



Dealing with Bullying

Introduce the Topic for this Lesson

In Cool Kids today, we're going to talk about what we can do to deal with bullying. You will have steps you can use to keep from letting bullying bother you and get out of bullying situations.



Introduce and Watch the Cool Kids TV Episode on Bullying

When we watch this Cool Kids TV episode, watch for the steps to think and do to use the Cool Rules, "Work it Out," and "Be Confident," to deal with bullying. Watch how the Cool Kids Crew thinks the steps aloud in their "Act it Out" role-plays. We're going to talk about the specific things we can do to handle bullying and "Act it Out" too.

Talk About Cool Kids TV

Ask the questions most appropriate for the age of the students in the class:

- What are some examples of bullying?
- Why is bullying wrong?
- Why do you think kids sometimes bully?
- What can you do to ignore bullying?
- What character traits help you deal with bullying?
- How can you use the Cool Rule, "Work it Out," to handle bullying?
- How can you use the Cool Rule, "Be Confident," to deal with bullying?
- What does this statement mean? "Don't give bullies power."
- How is preventing bullying everyone's responsibility?
- If a friend of yours is being bullied, what can you do?



Act it Out Using the Act it Out Role-play Starters for the Bullying Lesson

It's time to "Act it Out." Say the steps to the Cool Rules, "Work it Out," and "Be Confident," with me.

You'll think these steps aloud in your "Act it Out" role-plays just as the Cool Kids Crew did in the Cool Kids TV episode.

NOTE: Some of the Act it Out role-plays involve kids thinking to themselves vs. working out a problem with others. Do not have students model the bullying. The role-plays assume the bullying has already occurred and the student is thinking of solutions for handling the bullying. If the solution is to talk to the person doing the bullying, more role-players may be used. Always have the role-play end with a positive resolution to the situation.



Draw it Out (optional)

Have the students use the "Draw it Out" template for the Bullying lesson to draw a situation in which they think the steps to one or both of the Cool Rules in this lesson to handle the situation.



Summarize and Send Home Cool Kids "Tips" Handout

Don't give bullying behavior power. "Work it Out" to think of ways to handle bullying and use the Cool Rule, "Be Confident," to keep from letting the words and actions of others lead you to have negative thoughts about yourself. Read your Cool Kids "Tips" handout with your family.

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