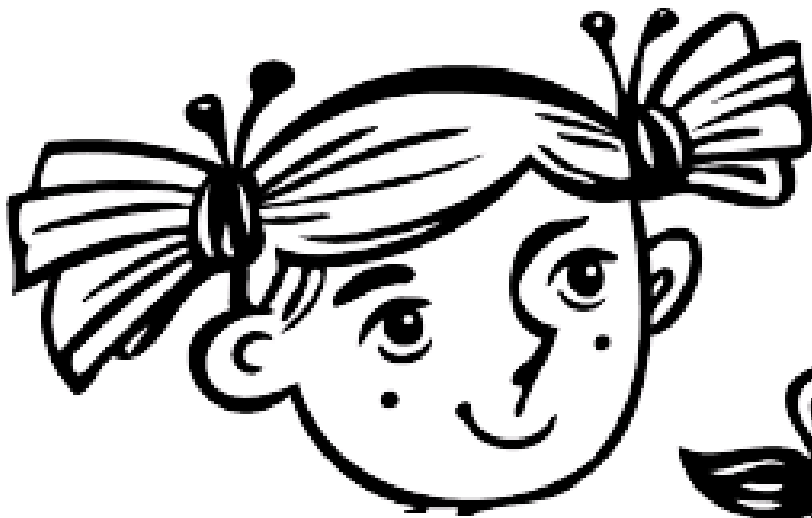
Divide students into pairs or small groups. Have students choose a paper at random, then have them role play the scenario they've chosen. When the scene ends, have them switch roles.

Stick Puppets- Using the stick puppets attached to this document, have students create scenes about bullying and how to resolve bullying.



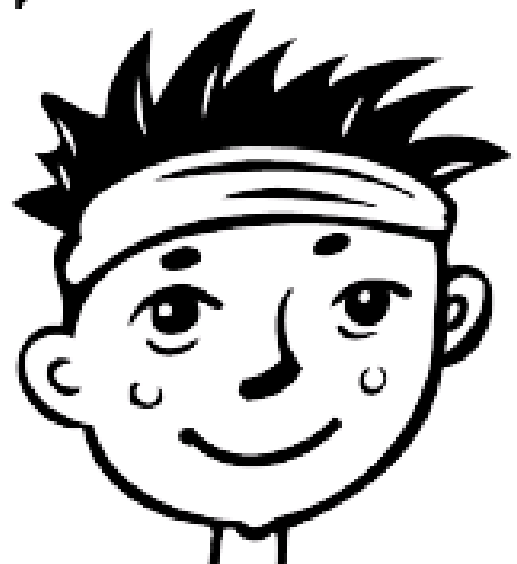
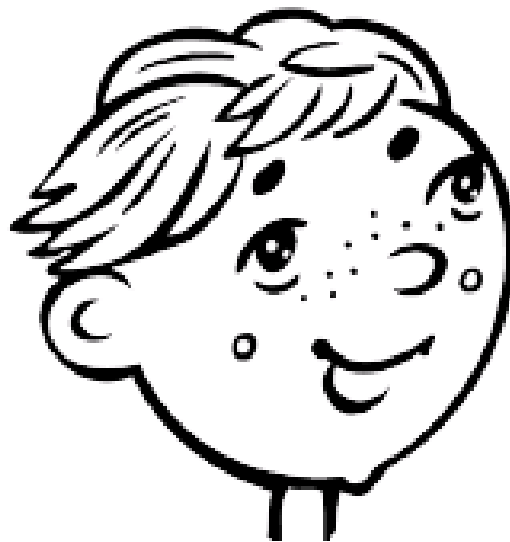
Anti-Bullying Girl Stick Puppets

Cut out girls heads and tape a stick behind head. Put on a show about bullying.



Anti-Bullying Boy Stick Puppets

Cut out boys heads and tape a stick behind head. Put on a show about bullying.





It's not okay to bully. It's not okay, no way!



ARE YOU A BULLY QUITZ?

1. You are asked to sit at a table with some really popular kids. They give you a cupcake and dare you to hit your friend with it. What do you do?
A: You throw the cupcake at your friend and tell him you're sorry later.
B. You throw the cupcake and laugh.
C: You tell the teacher even though they may talk about you.
2. You see your friend beating up another kid at recess. A group of kids are surrounding them. What do you do?
A. You join in the fight and beat the kid up with you friend.
B. You help the victim and tell your friend to cut it out.
C. Since there is a group of kids, you watch.
3. You see a bully in the window, being hurt by his Dad. What should you do?
A. Sit and laugh, he deserves it.
B. Talk to your parents or a teacher.
C. Pretend you didn't see it.
4. You are asked to join a bunch of kids and vandalize an art project in your school. What do you do?
A. Go with them and get caught.
B. B. Tell them no and walk away.
C. Tell an adult and try to prevent it.
5. A bully threatens you when you see him cheat on a test. What should you do?
A. Walk away but be worried the rest of the day.
B. Tell your parents or another adult. They can help you.
C. Threaten them right back. It is not like they are really going to do something to you.
6. You go online and see that a kid you don't like is on. You threaten him and you think it's a joke. The next day at school the kid tells the teacher and she asks if anyone did it. What do you do?
A. You pretend that you didn't hear the teacher
B. You tell the truth, even though you may get into trouble.
C. C. You lie and say he's making it up.
7. You hear some kids making fun of a student in the class what do you do?
A. Go join them.
B. Tell them to stop.
C. Ignore them.
8. You see someone take another child's pencil case. What do you do?
A. Tell the bully to give it back.
B. Ignore them.
C. Laugh and make fun of the child.

SAFE & CARING VOCABULARY

Fill in the blanks by unscrambling the words.

