

I DON'T BULLY™

Welcome to I Don't Bully!

The following pages will introduce you to the entire program. Checkout the:

- Teacher Notes
- Parent Letter
- First Lesson "What is Bullying?"
- Game Board & Game Cards
- Certificate

TEACHER NOTES

Thank you for choosing **I Don't Bully**. No matter what your reason for selecting this program, we are sure you will find **I Don't Bully** to be just what you need to help your young people.

Bullying is not something new, but people are now looking for a solution to the problem. In the past, people accepted bullying as a normal childhood experience. That fatalistic view is outdated. Bullying in any form is unacceptable.

Bullying needs to be stopped. But instead of taking the negative route of continually trying to change the bully, **I Don't Bully** uses a positive message – we empower those who are bullied. **I Don't Bully** equips and helps young people to be bully proof. Using character building activities, **I Don't Bully** helps youth who are being bullied and keeps young people from becoming bullies.

Empower Them

Bullying is all about power. A bully uses power, or the threat of power, to control others. **I Don't Bully** empowers youth to resist bullies — not with physical power to fight back (that in itself can be bullying), but with the positive power of character, empathy, friends and sharing the truth about bullying. When youth learn positive ways to use the power they have, a greater protection is created for themselves and others.

I Don't Bully Lessons

I Don't Bully contains six, easy-to-use lessons. Each lesson provides the **I Don't Bully** information, to stimulate conversation and to engage youth in applicable learning activities.

The concise format is great for teachers. The 11x17 Poster (provided in each lesson) presents the information during each lesson and afterward. The Lesson Notes are strategically placed on the back of the Poster, so everything you need is at your finger tips.

For further learning, conclude each lesson with an experiential session we call Practice and Action. The Practice part allows youth opportunity to apply what they have learned in the safe environment of the classroom. Youth are then given a chance to use these skills in their real world – that's the Action. In cowboy lingo, the Practice and Action portion allows you to Head 'em up! and Move 'em out!

Follow-up by sending home a copy of the Parent Page, an 8 ½ x 11 reproduction of the Poster. This helps youth retain what they have been taught, provides interesting discussions at home and also keeps parents informed.

Teacher Notes (page 1)

This 4-page, 11x17 document introduces teachers to **I Don't Bully**. The Teacher Notes provide a full understanding of the program and include information on cyberbullying.

I DON'T BULLY™

PARENT LETTER

A note from the author.

" My daughter was bullied in middle school. I knew the girls doing the bullying, I knew their parents. Instead of handling the bullying in a correct manner, I did nothing. I placed an awful burden on my daughter, reminding her to continue to be kind to everyone because I did not know what to do, and because I honestly thought these girls would change if someone was just kind to them.... "

Have you had a similar situation? Your child is being bullied, but you do not know what to do. Or, perhaps you wonder what you should teach your child to avoid being bullied.

Your child is currently being bullied. **I Don't Bully** gives you the tools to help your child understand and cope with bullying. It provides individuals with information on how to help a child who is being bullied, how to help a child who is bullying, and how bullying does occur.

Empower Your Child

I Don't Bully defines bullying as an action or threatens to hurt, humiliate, or damage someone's self-esteem. This definition includes physical, verbal, and social bullying (hurt your feelings) and cyberbullying. It also includes threats. Accidents are not bullying. Bullying is intentional. Accidents are not bullying. Bullying is intentional.

Parent Letter
(page 1)

Help your parents help their children. This reproducible letter informs parents of the upcoming **I Don't Bully** lessons.

Parents will be pleased to receive this 2-page, 8 1/2 x 11 guide to the **I Don't Bully** lessons.

Bullying is all about power. A bully uses power, or the threat of power, to hurt others. With **I Don't Bully**, youth learn that they have power to resist bullies. Not physical power to fight back (fighting back would be bullying), but the power of character, empathy and friends.

When youth learn positive ways to use the power they have, greater protection is created for themselves and others.

What Your Child Will Learn

I Don't Bully lessons focus on:

- The Power of You - develop strong character and proper bully proofing body language.
- The Power of Two or a Few - have empathy and concern for others and practice ways to be a buddy.
- The Power of Sharing the Truth - understand the need to report bullying and what to report.
- Cliques - make wise choices in friends and decide not to bully yourself.

