



Teens Against Bullying Others (TABO)

4th Grade – Are You a Bully?

Intended Audience:

High School-age teens teach to 4th grade youth

Learning Objectives:

Youth will be able to:

- Identify the bullying behaviors that they do themselves.
- Understand how their bullying behaviors hurt others.
- Take action by choosing one bullying behavior to replace with other strategies that are healthier.

Target Essential Elements:

Youth learn skills that contribute to *belonging* and *independence*.

Time: 45 minutes

Supplies Needed:

- Copies of the “Are You a Bully?” Checklist
- Sharpened pencils
- *The “Are You a Bully?” Quiz* DVD

Do Ahead:

Before the session starts:

- Make copies of the “Are You a Bully?” Checklist.
- Sharpen pencils.
- Make sure your equipment is ready to play the DVD.

BACKGROUND

Young people, in their everyday interactions with each other, may engage in behaviors they don’t even realize are really bullying. Through a video including firsthand accounts of children being bullied, students will learn more about how things they do – sometimes without meaning to – can be bullying. The trick is taking that new knowledge and committing to not being a bully.

WHAT TO DO

Activity: Teen Team Introductions

Time: 3 minutes

Tell the students your name, what grade you’re in, and one reason why you are a TABO member.

Activity: The “Are You a Bully?” Quiz

Time: 35 minutes

Tell the students that they are going to watch a video. While they are watching the video, they will complete a “bullying checklist” that goes along with the video. Tell them they will not be required to share their checklist so they can be completely honest on it.

Hand out the checklist and sharpened pencils to students who need them. Show the video.

Reflection Questions

Question:	Key Words/Phrases to Look For:
• What examples of bullying did you see or hear about in the video?	• Try to make sure you get examples from the students of – physical, verbal, cyber, and exclusionary bullying.
• What kinds of things did the students who were bullied say about how it felt?	•
• What kinds of things did the students who were the bullies say about how it felt?	•

Ask the students to raise their hand if marked something on the checklist that they do that might be bullying. Most, if not all, students will raise their hands. Reassure them that most people do something that could be considered bullying and we can all get better at choosing more positive strategies. It can take time and practice, so you’re going to ask them to choose one bullying behavior to replace with other strategies that are healthier for themselves and others.

Sources:

- Developed by Monica Lobenstein, Jackson County 4-H Youth Development Agent, and Alex Galston, AmeriCorps VISTA Member, 2013.
- Human Relations Media, Inc. (2006). *Are YOU a Bully?* DVD. Available from Human Relations Media Inc.
<http://www.hrmvideo.com/catalog/are-you-a-bully-test>

Ask the students to read through the questions they answered “yes” to and choose one they would like to turn into a “no.” Divide the class into 3 groups based on the questions they would like to change: 2 teen leaders go with each of the 3 groups (questions 1-6, 7-12, and 13-18).

In the small groups, lead the following discussion for each of the 6 questions assigned to your group:

- Why might a person do the bullying behavior listed?
 - What might they be feeling?
 - What do they want to accomplish?
- What positive strategies could they use instead to deal with how they feel?
- What would be a more positive way they could get what they want?

Closing

Time: 5 minutes (Do evaluation no matter what. Sharing if time.)

As a closing activity, ask students to share one way they discussed in their group to replace bullying behaviors with more positive strategies. Hand out the evaluation postcards, and ask participants to complete it before leaving.

Are you A Bully? Checklist

Check One			Question
Yes	No	Don't Know	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Have you ever punched, shoved, or hit another person?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Have you ever threatened to hurt someone?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Do you make fun of others, tease them, or call them mean names?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. Do you make fun of others because they are "different" from you?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Do you spread rumors or say mean things about others behind their back?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. Have you ever teased someone because of the clothes that she/he wears?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. Do you spread secrets in front of others and then not tell them the secret?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. Are you part of a group that is picky about whom you do and do not let in?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. Do you gossip or spread rumors about others through texts or online?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. Have you ever posted an embarrassing picture or video of someone online without her/his permission?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11. Have you ever pretended to be someone else online to trick a person?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12. Have you ever posted someone else's secret online without her/his permission?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13. Do you make fun of someone because of the way that they talk?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14. Have you ever taken someone's stuff and kept it away from her/him just to make her/him angry?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15. Do you not let some people play games at recess just to keep them out?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16. Have you ever kept telling a joke or story about someone even after she/he told you to stop?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17. Do you and your group of friends have special requirements to be included in the group?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	18. Have you ever broke or ruined someone's belongings because you were mad at her/him?

I believe I can choose not to be a bully. (Circle one)

Agree Mostly Agree Neither Agree Mostly Disagree Disagree

Nor Disagree



Quick Questions

4th Grade

Please complete the questions on this card about this session of Teens Against Bullying Others.

I have identified bullying behaviors I do.

No Yes

I identified _____ bullying behaviors I do than I expected.

More Fewer About the number I expected

I will try to change one of my bullying behaviors into more positive ways to act.

No Yes Not Sure

Please use the back of this card to answer the following question. What kind of place do you want your school to be? You may use words and/or pictures in your response.

I learned about ways I can replace bullying behaviors I do with more positive ways to act. (Circle one)

Agree Mostly Agree Neither Agree Mostly Disagree Disagree

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