Sometimes people _____ to get what they want
o o s h c e

by being _____, but _____,
s i b l e l u m e a n g a l n c i l

_____, and _____ are not the _____
n e t g s i a c e v i n e l o e a f s

and _____ way. We can stop
r g c i n a c s l o h o s

bullying when we take the time to _____ how
a n s d t u n r d e

someone else _____. When we try to see
l e f s e

things from the other person's _____, we learn
i w v e

to have _____ for them and make
h a m y t e p

_____ choices to help us _____.
s i p e i v t o t e g g n o l a

Define the word empathy. _____

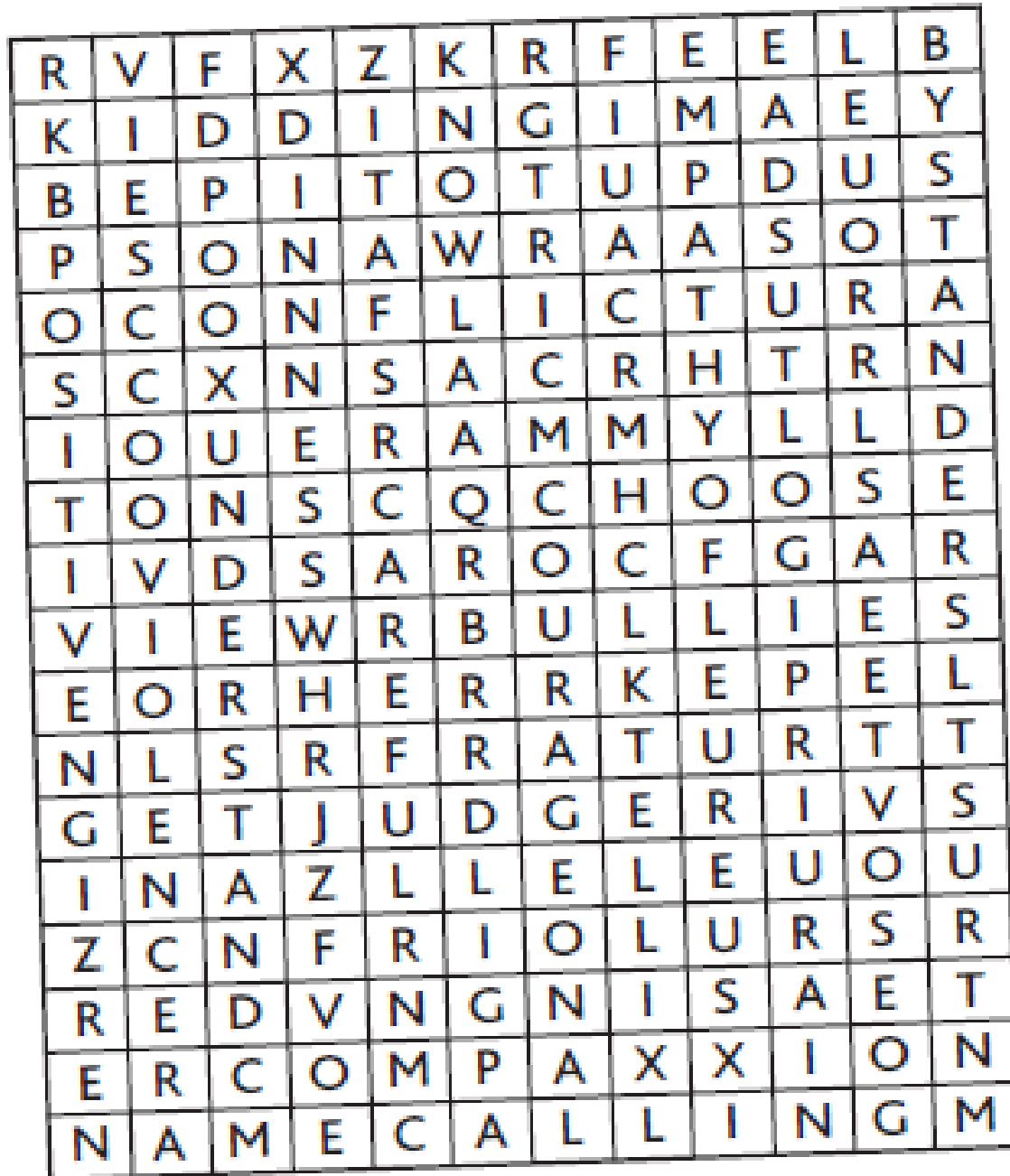
Write a sentence using the words positive and empathy.

**we are
a safe
& CARING
SCHOOL.**

SAFE & CARING WORD FIND

Find and circle the words listed at the bottom of the page.

(Hint: Answers can run forward, backward, up, down, or diagonally.)



TATTLE

CONFLICT

JUDGE

EMPATHY

CHOOSE

BULLIES

NAME-CALLING

UNDERSTAND

KNOW

TRUST

BYSTANDER

TEASING

KIDDING

COURAGE

CAREFUL

POSITIVE

TELL

FEEL

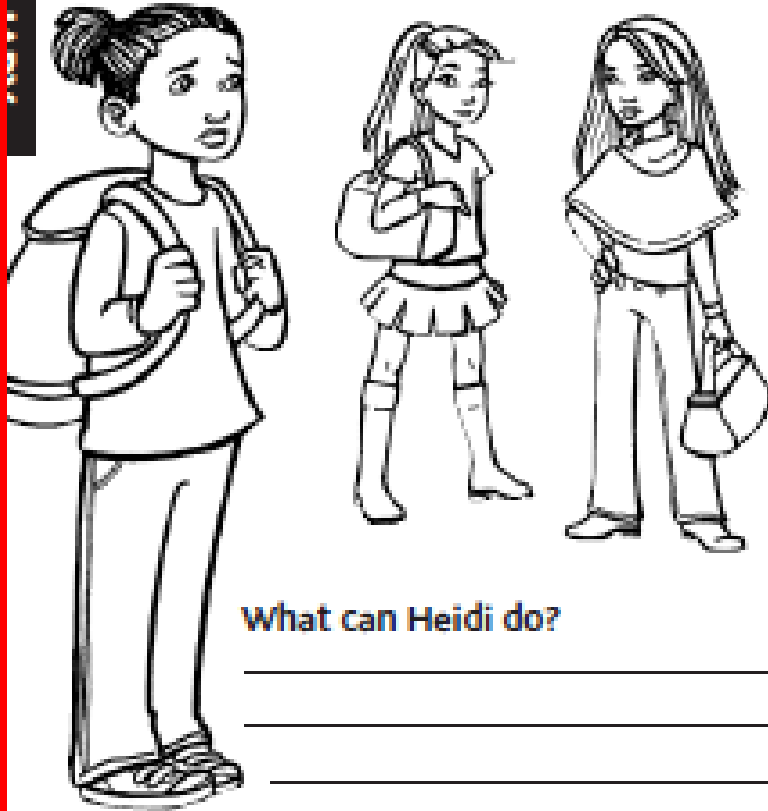
VIOLENCE

VIEW

We are
a safe
& CARING
SCHOOL.