Information You Will Receive

Following each lesson, your child will receive a copy of an **I Don't Bully** Poster. Take time to review the Poster with your child. We are confident the discussion will be positive and beneficial to all.

I Don't Bully uses character building activities to keep students from being bullied, and from becoming bullies.

WHAT IS BULLYING?

This inaugural **I Don't Bully** lesson provides foundational information. Young people learn what bullying is and is not, and that bullying is a power issue (bullies bully because it makes the bully feel powerful). Youth also learn they have power to withstand and counteract bullies. In just one lesson, they go from feeling powerless to acquiring tools needed to bully proof themselves.

BULLYING

When someone tries to hurt, or threatens to hurt, your body, your feelings or your name.

FACTS

What is Bullying? (Lesson #1, Page 1)

Welcome to Lesson #1. The front page introduces the lesson to the teacher and provides facts about bullying.

This 8 ½ x 11 page is the 1st of 4 pages in this 11x17 piece.

An 11x17 Poster with instructional notes on the back is also a part of this lesson. (See page 8)

- ★ Kids do not outgrow bullying. An 8 year-old bully is 6 times more likely to be convicted of a crime by the age of 24.
Maine Project Against Bullying
- ★ Most bullying occurs on school grounds.
Olweus
- ★ Girls bully by spreading rumors, gossiping and excluding.
The Colorado Trust
- ★ Boys bully with words but often escalate into physical conflicts.
The Colorado Trust

I DON'T
BULLY

BULLETIN

OBJECTIVES

The student will:

- ★ State the definition for bullying.
- ★ Identify types of bullying.
- ★ Differentiate between accidents and bullying.
- ★ Identify why bullies bully.
- ★ State the definition for bully proof.
- ★ Identify ways to be kind.
- ★ Practice being kind.

GREAT IDEA!

Provide a convenient means for students to anonymously report bullying.

- 1. Online Reporting**
Create a site on the facility website to report bullying. Check the site regularly and take proper action in a timely manner.
- 2. Printed Reporting Sheet**
Provide the option of a printed reporting sheet that is available online and in the office.
- 3. Create a Bully Box**
Have a 'Bully Box' at school for the above Reporting Sheet or any note about bullying. To keep the reporting anonymous, use the box for other collections, such as comments, votes, homework, in school work, etc.

INSTRUCTIONAL GUIDE

Saddle Up

1. Read through the Lesson Notes on the back of the Poster.
2. Identify items on the Poster you desire to emphasize.
3. Review the Practice and Action activities.
4. Check your library for titles.

Wagon Ho!

1. Start with a Riddle or two.
2. Introduce Bud E. Bull and his friends.
3. Conduct the Lesson. Have students see it as you use the Lesson Notes.
4. Implement the Practice and Action activities.
5. Review using the Lesson Notes.

Materials Needed

1. I Don't Bully folder.
2. White Board and markers.

The I Don't Bully Bulletin
(Lesson # 1, Page 2)

This is your resource page.

- **Objectives**
- **Step-by-Step Instructional Guide**
- **Great Idea!** (provides great ideas)
- **Books** (great books to share and promote)
- **Riddles** (fun western-themed riddles)

BOOKS

The Meanest Thing to Say

by Bill Cosby
Ages 4+ / Grades 1+
(Bill realizes it is not beneficial to say mean things.)

Ordinary Mary's Extraordinary Day

by Emily Pearson
Ages 5+ / Grades K+
(One act of kindness can create great results.)

Confessions of a Former Bully

by Trudy Ludwig
Ages 8+ / Grades 3+
(A good book for girls.)

RIDDLES

Q: If a cowgirl rides into town on Friday and three days later leaves on Friday, how does she do it?

A: The horse's name is Friday.

Q: Why did the cowboy ride his horse?

A: Because the horse was too heavy to carry.

PRACTICE & ACTION

Bud E. Bull and Friend Lee Bull are brothers who used to be bullies. They were mean to the other farm animals. But now they are friends with everyone. Bud E. and Friend Lee no longer bully. Instead, they are kind and they smile at everyone. Let's follow the example of Bud E. and Friend Lee, and practice being kind.

