

**YOUR CHOICE:
CHOOSE WISELY**

FROM BYSTANDER TO UPSTANDER

LESSON 2



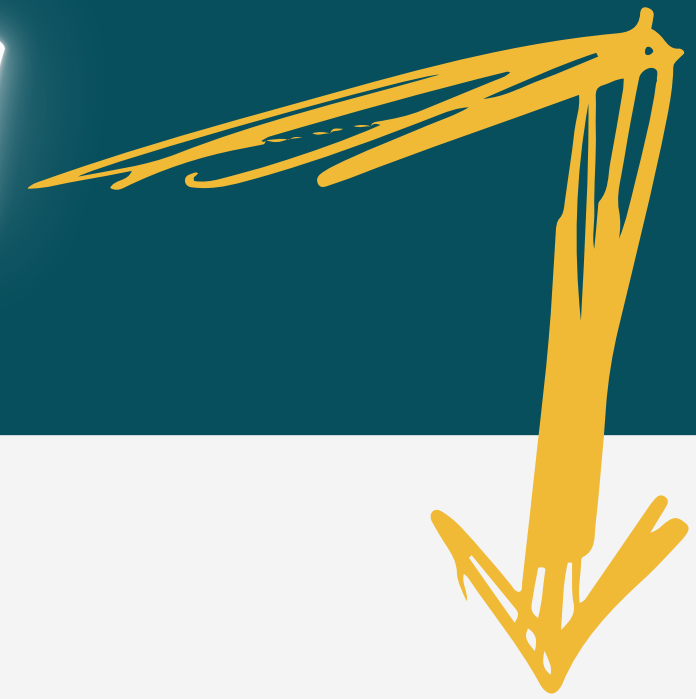
INTRODUCTION

Today, we will

- * Analyze social-emotional skills used to address bullying demonstrated by characters in a short film.
- * Evaluate the impact of responsible decision-making in influencing relationships.
- * Reflect on personal growth opportunities particularly in situations involving bullying or conflict.



SEL CONNECTION



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





ICEBREAKER

REFLECTION TIME

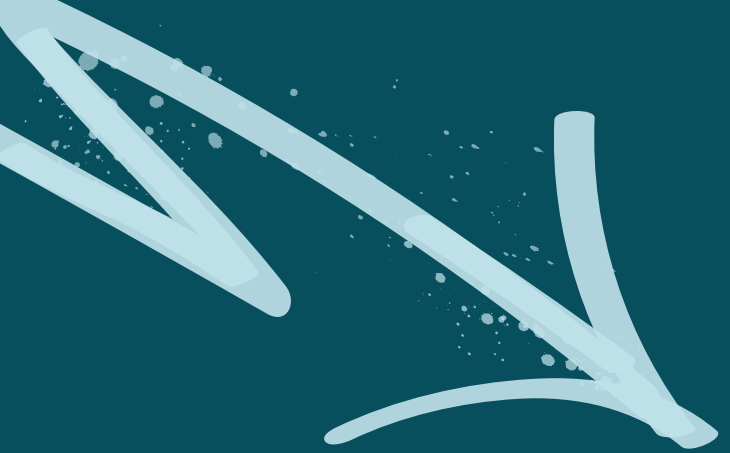




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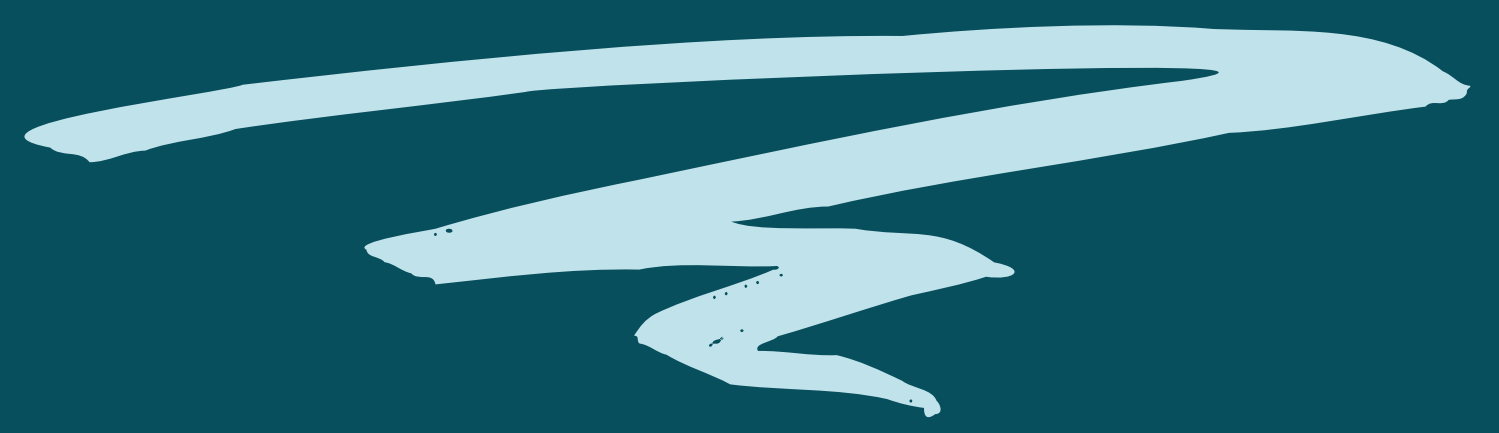
- 1) Think back to the first lesson, where we discussed Power Maskers, relationship skills and responsible decision-making strategies in bullying situations.
- 2) Write down one or two key takeaways from the lesson. Consider skills such as empathy and assertive communication.
- 3) Then, we'll come together for a Whole Class Cypher.