MEAN WORDS HURT

Sometimes bullies hurt by hitting, other times they hurt by saying mean things.



What can Heidi do?

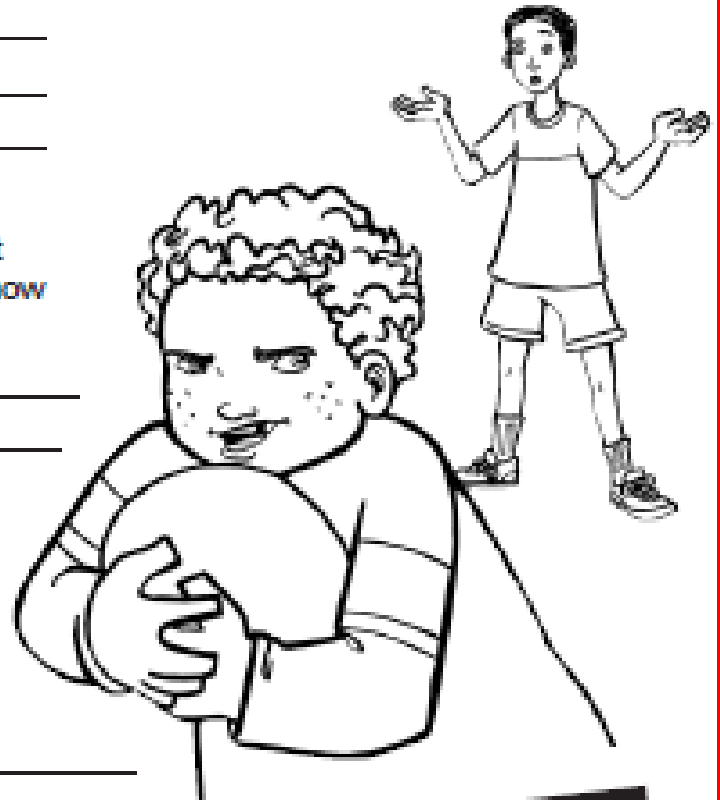
Sheila thinks Heidi dresses dorky and told her friends not to hang out with Heidi anymore. How do you think Heidi feels?

Why do you think Sheila acts so mean?

Jack loves to play basketball even though he's not very good. Sam steals the ball and makes fun of how Jack plays. How do you think Jack feels?

Why do you think Sam acts so mean?

What can Jack do?



We are
a safe
& CARING
SCHOOL.

HELPING OUR FRIENDS STOP BULLYING



It's important
to learn how we can
help each other when
we're being bullied.

But we also can
help each other
stop being bullies.

C'mon, let's go
tease the new kid!

What can you say or do to help?

It was just a note
with a rumor about Jessie...
no big deal!

What can you say or do to help?

Write your own...

What can you say or do to help?

**we are
a safe
& CARING
SCHOOL.**

THE OTHER PERSON'S SHOES



To understand how others feel, it helps to put yourself in their shoes.



Hmm... you mean you have to try to see things from where they stand?

Exactly!

Describe a situation where someone was teased.
What happened?

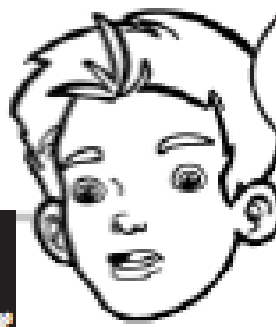
How do you think the person who was teased felt?

What could have been done to help make things better?

What does it take to be a good friend to someone who has been teased?
Write a paragraph about how you can help. _____

**we are
a safe
& CARING
SCHOOL.**

JUST KIDDING!



Kidding can be fun and usually feels okay. But if kidding turns mean, it crosses a line and becomes teasing.

List three ways we might kid our friends and then tell how that kidding can turn into teasing.

Kidding:

Teasing:

1

2

3

The line between kidding and teasing

Tease Tester Are the situations below fun or mean? Use this tester to rate how hurtful or funny each one is by circling the score from 1–5. Is it bullying or not? Explain why.

Fun

Mean

Calling people names

1 2 3 4 5

Is this bullying? Yes or No, explain. _____

Laughing at a joke together

1 2 3 4 5

Is this bullying? Yes or No, explain. _____

Pointing and laughing at someone's haircut

1 2 3 4 5

Is this bullying? Yes or No, explain. _____

Mimicking someone's speech or accent

1 2 3 4 5

Is this bullying? Yes or No, explain. _____

Someone laughing after tripping you

1 2 3 4 5

Is this bullying? Yes or No, explain. _____

We are
a safe
& CARING
SCHOOL.

COURAGEOUS AND SAFE



Bullying is not okay, but it's scary to stand up to bullies by yourself.

We need to be courageous and safe. That means knowing when to ask for help.



List five words that describe courage:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Use the five words that describe courage in sentences that show how and when someone can be courageous.

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____



Okay, real life...

You see a kid being bullied by two other kids, but you're alone. What can you choose to do? How can you be courageous and safe?

**We are
a safe
& CARING
SCHOOL.**

Bye, Bye Bully

Na na na na na, Na na na na na.
Once I knew a boy named Beau
Who lived on a farm. Where? I don't know,
But a bully came and called him a name,
And tried to get his goat.

Once I knew a boy named Blake
Who rowed a boat on a little lake
'Til a bully came and called him a name,
And tried to rock his boat.

Hey you, cut it out;
Your names are not about me.
I'll walk away with my head up high,
And say, by the way, nice try. (Nice try.)

