

Lesson 3

How to Keep Friends

MATERIALS

Handout/Poster 10: Classroom Rules (or teacher alternate)

Handout/Poster 4: Modified Classroom Rules

Poster 11: The Bulldog (or teacher alternate)

Poster 12: "Don't Be a Bulldog!" (or teacher alternate)

Poster 13: "No Bullying Allowed!" (or teacher alternate)

Handout/Poster 3: Kids' Kindness Laws (or teacher alternate)

Books titles: *Bailey the Big Bully* by Lizi Boyd or *King of the Playground* by Phyllis Reynolds Naylor

Video title: *Standing Up for Yourself* (or teacher alternate)

OBJECTIVE

To develop the skills necessary to maintain friendships.

STEPS

1. Last Lesson Review

Ask the students to recall and/or demonstrate the steps needed to initiate positive friendships. Ask students, "Who did you notice being a good friend this week?" Teachers and facilitators may share their observations also.

2. Activities

Teacher: "Today we are going to talk about what kind of behavior is called bullying." You may want to set a ground rule, for discussions whereby a

student's name may only be used if something positive is shared.

- Choose a book or video that is an appropriate level and describes bullying behavior, as defined in the basic curriculum. The book, *Bailey the Big Bully* by Lizi Boyd is highly recommended. An alternate book choice is Phyllis Reynolds Naylor's *King of the Playground*. The video *Standing Up for Yourself* is a good alternative to reinforce and illustrate the concept of bullying versus normal peer conflict. Ask the children to first share their definition of "Bullying." It is important to understand the difference between normal peer conflict and bully behavior at a developmental level they can comprehend.

A Point to Emphasize

Friends have times when they do not get along well, but this is not bullying. Bullying usually does not occur between friends. Letting students know that if they feel like they don't have as much power as another child and/or they don't feel "safe" (both with their feelings and bodies), it might be a bully situation.

- Discuss the difference between friends not getting along well/normal peer conflict versus bullying. The teacher and/or facilitator can give a few examples for students to evaluate.

Example 1

Normal Peer Conflict

A classmate takes a book you want to read. You say you want it. The classmate says "no" and walks away.

Bullying

For the third time this week, a classmate

RESOURCE GUIDE

See "Books for Primary Students" or "Video-tapes and Films for Students," which feature the issue of bullying.

takes the book you want to read off your desk and gestures in a threatening way so no one can see him/her. You are feeling unsafe in your own classroom.

Example 2

Normal Peer Conflict

You're in line, waiting for the swing, when someone cuts in front of you, causing you to miss your turn.

Bullying

You are standing alone outside of school, waiting for the bell to ring. A group of older students begin to make fun of what you are wearing. They have gotten you upset before and seem determined to do the same thing again.

3. Introduce the Classroom Rules and the "No Bullying" Posters
Present the following classroom rules or your alternate rules about bullying:

1. We will not bully other students.
2. We will help others who are being bullied by speaking out and by getting adult help.
3. We will use extra effort to include all students in activities at our school.

You may want to reword rule #3 as "You can't say, 'you can't play'" (Paley, 1992) and the goal as "we all have the right not to have our bodies or our feelings hurt." Mount the rules on construction paper and tell the students you are going to hang the rules and some posters around the classroom to remind them of how bullying is no longer allowed!

Teacher Tip

"The Modified Classroom Rules" (*Handout/Poster 4*) may be more appropriate for classes where students are young developmentally.

Alternate Activity

Instead of or in addition to hanging up Posters 5 and 6 provided with this program, you may wish to have the students draw or color their own posters about bullying. You could then hang

their posters on a special "no-bullying" display.

4. Additional Activity

(This should be completed during one class session by the classroom teacher prior to the next lesson.)

Kids' Kindness Laws

After the classroom rules are developed, those students who are capable of writing can fill out *Handout/Poster 3*: "Kids' Kindness Laws." This would be an excellent activity to stress the importance of treating others with kindness as a critical step to developing and maintaining positive friendships.

To a group



NEXT LESSON

In the next lesson, the students will learn strategies that they can use when they are being victimized by a bully.

Kids' Kindness Laws

Kids' Kindness Laws

Write 5 "Kids' Kindness Laws" that would make this class a happier place for everyone.

1. _____
2. _____
3. _____
4. _____
5. _____

Write 2 things you already do to be kind.

1. _____
2. _____

Write 1 thing you might do today to be kind.
Pick something you don't do a lot.

Reprinted with permission from Huggins, P. (1993). *Teaching friendship skills: Primary version*. Longmont, CO: Sopris West.

© 2004 by Sopris West Educational Services. Permission is granted to the purchaser to photocopy this page. Sopris West (800) 547-6747 - product 58683

Modified Classroom Rules



**Rules For a
Bully-Free Classroom**