

**YOUR CHOICE:  
CHOOSE WISELY**

# FROM BYSTANDER TO UPSTANDER

**LESSON 1**



# INTRODUCTION

Today, we will:

- \* Identify and assess key relationship skills related to bullying and cyberbullying.
- \* Evaluate responsible decision-making strategies that can be used in a bullying situation.
- \* Reflect on areas for personal growth in both relationship and decision-making skills.

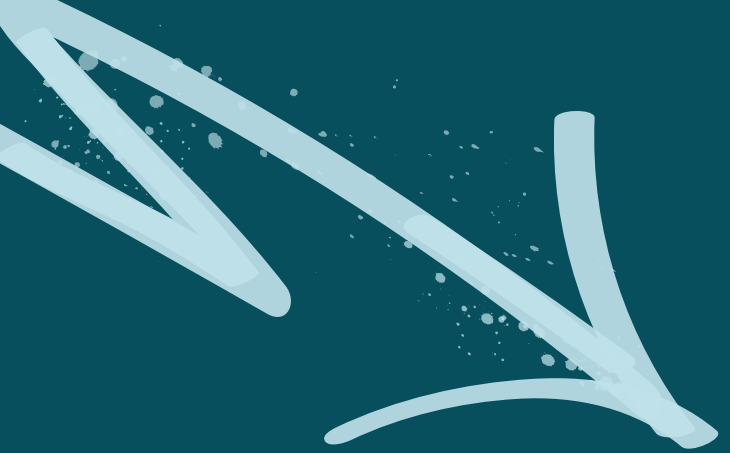


# SEL CONNECTION



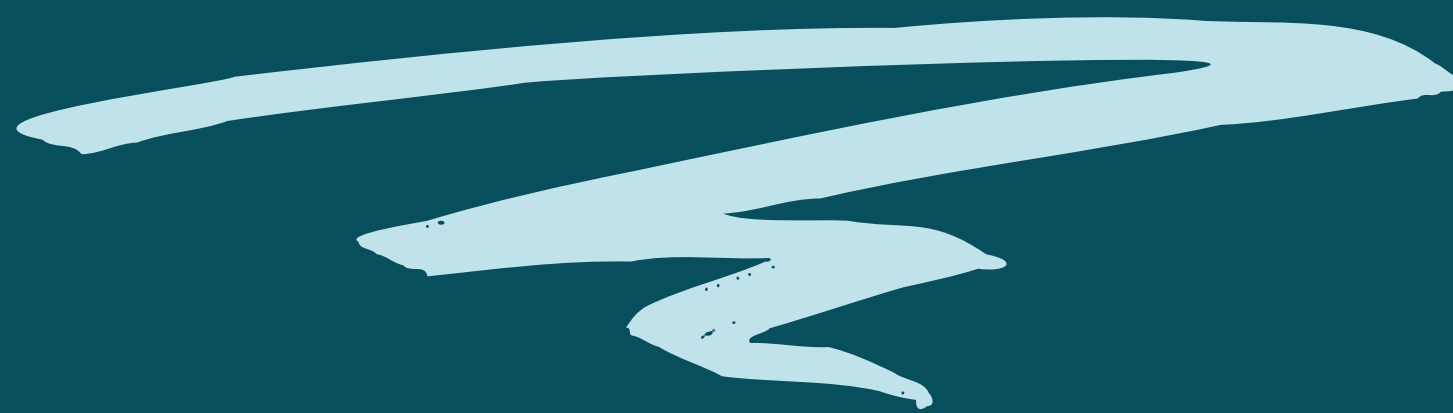
Improving our **responsible decision making** and **relationship skills** can help put an end to bullying.





# ICEBREAKER

# STAND UP OR STAY SILENT



# ICEBREAKER

➤➤➤ GET MOVING!

## STAND UP OR STAY SILENT

After each scenario, decide whether you would stand up and speak out or stay silent.

Move to the side of the room that matches your choice.

After each scenario, share why you chose to stand up or stay silent.



# ICEBREAKER

>>> GET MOVING!

## STAND UP OR STAY SILENT

You see a student being teased for the way they dress.



## STAND UP OR STAY SILENT

A group of kids is making fun of someone on social media.



# ICEBREAKER

>>> GET MOVING!

## STAND UP OR STAY SILENT

You hear someone calling another student a mean name in the hallway.





# ICEBREAKER

➤➤➤ GET MOVING!

