

Lesson 4

What to Do if Kids Are Not Being Friendly

MATERIALS

Handout/Poster 5: Modified HA HA, SO Strategies

Handout 6: Modified HA HA, SO Shield

Book titles: *Move Over, Twerp* by Martha Alexander or *Chrysanthemum* by Kevin Henkes

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

OBJECTIVE

To teach the students strategies that they can use when they are being victimized by a bully.

STEPS

1. Last Lesson Review

Ask the students to recall the classroom rules. Provide time on a daily basis to applaud friendly behavior and problem-solve issues as they arise. This discussion works well after recess time. Input from the playground supervisor, where appropriate, can be helpful.

2. Ways to Handle Bullying

Teacher: "Today we will be talking about ways to handle bullying."

- ▶ To refamiliarize the students with friendly behavior vs. bullying situations and break the ice, read a story or show a video that is suitable to the age group of the children and emphasizes appropriate responses to being bullied. The books *Move*

Over, Twerp by Martha Alexander or *Chrysanthemum* by Kevin Henkes are highly recommended. The video *Standing Up for Yourself* is another good choice.

- ▶ Teach and Model for the Students the Modified HA HA, SO Strategies

Modified Protective Strategies may be more appropriate when working with young children. The language and complexity level is more easily understood.

- Get Help: Go for help—it's not "tattling" when you feel unsafe.
- Stand Up for Yourself: Be strong, you are important.
- Walk Away: Stay away or find another way.
- Say Good Things to Yourself: Think!! Build yourself up—NOT down.

Teacher Tips for the Modified HA HA, SO Strategies

Illustrate the following student strategies by using examples that occur frequently in your classroom:

1. Get Help: Be sure to get help if you feel your safety is threatened in any way. This includes threats to your body and your feelings.
2. Stand Up for Yourself: Use "I" statements. "I feel hurt when you say that" or "I don't like it when you talk to me that way" are examples.
3. Walk Away: Leave the situation immediately. Don't respond with

RESOURCE GUIDE

See "Videotapes and Films for Students" and "Books for Primary Students" for materials suggestions.

words. Get away or stay away to begin with. Remember, there is safety in numbers. Play with children on the playground and walk home with other children if it helps you avoid being bullied.

4. Say Good Things to Yourself: Use affirmations such as, "I'm a nice person. I deserve to be treated kindly." This strategy can be paired with other strategies. This can be good follow-up to get you through a conflict or a tough situation.

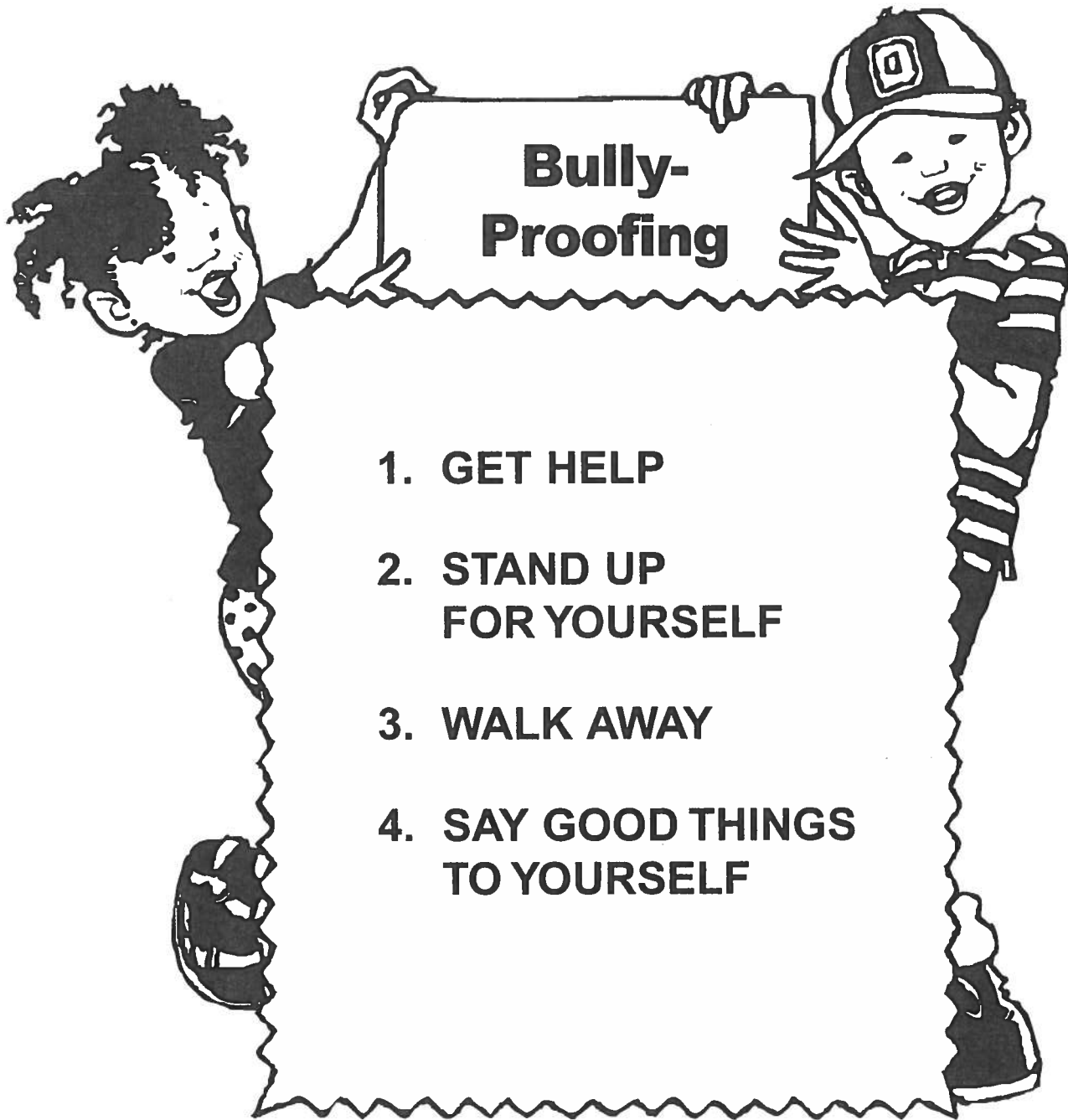
HA HA, SO Shield Activity

Use *Handout 6* to illustrate how and when to use what strategy. Use concrete examples relevant to your student's experiences. It is also important to emphasize that what works for one student may not be appropriate or may not work for another. There is no one right way to handle a bullying situation unless you feel unsafe, which means you always need to get help.

NEXT LESSON

In the next lesson, students will learn the difference between "Tattling and Telling" and will begin to review skills they have been taught to this point.

Modified HA HA, SO Strategies



1. GET HELP
2. STAND UP
FOR YOURSELF
3. WALK AWAY
4. SAY GOOD THINGS
TO YOURSELF

Modified HA HA, SO Shield