LESSON
PART ONE

DON'T BE SUCH A NERD



LESSON: PART ONE



WATCH A VIDEO

DON'T BE SUCH A NERD

Watch the video about bullying.





DON'T BE SUCH A NERD

- What did Jordyn realize about Carl's experience at school?
- What choices did Jordyn have when she saw her friend being bullied?
- How could her actions affect her relationship with Carl and others?



LESSON: PART ONE



TALK ABOUT IT

DON'T BE SUCH A NERD

Tip: If you see a friend that is being bullied, tell them they don't deserve to be mistreated. Remind them that bullying is not ok. If you have participated in the bullying or ignored it, apologize.

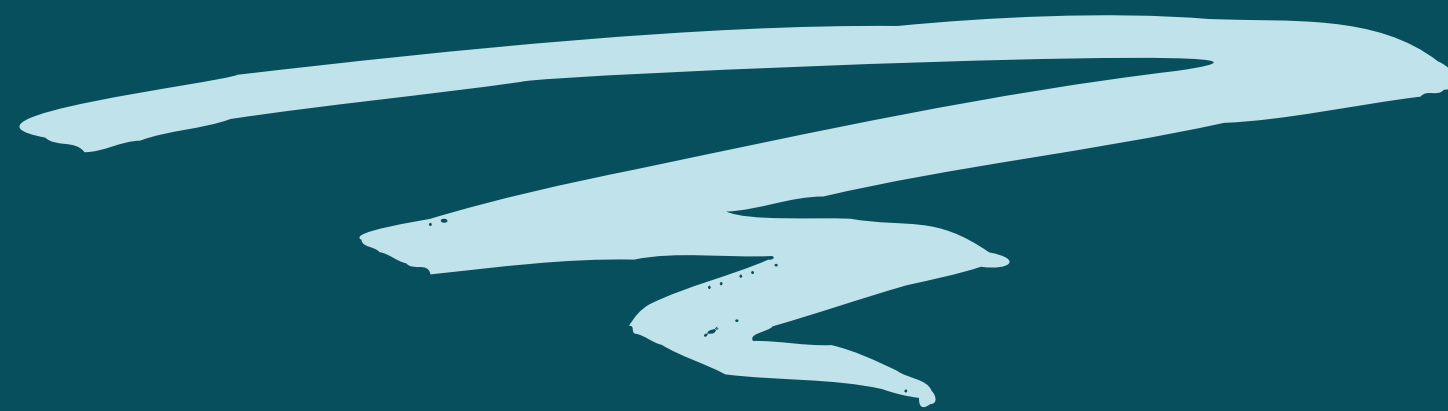




LESSON

PART TWO

RESPONDING TO BULLYING





RESPONDING TO BULLYING

ASSESSING SKILLS

Identify one or two relationship skills that Jordyn demonstrated in the video and provide evidence.

Identify one or two responsible decision-making skills that Carl demonstrated and provide evidence from the video.





RESPONDING TO BULLYING

AREAS FOR IMPROVEMENT

Reflect on areas where either Jordyn or Carl could improve using the prompts on the graphic organizer.

Write down one specific way each character could continue to improve.





RESPONDING TO BULLYING

What skills did Jordyn and Carl demonstrate and what areas can they continue to improve in?