## STAND UP OR STAY SILENT

Your friend starts spreading rumors about a new student in school.



# ICEBREAKER

➤➤➤ GET MOVING!

## STAND UP OR STAY SILENT

Someone sends an embarrassing picture of a classmate to the entire class.





# STAND UP OR STAY SILENT

## DISCUSSION QUESTIONS

- How do our decisions affect others?
- What might make it hard to stand up for someone?





# LESSON

## PART ONE

# POWER MASKERS



# LESSON: PART ONE



TALK ABOUT IT

## POWER MASKERS

Think about what emotions each image is trying to convey.  
What do you see in the image that makes you feel that way?

IMAGE 1



IMAGE 2





## POWER MASKERS

How would you define the words

**POWER**

and

**INSECURE**





### POWER MASKERS

#### POWER

The ability to make things happen or influence what happens around you. It can be physical strength, but it can also be how you use your words, actions, and choices to affect others.

Having power doesn't mean controlling or hurting others—it's about making good decisions, standing up for yourself, and helping people in positive ways. True power is using your strengths to make things better for yourself and others.





### POWER MASKERS

#### INSECURE

Feeling unsure about yourself or not confident in who you are or what you can do. When someone feels insecure, they might worry that they aren't good enough, smart enough, or liked by others.

These feelings can sometimes make people act in ways that aren't kind, like trying to put others down to feel better about themselves. Everyone feels insecure sometimes, and it's okay to ask for help and support when you do.







### POWER MASKERS

~~BULLY~~



POWER MASKER

A **Power Masker** is someone who acts tough or hurtful toward others to cover up their own feelings of insecurity or fear.

Often, Power Maskers are struggling with their own challenges—like feeling powerless, hurt, or invisible. By trying to control or intimidate others, they're actually masking their own pain.





## POWER MASKERS

### REFLECTION QUESTIONS

- Why do people become Power Maskers?
- How do you think a Power Masker feels when they try to hurt others? What might they be hiding?
- What can schools do to help reduce bullying?





LESSON

PART TWO

HOW TO DEAL



# LESSON: PART TWO



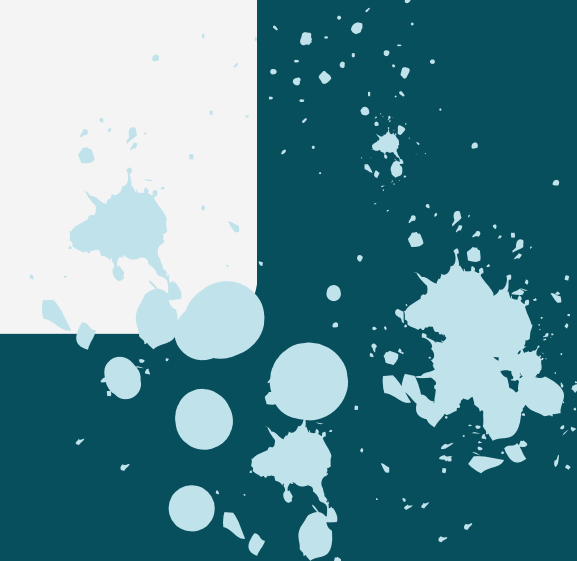
TALK ABOUT IT



## HOW TO DEAL

### RELATIONSHIP SKILLS

Give examples or share personal stories related to each skill that can help someone effectively deal with a power masker.



# LESSON: PART TWO



TALK ABOUT IT

## HOW TO DEAL

### RELATIONSHIP SKILLS

### EMPATHY

Understanding that the Power Masker may be acting out of their own insecurities or struggles can help defuse situations. Responding with kindness and empathy instead of anger might help reduce tension.



# LESSON: PART TWO



TALK ABOUT IT

## HOW TO DEAL

### RELATIONSHIP SKILLS

### ASSERTIVE COMMUNICATION

Being clear and confident when setting boundaries can prevent the Power Masker from taking control of the situation. Assertive communication helps express your needs without being aggressive or passive.



