



## Elementary School, Educational Lesson Plan

### Classroom

#### Elementary School

Elementary School, Starting  
the Discussion

Elementary School,  
Animated Video Series

Activities for Youth

Spookley the Square  
Pumpkin, Classroom Toolkit

T.E.A.M Rudolph and the  
Reindeer Games

Kids Against Bullying website

**Elementary School,  
Educational Lesson Plan**

#### Middle & High School

#### All Ages - School Wide

#### Community

Use the [Kids Against Bullying website](#) as a resource tool in your classroom.

### AUDIENCE

Appropriate for students in elementary school. Suggested audience size is 10-25.

### RESOURCES/MATERIALS NEEDED

- Computer, tablet or smart phone with Internet access
- Poster size paper for recording student responses
- Speakers for audio

### PURPOSE

The following lesson plan is designed to help adults teach elementary school children about bullying prevention.

### GOAL

Children learn what to do when they see bullying or are bullied.

### ACTIVITIES

- Give a brief overview about the key themes that will be explored in this lesson (items 1,2, and 3, below).
- Be prepared to record student responses on paper or on a poster to display in the classroom.

#### 1. What is Bullying? Reference Link | [WHAT IS BULLYING?](#)

- Ask the students how they define bullying. Write their responses on the poster. Create a collaborative definition.
- Give examples of what bullying is and is not. For example, accidentally running into someone and apologizing is not bullying, while purposefully running into someone to make them fall down IS bullying. Include the definition of cyberbullying: Using technology—internet, email, cell phones, social media, pictures— to hurt or harm someone else.
- Show the WHAT BULLYING IS video | [WHAT IS BULLYING – VIDEOS](#) |

#### 2. Who is Bullied? Why Do Kids Bully? Reference Link | [ARE YOU A TARGET?](#) | [DO YOU BULLY?](#)

- Ask the students who is bullied and why do kids bully.

- Talk about differences as being positive and valuable.
- Discuss disability. Ask the children for their ideas about what disability means to them. Talk about invisible disabilities, such as epilepsy.
- Introduce the checklists under the [ARE YOU A TARGET?](#) and [DO YOU BULLY?](#) sections. Have the students complete the checklists after the presentation.
- Ask the children about how bullying makes them feel. Write their responses on the poster.
- Show the HOW BULLYING FEELS video. | [ARE YOU A TARGET – VIDEOS](#) |

### 3. What Can You Do About Bullying? Reference Link | [HOW CAN YOU HELP](#) |

- Ask the students how they think they can prevent bullying. Offer tips on what to do if they are bullied, see bullying, or are bullying.
- Show these sections: [IF YOU ARE A TARGET](#) | [IF YOU ARE BULLYING](#) | [IF YOU SEE BULLYING](#)
- Show the HOW YOU CAN HELP video. | [HOW YOU CAN HELP - VIDEOS](#)

### 4. What Would You Do? Reference Link | [HOMEPAGE – scroll down to MEET THE CREW](#) |

- Show 2-3 bios of the 12 Club Crew characters.
- Pick one or more of the Club Crew members and answer the [discussion questions](#).

### 5. Summarize

- Summarize the discussion and information covered above.

### 6. Certificate | Reference Link | [TAKE THE PLEDGE](#) |

- Follow the steps to take the pledge.
- Hand out the Club Crew certificate to each student.
- Say the pledge out loud as a group.

### 7. Closing

- Emphasize that you want your school to be a safe and supportive environment for everyone.
- Discuss your school policy against bullying.
- Encourage all children to "Be a Kid Against Bullying."

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*PACER's National Bullying Prevention Center promotes bullying awareness, teaches effective ways to respond to bullying, and prevents bullying of all children, especially those with disabilities.*

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Minneapolis Office:

8161 Normandale Blvd. | Bloomington, MN 55437

Los Angeles Office:

2953 Lincoln Blvd. | Santa Monica, CA 90405

Founded in 2006, PACER's National Bullying Prevention Center actively leads social change, so that bullying is no longer considered an accepted childhood rite of passage.

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[KidsAgainstBullying.org](#)

[TeensAgainstBullying.org](#)

[TogetherAgainstBullying.org](#)