And I once knew a girl named, Kim
Who was climbing up on a jungle gym,
When a bully came and called her a name,
And tried to tease her down.

Hey you, please, cut it out;
Your teasin's not about me.
I'll walk away with my head up high,
And say, by the way, nice try. Nice try.

Don't let 'em get your goat or rock your boat
Or get the best of you.
They're just looking for love in the weirdest way
With what they say or do,
Be do be do be do be do.

Hey you, cut it out,
And if you can't, you'll be without me,
'Cause I'll walk away with my head up high,
And say, by the way, good-bye. Nice try.

Bye, bye bully. (repeated)
Names will never hurt me, no matter what you say.
I'll tell the teacher, 'cause it's not okay.
I'll just ignore you, no matter what you say.
A bully's just unhappy, and havin' a bad day. (Poor bully.)



Circle the words from the list that you find hidden in the puzzle.
How many can you find?

FRIEND

BULLY

CARING

RESPECT

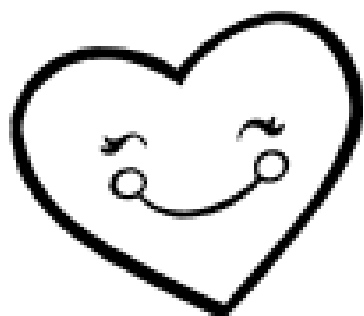
HAPPY

LOVE

GOODBYE

TOGETHER

X	F	E	D	Y	L	T	M	K	T
M	Y	R	L	A	R	O	D	Q	O
T	C	L	I	E	P	M	V	R	G
D	U	E	P	E	A	U	C	E	E
B	Y	L	Y	J	N	V	A	S	T
Q	E	U	L	S	S	D	R	P	H
A	D	A	Y	J	T	Z	I	E	E
G	O	O	D	B	Y	E	N	C	R
H	A	P	P	Y	U	W	G	T	X
Z	I	F	R	D	T	M	N	E	E



Color the picture of friends playing together.





No Bullies Here

Name _____

What is a bully?

Identify some bully behaviors:

What can you do to stop bullying?

Write 3 classroom rules that prevent bullying.

What consequence should be in place for somebody that bullies?

Write a do's and don'ts list to prevent bullying.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

On the back of this page, make a poster about 'No Bullies Here'.



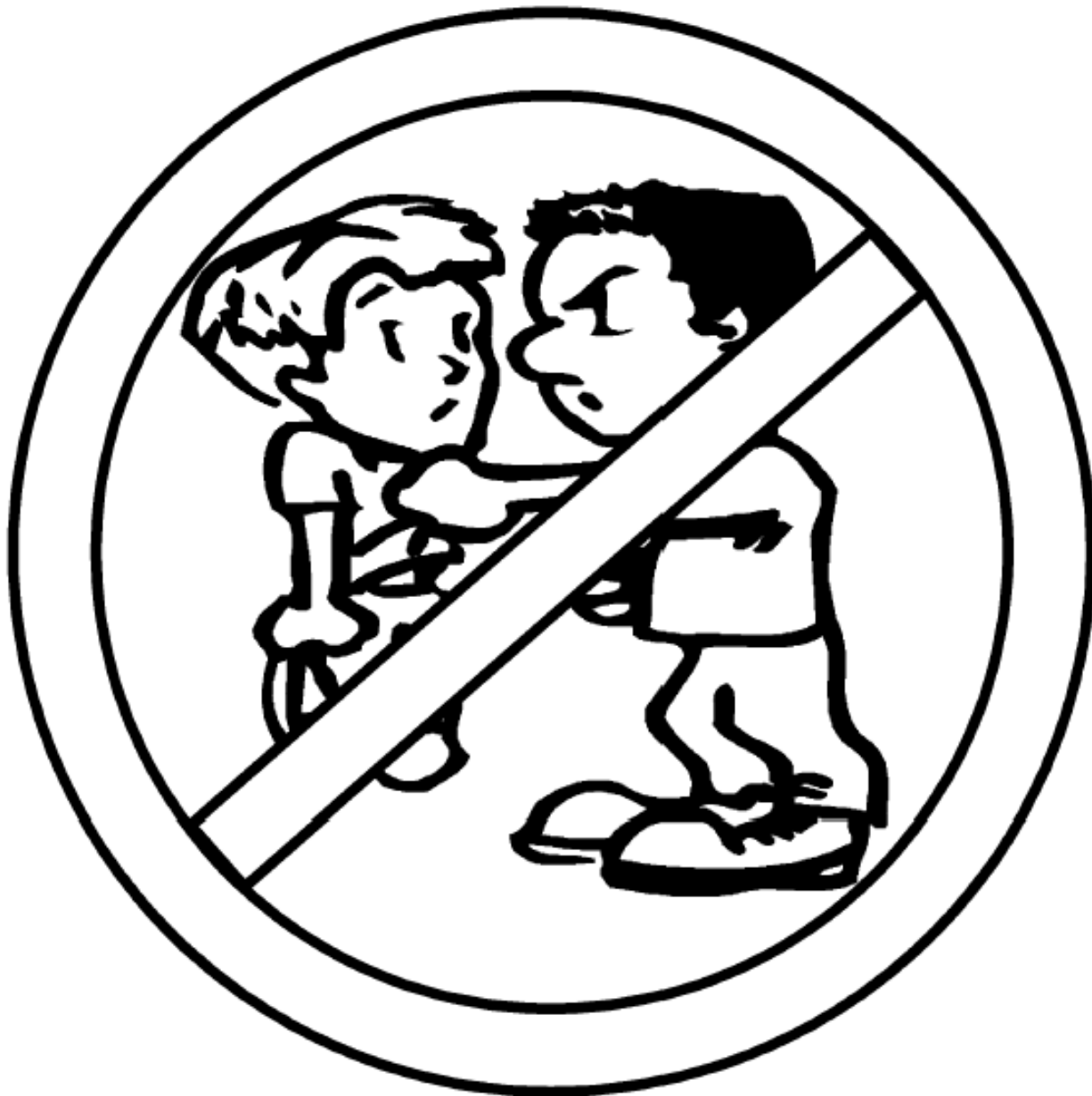
Don't be a bully!

