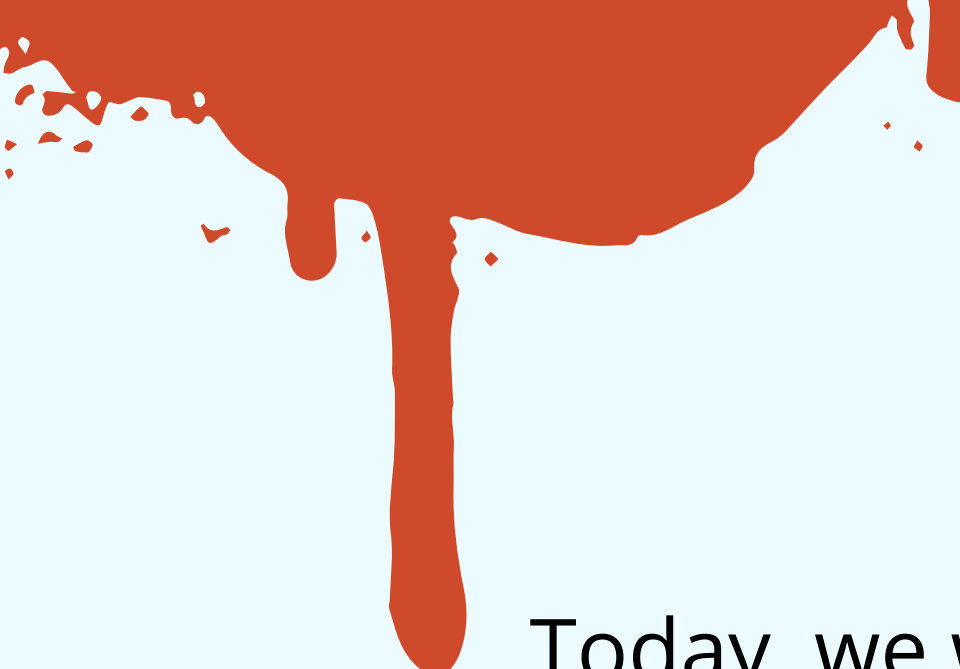


DO THE RIGHT THING

HEARTS UNBROKEN: BUILDING A BULLY-FREE COMMUNITY





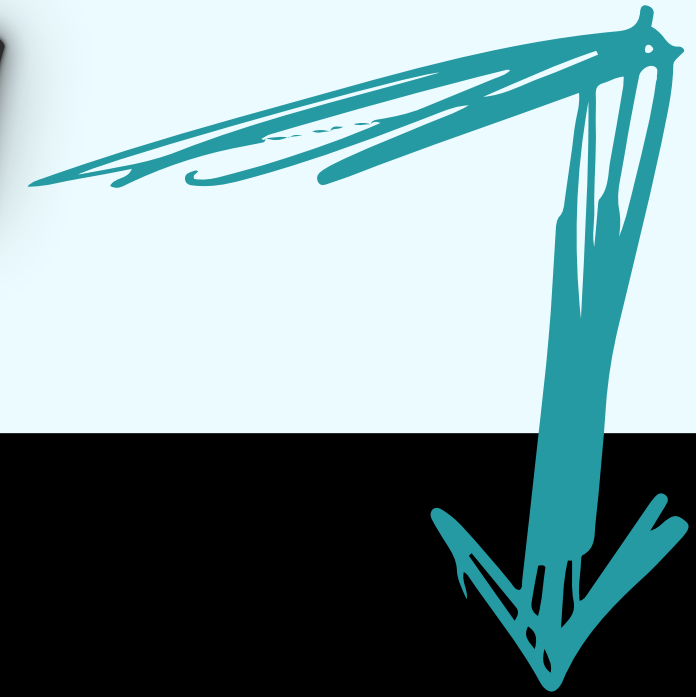
INTRODUCTION

Today, we will:

- * Identify different types of bullying
- * Understand the lasting impact of hurtful words and actions
- * Develop strategies to respond to bullying as targets or bystanders
- * Express their feelings about bullying through creative activities



SEL CONNECTION



Today, we will practice **Self-Awareness, Social Awareness, Responsible Decision-Making, Relationship Skills**, and **Self-Management** skills discussing the impact of bullying and how to express our feelings.