# LESSON: PART TWO



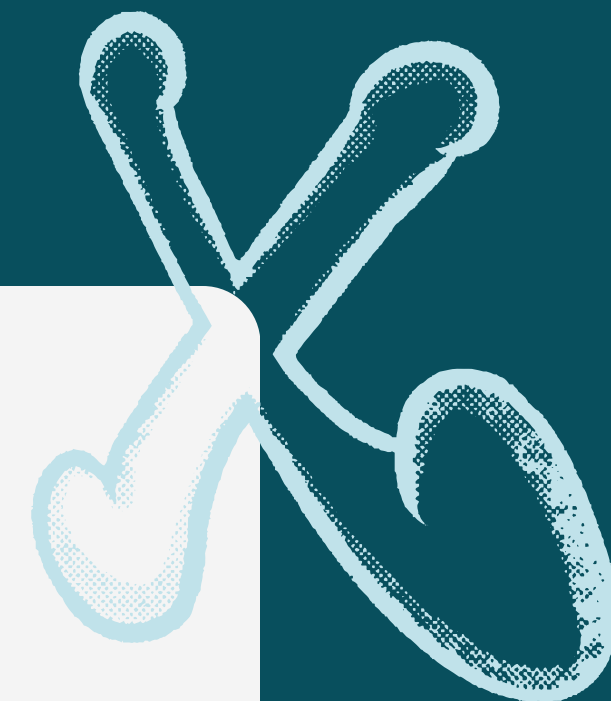
TALK ABOUT IT

## HOW TO DEAL

### RELATIONSHIP SKILLS

## CONFLICT RESOLUTION

Learning how to calmly address and resolve conflicts is key. This skill allows you to navigate the situation without escalating the behavior, encouraging peaceful dialogue.



# LESSON: PART TWO



TALK ABOUT IT

## HOW TO DEAL

### RELATIONSHIP SKILLS

### SELF-AWARENESS

Knowing your own triggers and maintaining emotional control can prevent you from being drawn into the Power Masker's attempts to provoke a reaction. Staying calm and centered helps you handle the situation from a place of strength.





# LESSON: PART TWO



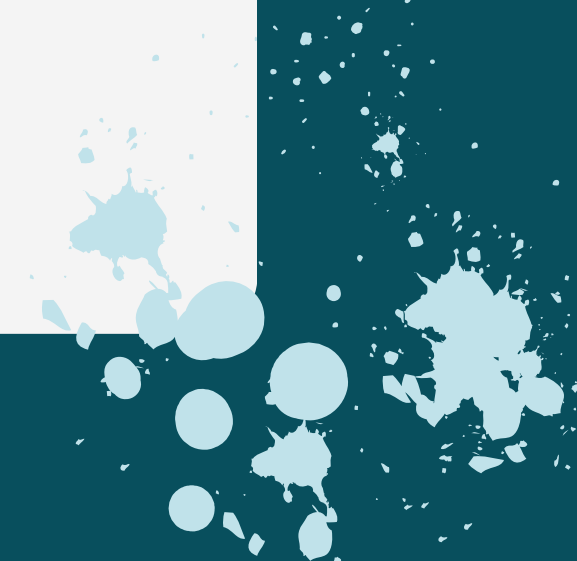
TALK ABOUT IT



## HOW TO DEAL

### RESPONSIBLE DECISION-MAKING SKILLS

Give examples or share personal stories related to each skill that can help someone effectively deal with a power masker.



# LESSON: PART TWO



TALK ABOUT IT



## HOW TO DEAL

**RESPONSIBLE  
DECISION-MAKING**

### ASSESSING THE SITUATION

Take a step back to evaluate what's really happening before reacting. Understanding the Power Masker's motivations and how the situation may escalate helps in choosing the best response.



# LESSON: PART TWO



TALK ABOUT IT

## HOW TO DEAL

**RESPONSIBLE  
DECISION-MAKING**

### WEIGHING CONSEQUENCES

Consider the potential outcomes of different actions, like ignoring the behavior, responding calmly, or seeking help. This helps ensure your response is thoughtful and won't make the situation worse.



# LESSON: PART TWO



TALK ABOUT IT

## HOW TO DEAL

**RESPONSIBLE  
DECISION-MAKING**

## SEEKING SUPPORT

Recognize when it's necessary to ask for help from a trusted adult, teacher, or counselor. Knowing when to involve others is a responsible way to ensure the issue is handled appropriately.



# LESSON: PART TWO



TALK ABOUT IT

## HOW TO DEAL

**RESPONSIBLE  
DECISION-MAKING**

## PROBLEM-SOLVING

Approach the situation with a mindset focused on finding solutions. By thinking of ways to resolve the conflict in a peaceful, productive manner, you're more likely to reduce the Power Masker's negative influence without escalating tension.

