

4<sup>th</sup> grade: 3, 45 minute sessions  
What We Learned About Bullying®

(By Sunburst Visual Media - modified by Project Hope for RPE purposes. To order original curriculum, call Sunburst Visual Media @ 1-888-431-1934.)

- Session 1: What Is a Bully?  
Session 2: Not All Bullies Are the Same  
Session 3: What You Can Do

Objectives:

1. Students will learn to recognize bullying behaviors.
2. Children will understand that there are different kinds of bullies and understand common motives behind bullies' actions.
3. Students will learn some positive strategies to stop bullying.

Rationale:

Children who are unable to understand or deal with bullying may suffer emotional wounds that can carry into their adult relationships and last a lifetime. Children who learn to stand up to bullies however, often have increased feelings of self-worth among other lasting positive emotions. In order to cope with bullying though, children need to understand some of the motivations of bullies and be able to use that information to develop techniques for handling bullying behavior.

This curriculum is unique in that it shows "real kids", not actors, discussing their feelings about bullies. Students are therefore far more able to connect the information they are learning about to their own lives. By listening to a group of kids just like them, children gain very powerful skills in order to handle the problem of bullying.