ICEBREAKER

SUPERHERO POWERS





SUPERHERO POWERS



DIRECTIONS

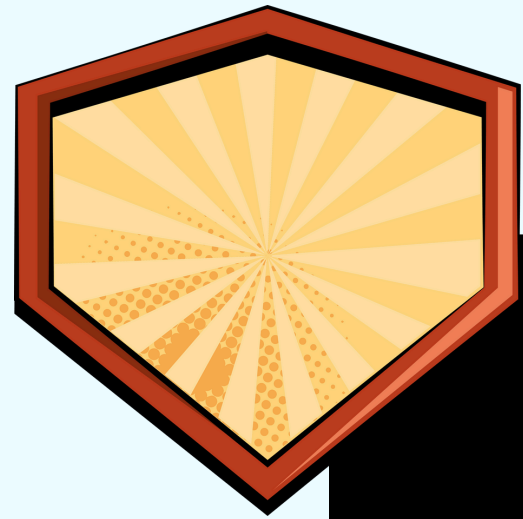
If you could have any superpower, think about what special power you would choose to stop bullying or help others.

- Write your name and your chosen superpower on your paper.
- Write HOW you would use this power to help create a kinder world.

EXAMPLES

- 💡 "Mega Listening" - Ability to truly hear when someone needs help
- 💪 "Courage Boost" - Giving confidence to bystanders to speak up
- 🗣️ "Truth Speaker" - Making people understand the impact of their words
- ❤️ "Empathy Vision" - Helping bullies see how others feel





SUPERHERO POWERS

Find 2-3 other classmates and share your superpower.

- Listen carefully to each person's power and how they would use it.
- Consider how your powers might work together to create an even stronger force against bullying.





SUPERHERO POWERS

- Who heard a superpower they thought was especially creative or effective?
- How might these powers help in real-life bullying situations?
- Even without actual superpowers, what special strengths do we all have that can help prevent bullying?





LESSON PART ONE

STAND STRONG: BULLYING AWARENESS SPOTLIGHT



LESSON: PART ONE



WATCH A VIDEO

STAND STRONG

- 1) Watch the video.
- 2) As you watch:
 - Pay attention to the different types of bullying shown
 - Observe how people feel when being bullied
 - Notice what strategies are suggested



LESSON: PART ONE



TALK ABOUT IT

STAND STRONG

SMALL GROUP TO WHOLE GROUP SHARE OUT

- What were the different types of bullying shown?
- How did people feel when being bullied?
- What strategies are suggested to help put an end to bullying?
- What can you do to help raise awareness related to preventing bullying?
 - What can the adults in your school do to support?





LESSON PART TWO

FOLDED HEARTS, UNFOLDED TRUTHS



LESSON: PART TWO



DEAR BULLY

Write a brief letter to a hypothetical bully. This isn't directed at any specific person, but rather expresses your feelings about bullying behavior in general.

Prompts for the letter:

- How does bullying make you feel?
- What would you want a bully to know about the impact of their actions?
- What would you ask or advise them to do differently?



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

- 1) Draw a large heart in the middle of your paper.
- 2) Carefully fold your heart in half, then unfold it
- 3) Every time a hurtful statement is made, fold your heart again



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

YOU'RE NOT GOOD ENOUGH TO PLAY WITH US.



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

NOBODY LIKES YOU.



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

YOU'RE WEIRD.



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

I'M GOING TO POST THAT EMBARRASSING
PICTURE OF YOU ONLINE.



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

YOU CAN'T SIT WITH US.



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

YOU'RE STUPID.



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

YOU'RE A GREAT FRIEND.



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

WHY DO YOU EVEN TRY? YOU'LL NEVER BE
GOOD AT THIS.



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

I LOVE YOUR OUTFIT.



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

NO ONE WANTS TO HEAR WHAT YOU
HAVE TO SAY.



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

YOUR VOICE MATTERS.



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

I CAN'T BELIEVE YOU ACTUALLY
THINK THAT'S COOL



LESSON: PART TWO



ACTIVITY

WRINKLED HEARTS

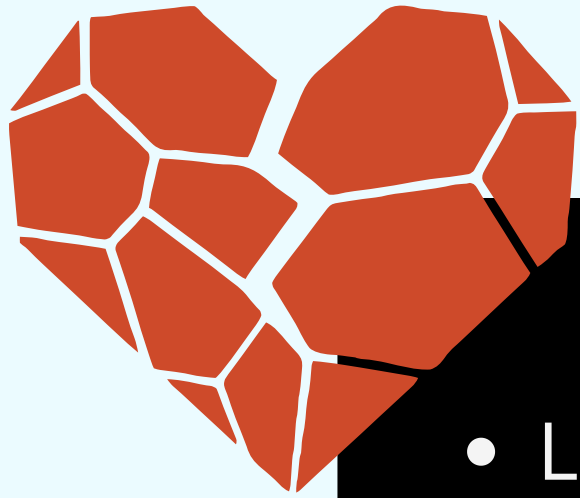
Now try to make your hearts smooth again.



LESSON: PART TWO



ACTIVITY



WRINKLED HEARTS

- Look at your heart now. What do you notice about all the creases and folds?
- Even when we apologize for hurtful words, how do they still affect someone?
- What can we learn from this activity about how our words impact others?
- If we can't completely fix a wrinkled heart, what can we do instead?
- What responsibility does this give us when we choose our words and actions toward others?