©Samalou.com

**BULLY
FREE
ZONE**

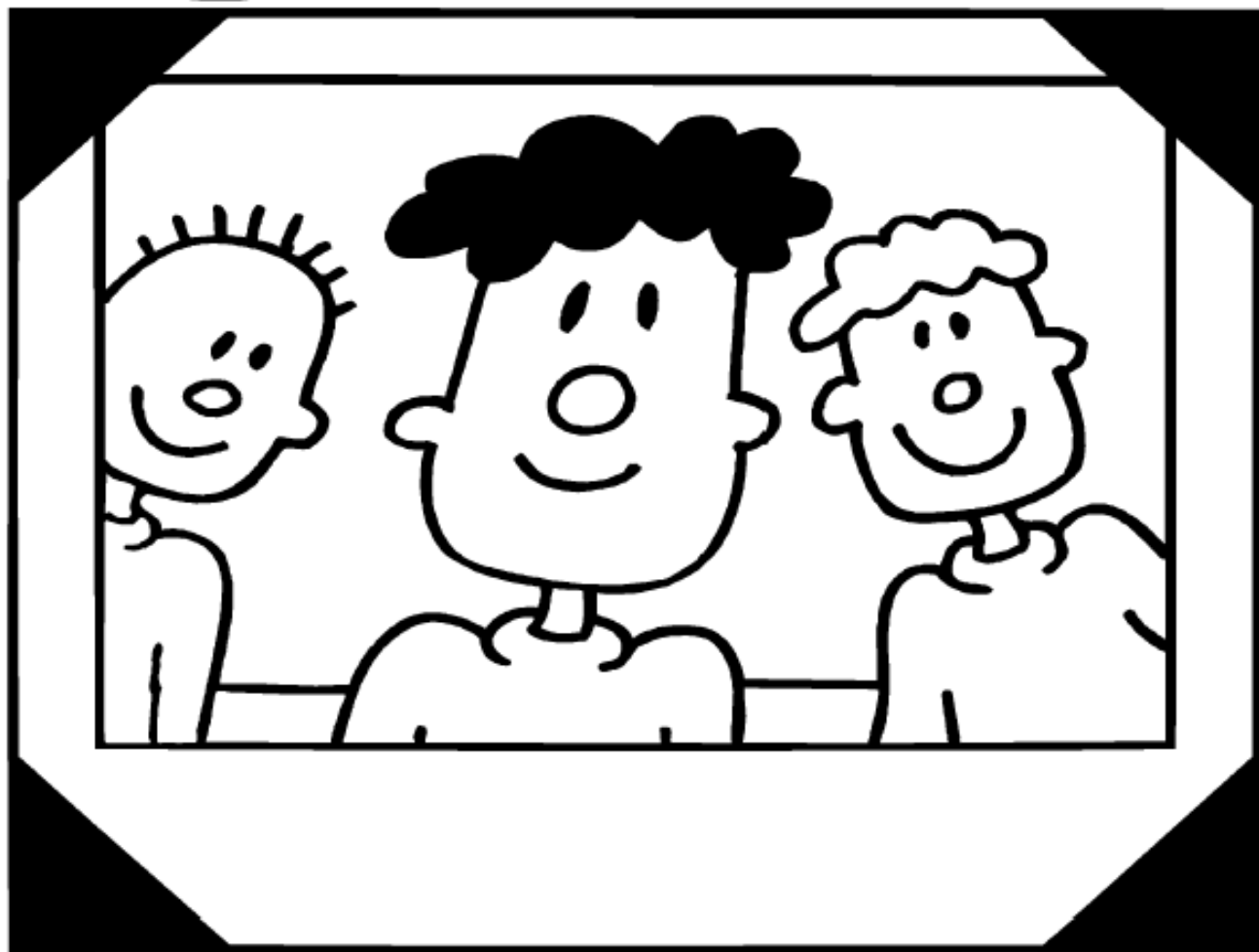
samalou.com

BULLY



Free Zone

Speak Out



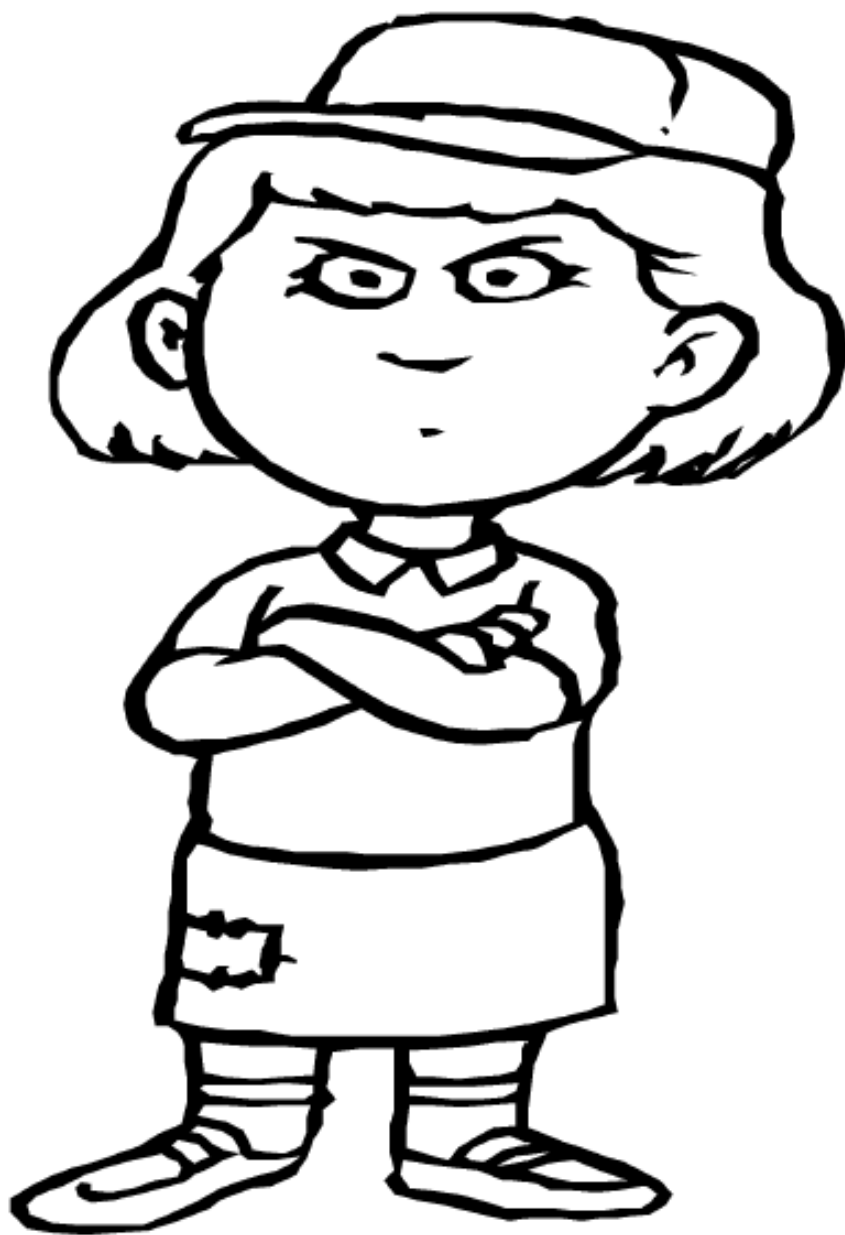