Smile!

Head Sm Up!

- Everyone look at me and smile. *[You smile back at them.]*
- Look at someone and give them a smile. Now smile at someone else.
- Smiles are very easy to give, and you often get a smile back in return.
- Being kind is that way as well. Often when you are kind to someone, they are kind to you.
- Everyone look at me. *[Smile, and say to the students "Have a nice day."]*
- Now look to a neighbor, smile and say, "Have a nice day." This is a good way to be kind.

Move Sm Out!

- Be like Bud E. Bull and Friend Lee Bull, and be kind. Smile at someone.
- If it is appropriate, also say "Have a nice day." This will brighten their day.

That's a Right Fine Thing to Do

Head Sm Up!

- How is kindness the opposite of bullying? *[Allow the students opportunity to comment.]*
- What are some simple ways you can be kind to other students during school? Please use positive personal statements – I will smile at others, I will take turns, I will be kind to the younger kids at recess, etc. *[Make a Kind Acts List on the board.]*
- Let's practice a couple of these kind acts in our class, such as smiling, holding a door or taking turns.

Move Sm Out!

- We will keep the Kind Acts List on the board.
- Each time you do a kind act for another student in the school, place a slash on the board by that item.
- Let's see how many kind acts are completed by the end of the day (or other time frame).

Note: Each time a slash is made by a student's comment in your best western slang, "Now that's a right fine thing to do."

Practice and Action (Lesson #1, Page 3)

Practice and Action is the experiential portion of the lesson. The activities help students apply what they have learned in a safe environment.

Lesson Round-up

- Help students retain the material presented.
- Evaluate comprehension.
- Provide awards (First noted in Lesson #2)

Grades 3-6

LESSON ROUND-UP

What is the definition of bullying?

When someone tries to hurt, or threatens to hurt, your body, your feelings or your name.

Why do bullies bully?

To make themselves feel important and powerful.

What is the purpose of I Don't Bully?

To bully proof you so you are less likely to be bullied.

What can you do to be kind to someone?

Lower Elementary – Smile and say "Have a nice day."

Upper Elementary – (Note suggestions made and actions taken by the students.)

I DON'T BULLY

WHAT IS BULLYING?

When someone tries to hurt, or threatens to hurt, your body, your feelings or your name.



Parent Page (Lesson #1, Page 4)

The Parent Page is an exact copy of the Poster. This reproducible page is sent home with the students. This allows the students opportunity to discuss the lesson with the family. What a great way to further learning.

BULLY PROOF

To act in a way that makes you less likely to be bullied.

PARENT PAGE

HURT YOUR BODY

(physical bullying) – hit, kick, push, slap, shove, trip, steal, bite. (Includes hiding, throwing and destroying your things.)

HURT YOUR FEELINGS

(emotional bullying) – tease, name call, put down, insult, exclude, taunt.

HURT YOUR NAME

(reputational bullying) – lie, gossip, start or spread rumors.



PRACTICAL BULLY PROOFING STEPS

- 1. Avoid the bully**
 - take a different route
 - change the pattern
- 2. Avoid being alone**
 - stay near students or adults
 - use a buddy system
- 3. Do not argue with, or talk back to, a bully**
 - agree with the bully
 - walk away
- 4. Run away if in danger**
 - leave your stuff and run
 - if attacked, fight back enough to get away

**I DON'T BULLY.
INSTEAD, I SHOW
KINDNESS TO OTHERS BY:**

Some people say bullying is just a normal part of growing up. What do you think?

Dabbler D. Duck



I DON'T BULLY

WHAT IS BULLYING?

When someone tries to hurt, or threatens to hurt, your body, your feelings or your name.

Lesson #1 Poster

Poster and lesson plans all in one! This creative 11x17 Poster catches the student's eyes and minds and also provides instructional notes (on the back). As the lesson is given, students are able to view the Poster. When done, tack the Poster on the wall for review. Six posters in all, one for each lesson. Yippee!

BULLY PROOF

To act in a way that makes you less likely to be bullied.