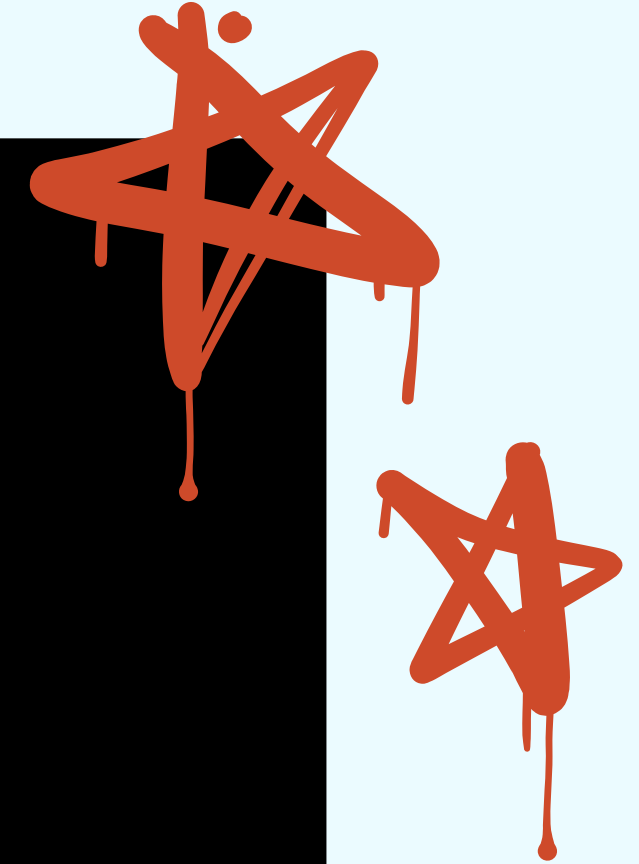
LESSON: PART TWO



TALK ABOUT IT

WRINKLED HEARTS

- Share one thing you learned today
- Share one way you can help prevent bullying in the future.

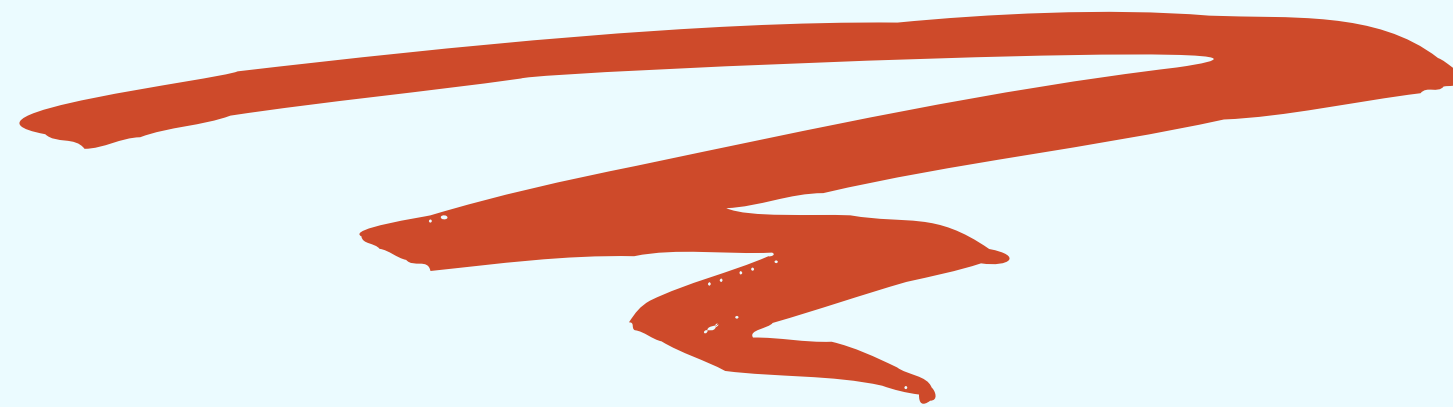


**EVERYONE HAS THE POWER TO CREATE A POSITIVE, SAFE ENVIRONMENT BY
STANDING UP AGAINST BULLYING AND SHOWING KINDNESS TO OTHERS.**





DEBRIEF / EXTENSION



PERSONAL REFLECTION

- What is one thing you learned today that surprised you?
- How might you act differently now that you understand more about the impact of bullying?
- What is one specific action you can take this week to create a kinder community?





CIRCLE OF COMMITMENT

Stand in a circle holding your wrinkled hearts

Complete one of these sentence stems as we go around the circle:

- * "I will be an upstander by..."
- * "I commit to making our school safer by..."
- * "I can show kindness by..."