Against BULLYING

See Bullying?



Stop Bullying!

No Bullies



Allowed

Say NO!



To Bullying

See Something?



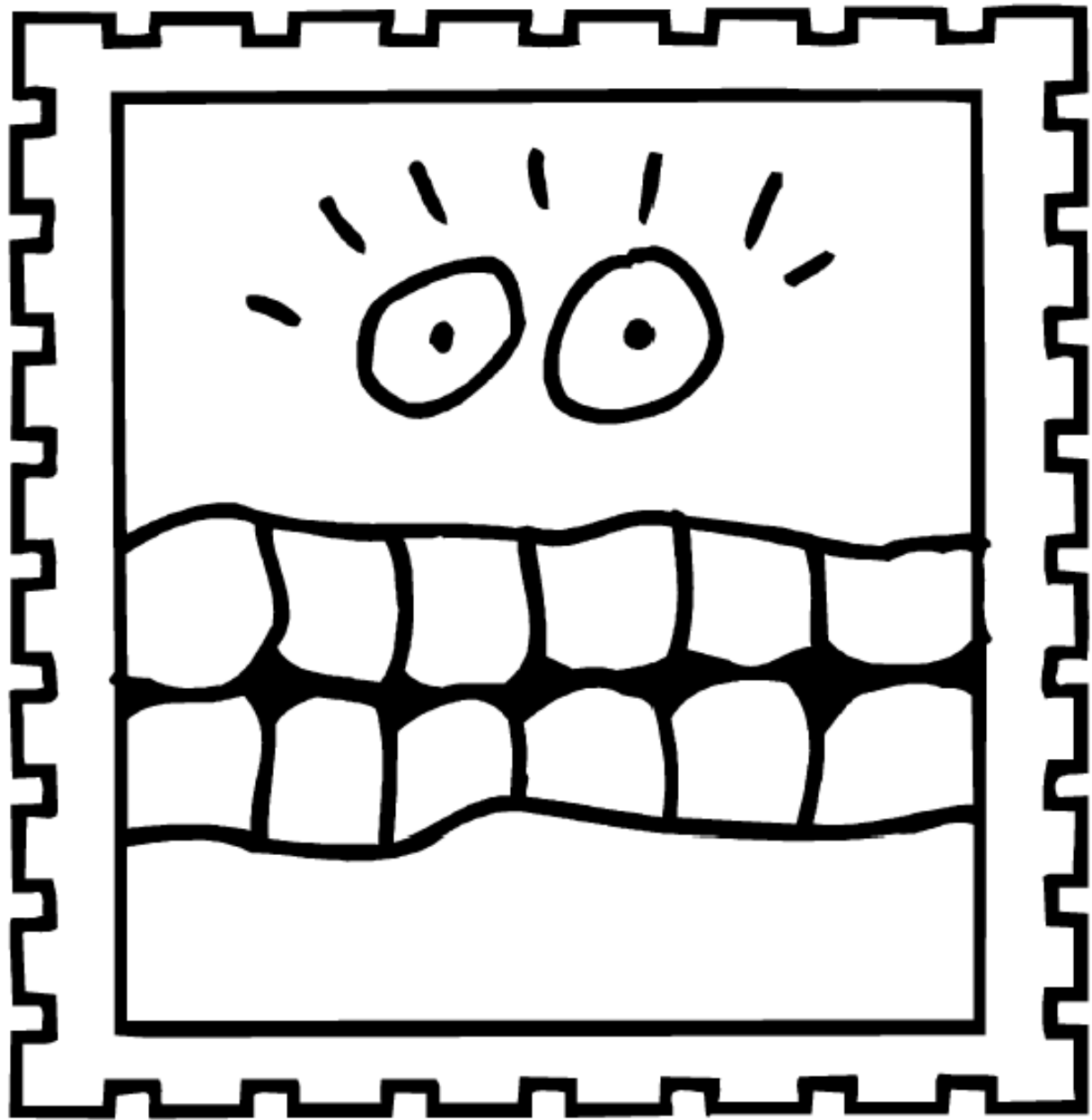
Say Something!