HURT YOUR BODY

(physical bullying) – hit, kick, push, slap, shove, trip, steal, bite. (Includes hiding, throwing and destroying your things.)

HURT YOUR FEELINGS

(emotional bullying) – tease, name call, put down, insult, exclude, taunt.

HURT YOUR NAME

(reputational bullying) – lie, gossip, start or spread rumors.

WE DON'T BULLY. INSTEAD, WE SHOW KINDNESS TO OTHERS BY:

Some people say bullying is just a normal part of growing up. What do you think?

Dabblers D. Duck



PRACTICAL BULLY PROOFING STEPS

- 1. Avoid the bully**
 - take a different route
 - change the pattern
- 2. Avoid being alone**
 - stay near students or adults
 - use a buddy system
- 3. Do not argue with, or talk back to, a bully**
 - agree with the bully
 - walk away
- 4. Run away if in danger**
 - leave your stuff and run
 - if attacked, fight back enough to get away

WHAT IS BULLYING?

LESSON #1

You have probably heard a lot about bullying. Bullying is not something new. What is new is the way people view bullying. In the past, people accepted bullying as something that just normally happened as one grew up. Bullying is not a normal part of growing up. Bullying is mean and it is wrong. Today we will discuss what bullying is, and what it is not. We will learn why bullies bully, and ways you can bully proof yourself. Sounds like "a right good lesson for all to hear." So let's get started.

What is Bullying?

How would you define bullying?

- **Bullying: When someone tries to hurt, or threatens to hurt, your body, your feelings or your name.**
- Bullying is when someone intentionally tries to hurt you, or make you feel afraid.

[Have the students repeat the definition several times.]



Types of Bullying

Let's list some ways bullies try to:

- Hurt Your Body (physical bullying) – hit, kick, push, slap, shove, trip, bite. (Includes hiding, throwing and destroying your things.)
- Hurt Your Feelings (emotional bullying) – tease, name call, put down, insult, exclude, taunt.
- Hurt Your Name (reputational bullying) – lie, gossip, start or spread rumors.
- Bullying also includes:
 - When someone threatens to do any of these things to you.
 - When someone tries to make you do things that are harmful to others.

Bullying vs. Accidents

Accidents are not bullying. [Have students share times they have accidentally hurt someone.]

- The first words out of your mouth following an accident should be, "I'm sorry. Are you okay?"
- Your words and actions let other people know it was an accident and not done on purpose.

Why do Bullies Bully?

Bullies try to make themselves feel powerful.

- Picking on someone else makes a bully feel big and powerful.
- The person being bullied did nothing wrong.
- Bullies bully simply because it makes the bully feel good.

Bully Proof Yourself

So what can you do? Bully proof yourself.

- **Bully Proof: To act in a way that makes you less likely to be bullied.**
- Being bully proof does not mean you will never be bullied again.
- Being bully proof reduces the chances and the risk that you will be bullied.
- The purpose of **I Don't Bully** is to help you Bully Proof yourself so that you will be less likely to be bullied.
- Future lessons and discussions will help you understand the bully proof process, but in the meantime, there are some practical bully proofing steps you can put in place right now.

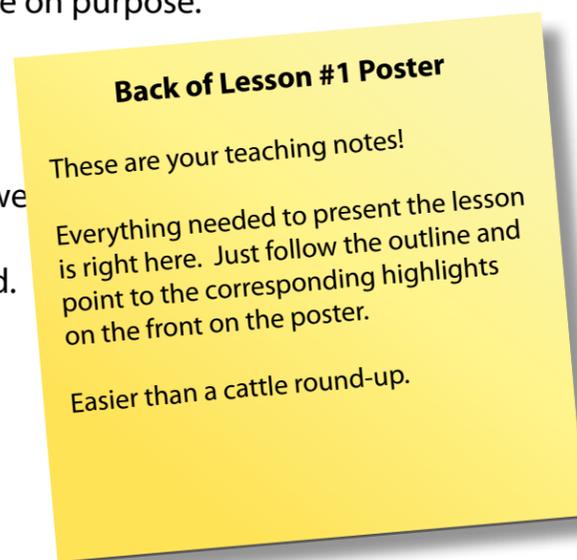


Practical Bully Proofing Steps

1. Avoid the bully. (Take a different route, change the pattern.)
2. Avoid being alone. (Stay near other students or adults. Use a buddy system.)
3. Do not argue with, or talk back to, a bully. (Agree with the bully or laugh and walk away.)
4. Run away if in danger. (Leave your stuff and run. If attacked, fight back enough to get away.)

