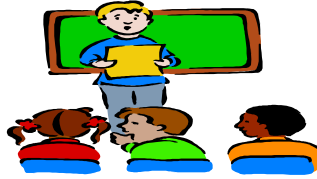


Bully Prevention Guidance Home Page Mr. Rauschenberger---School Counselor



Grade 2

This week during your child's Guidance classroom lesson, children learned the difference between the behavior of a bully and the behavior of a buddy. Students learned many definitions and terms as they relate to bullying. Students learned strategies to use if/when they are bullied as well as what to do if they are a bystander and witness bullying taking place.

The NJ State Bar defines bullying as:

"Unfair and one-sided. It occurs when someone keeps hurting, frightening, or leaving someone out intentionally. Bullying always involves an imbalance of power that is not based on physical size."

Students discussed the definition of bullying as defined by the NJ State Bar. Then the book *Bully*, by Judith Casely, was read to the class. In this book, two friends Mickey and Jack, experience a problem when one boy begins treating his friend differently. The bullying begins with Jack name-calling and escalates to the taking of cookies, tripping and taking of a hat. Mickey receives some good strategies from others such as: tell an adult, use brave words, and love your enemy. Mickey is able to find something in common with Jack and later learns the reason behind the bullying.

The class brainstormed a list of things to do or say if they were in Mickey's position. Students participated in short role plays with Mr. Rauschenberger, learning skills to use if they are a victim of bullying or witness another student being bullied. Students created a "*Bully Shield*." The shield provided students with four strategies to use if they are bullied or witness bullying.



- **Stand Up For Yourself using: BEST (body posture, eye contact, stand tall and tone of voice)**
 - **Use I Messages: "I feel _____ when you _____."**
 - **Walk away.**
 - **Tell an adult.**

To conclude the lesson, we discussed the role of the Active Bystander. Children learned that if we see someone being teased or bullied, it is our responsibility to get help. Help could come in the form of:

- 1) Confronting the bully and telling him/her to stop**
- 2) Getting the victim away from the bullying and joining a group of friends**
- 3) Getting help from an adult**
- 4) Writing a note to Mr. Rauschenberger, Dr. Pecoraro, Mrs. Jones or the classroom teacher informing them about bullying that is taking place.**

***Mr. Rauschenberger highlighted that writing a note is a safe way to let an adult know about a bully situation because that student could remain anonymous. Often children don't report incidents of bullying because they fear that they will be the next victim if they tell on the person who is bullying others.**

By reporting an incident of bullying, the victim can be supported by an adult and the child who is bullying could also receive the help they need to help change their behaviors.