Bullying is



BANNED

Stamp Out

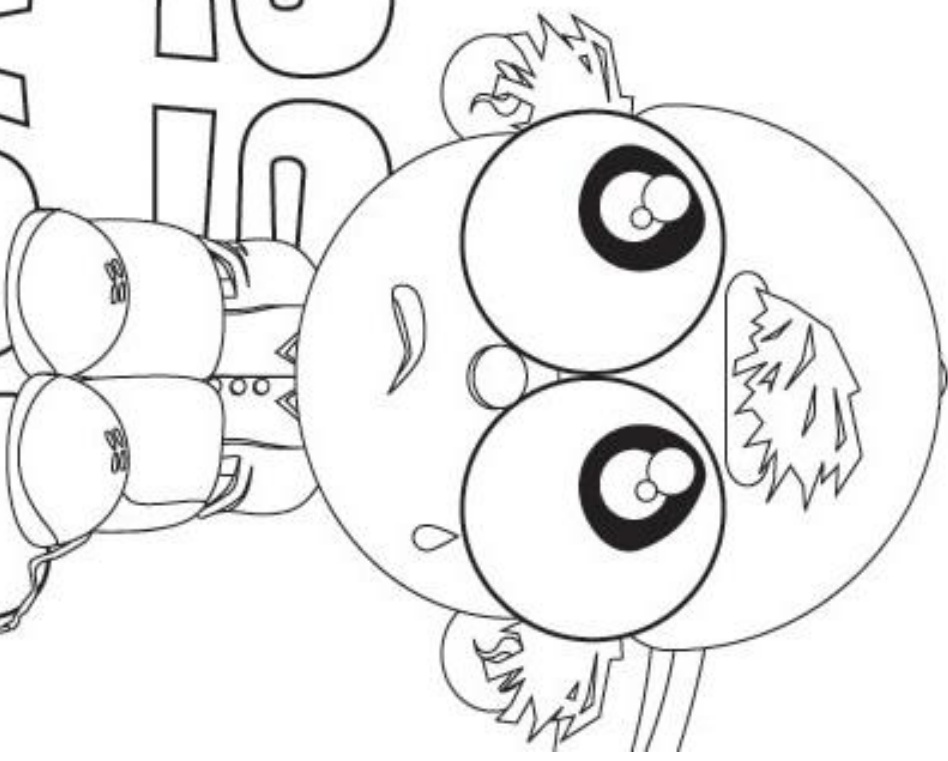


BULLYING

HELLO MOM

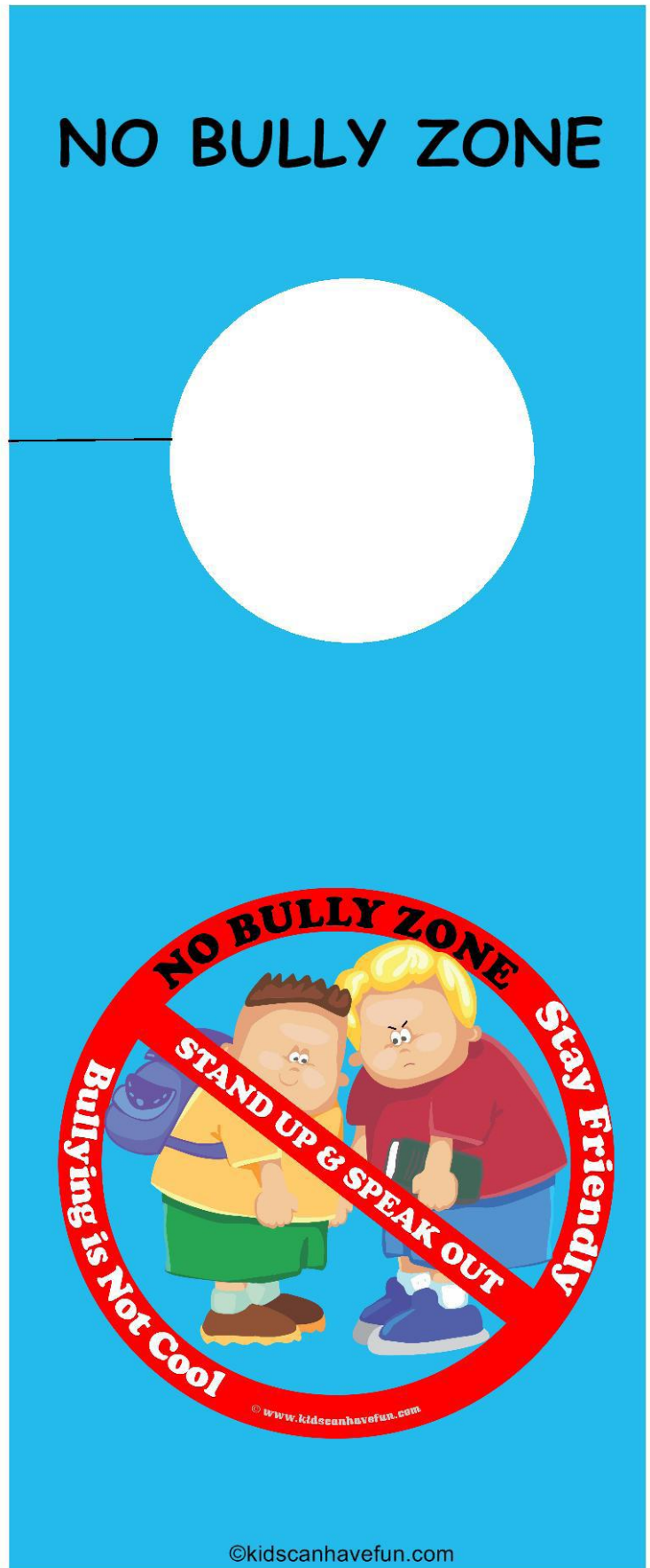
BULLY

NO



No Bully Zone Door Hanger

1. Print on card stock or regular paper.
2. Cut along all lines indicated and slip circular area on door knob.
3. Place on outside door knob.



Additional Resources

ORGANIZATIONS

The Empower Program

4420 Connecticut Ave. NW, Washington, DC 20008 • www.empowered.org

Full Esteem Ahead

10445 SW Canyon Road, Suite 111D, Beaverton, OR 97005 • www.fullesteemahead.org

Hands & Words Are Not For Hurting Project

P.O. Box 2644, Salem, OR 97308-2644 • www.handsproject.org

Operation Respect

2 Penn Plaza, 5th Floor, New York, NY 10121 • www.operationrespect.org

The Ophelia Project

718 Nevada Drive, Eric, PA 16505 • www.opheliaproject.org

WEBSITES

www.bullying.org

www.cyberbully.org

www.no-bully.com

www.stopbullyingme.ab.ca/

www.stopbullyingnow.com

www.stopbullyingnow.hrsa.gov

www.stopcyberbullying.org

Recommended Readings

FOR ADULTS:

Coltrane, Barbara. *The Bully, the Bullied, and the Bystander*. New York: HarperResource, 2003.

