

## **Bullying Lesson Plan**

School: Institut Consell de Cent (Barcelona, Spain)

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Age group: 13-14

Learning Objectives:

- Raise students' awareness of bullies and bystanders
- Remind students that being bullied makes people feel bad
- Explore the different forms of bullying

Materials used: Video projector, paper/laptops, internet.

### Activities

Activity 1: Write "hurt, tease, call names, kick, hit, victim, bystander" on the whiteboard and students guess the lesson's theme. Students make suggestions. Explain the meaning of bullying.

Activity 2: Do you agree or disagree?

1. \_\_\_\_ People often spread rumours about each other or say mean things behind each other's back. It's normal. It's part of growing up.
2. \_\_\_\_ Calling someone names or teasing them is not bullying. It's just a bit of fun.
3. \_\_\_\_ One day the bully will get bored and stop bullying.
4. \_\_\_\_ People bully because they were born that way.
5. \_\_\_\_ It's best to stay friends with bullies so that they don't pick on you.
6. \_\_\_\_ Bullies are scary people. Bystanders should ignore them and stay safe.

Students tell their reasons for agreeing or disagreeing.

Activity 3: Bullies/bystanders

Why do people bully? (They don't feel very important, they have no friends and feel lonely, they feel bad about themselves...)

In what ways do bystanders help bullies? What can bystanders do to stop the bullying? (They are not victims today, but they can become victims in the future!, bullying can get worse, other bullies copy...)

Activity 4: Share your story

Activity 5: Students look at some poster campaigns and they make an anti-bullying poster as part of an anti-bullying campaign.