Use these steps to start the bully proofing process. Next lesson we will learn more about how to bully proof yourself.

Note: At the bottom of each poster is an interactive area for your students. Help them discover ways they can act, things they can do or thoughts they think to counteract bullying. Note their ideas on the poster for a quick reminder.



START

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Rattlesnake Den

Game Board

Bullying and fun usually do not go together – but they do here!

Playing a game is a great way to reinforce the I Don't Bully concepts. Be sure to join in the fun.

Bull's Eye Shortcut

WARNING QUICKSAND PIT

move ahead 2

move ahead 4

move ahead 3

move back 1

move back 1

move back 2

I DON'T BULLY™

Lower Elementary Game Cards

Lesson #1

I do not bully.

Move ahead 2 spaces.

Lesson #1

**Lower Elementary
Game Cards**

The 40 Lower Elementary Game Cards feature statements that reinforce the concepts presented in the lessons. These positive statements help children verbalize what they can do to avoid and detect bullying. A few negative statements (☹️) with backward movement help them to see consequences of bullying.

Lesson #1

I am bully proof.

Move ahead 4 spaces.

Lesson #1

Move back 2 spaces.

Lesson #1

I apologize immediately when I cause an accident.

Move ahead 3 spaces.

Lesson #2

I understand that bullying is not a game.

Move ahead 1 space.

Lesson #1

I say nice things to other people.

Move ahead 2 spaces.

Lesson #2

I understand that the bully wants to have power over me.

Move ahead 1 space.

Lesson #1

I avoid bullies.

Move ahead 1 space.

Lesson #2

I let the bully have power over me. ☹️

Move back 2 spaces.

Upper Elementary Game Cards

**Upper Elementary
Game Cards**

The 40 Upper Elementary Game Cards feature questions the students have to answer. These interactive questions help students verbalize what they have been taught. To maintain fun and excitement, Free Move and Move Back cards are also included in this packet.

Q: State the **I Don't Bully** definition for Bullying.

A: When someone tries to hurt, or threatens to hurt, your body, your feelings or your name.

Lesson #1 Move ahead 4 spaces.

Q: On
w

Lesson #

Q: Bullying is a game to bullies. True or false?

A: True

Lesson #1 Move ahead 1 space.

Q: Name
proo

Lesson #2

**A: The Power of You
The Power of Two or a Few
The Power of Telling the Truth**

Move ahead 3 spaces.

Q: State the **I Don't Bully** definition for Bully Proof.

A: To act in a way that makes one less likely to be bullied.

Lesson #1 Move ahead 4 spaces.

Q: Name the three players that are usually involved in an incident of bullying.

**A: The Bully
The Target
The Bystander**

Lesson #2

Move ahead 3 spaces.

Q: When you cause an accident, what are the first words you should say?

A: I'm sorry. Are you okay?

Lesson #1 Move ahead 2 spaces.

Q: The bully wants to have power over you. True or False.

A: True

Lesson #2

Move ahead 1 space.

Q: State and demonstrate one way to show kindness to others.

A: Possible answers include:

- Smile at someone.
- Compliment someone
- Say something nice.

Lesson #1 Move ahead 1 space.

Q: Repeat the **I Don't Bully** Chant.

**A: You are wrong. I am strong.
Gonna walk on by
with my head held high.**

Lesson #3

Move ahead 3 spaces.

I DON'T BULLY

Certificate

Thirty, high gloss certificates are included in the kit. It is an honor to award these beautiful, full-color certificates which feature our two bull brothers – Friend Lee Bull and Bud E. Bull.



The bearer of this certificate has decided to treat others as he/she would like to be treated, be a friend instead of a bully and help instead of hurt.