Cooper, Scott. *Sticks and Stones: 7 Ways Your Child Can Deal with Teasing, Gossip, and Other Hard Times*. New York: Random House, 2000.

Davis, Sara. *Schools Where Everyone Belongs: Practical Strategies For Reducing Bullying*. Illinois: Research Press, 2005.

Friedman, Judy S. *Ending the Teasing: Helping Your Child Cope with Name-Calling, Ridicule, and Verbal Bullying*. New York: McGraw-Hill/Contemporary Books, 2002.

Garbarino, James. *And Words Can Hurt: How to Protect Adolescents from Bullying, Harassment and Emotional Violence*. New York: Free Press, 2003.

Katch, Jane. *They Don't Like Me: Lessons on Bullying and Teasing from a Piousist Classroom*. Massachusetts: Beacon Press, 2003.

McCoy, Elm. *What To Do... When Kid Are Mean To Your Child*. New York: Reader's Digest Adult, 1997.

Thompson, Michael, Lawrence J. Cohen, and Catherine O'Neill Grace. *Best Friends, Worst Enemies: Understanding the Social Lives of Children*. New York: Ballantine Books, 2001.

Thompson, Michael, Lawrence J. Cohen, and Catherine O'Neill Grace. *Mean, They're Teasing Me: Helping Your Child Solve Social Problems*. New York: Ballantine Books, 2002.

FOR CHILDREN:

Barnatt, Karen Godig. *Simon's Hook: A Story About Teasing and Patience*. California: GR Publishing, 2002.

Cohen-Posey, Kate. *How to Handle Bullies, Trainers and Other Meanies: A Book That Takes the Nonsense Out of Name Calling and Other Nonsense*. Florida: Rainbow Books, 1995.

Conby, Bill. *The Meanest Thing To Say*. New York: Scholastic Inc., 1997.

Hoos, Phillip and Hannah Hoos. *Hey Little Ait*. California: Tricycle Press, 1998.

Kaufman, Gershon, Raphael, Lee, and Eschland, Pamela. *Stand Up For Yourself! Every Kid's Guide to Personal Power and Positive Self-Esteem*. Minnesota: Free Spirit Publishing, 1999.

Lowell, Pary. *Stand Tall, Mean Low Mean*. New York: Scholastic Inc., 2002.

Ludwig, Trudy. *My Sister Bully*. California: Tricycle Press, 2005.

Romain, Trevor. *Bullies Are a Pain in the Brain*. Minnesota: Free Spirit Publishing, 1997.

Romain, Trevor. *Clapax, Phobia of other Bullying*. Minnesota: Free Spirit Publishing, 1998.

Seskin, Steve and Allen Shamokin. *Don't Laugh At Me*. California: Tricycle Press, 2002.

A Note About Teasing

For many families and friends, teasing and kidding around is a way of showing affection and creating a feeling of playful camaraderie with one another. Both the teaser and the person being teased can easily swap roles, there is no imbalance of power, and the basic dignity of everyone involved is maintained. Equally important, if the teaser sees that the person being teased is obviously upset or objects to the teasing, the harmless teaser stops immediately.

When Teasing Is No Laughing Matter

As D.J. in this story found out, ". . . when a joke has a sharp edge to it, it can cut you to pieces." According to antibullying experts, if a teaser's intent is to hurt, humiliate, ridicule, or demean another person, the teaser has crossed the line into taunting, a form of psychological bullying that can have devastating, long-term negative effects on a child's sense of self.

Obviously, there can be a lot of gray area in this behavioral continuum of teasing vs. taunting; what may be funny to some may be hurtful to others. That's why it's important for adults to be effective role models, and for teachers to help children understand that no joke or teasing remark is ever funny when it's intentionally made at someone else's expense. You're never "just kidding" when your words or actions toward others are embarrassing, hurtful, or mean spirited. A putdown is still a putdown, no matter how you say it.

Discussing The Story

What were some of the mean ways Vince would "kid around" with D.J.?

How could you tell that D.J. was bothered by Vince's teasing?

Why do you think Vince called D.J. a "girlie" instead of congratulating him when D.J. got the goalie position on the soccer team?

When D.J. asked Vince to stop poking him, Vince didn't. How would you feel if someone wouldn't stop doing something that bugged you?

Why do you think Vince continued to tease D.J. when it was obvious D.J. didn't like it?

When Vince said "just kidding," did you believe him? Why or why not?

Do you and your friends tease each other?

How can you tell if your friends like it when you tease them?

How do you let your friends know when their teasing is hurtful?

When do you think teasing is okay and when is it not?

Who can you go to if you have a problem with teasing?

What would you do if you saw other kids teasing your friend in an unkind way?

S tay away from bullies.

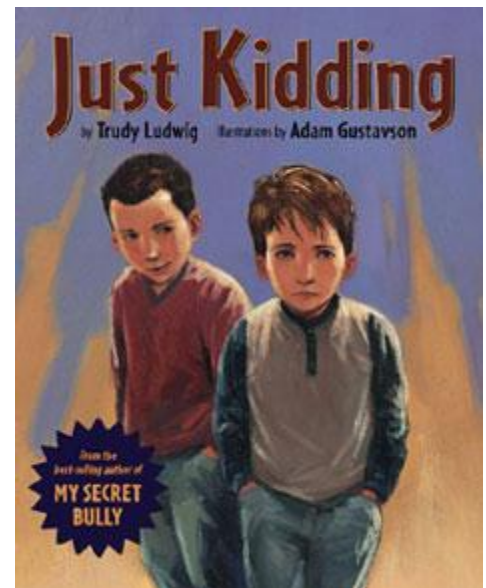
T ell someone.

A void bad situations.

M ake friends.

P roject confidence.

OUT BULLYING!



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