

**Day of Kindness**  
**Middle School Anti-Bullying Lesson**  
April 7, 2004

**Title:** Preventing Bullying at School – What are you going to do about it?  
(This lesson was compiled in part by the Anti-Bullying Committee at Denman Middle School.)

**Goal:** Create/improve the school climate of all SFUSD school sites.

**Objectives:** By the end of the session, the student will

- be able to define bullying;
- be able to identify bullying behaviors;
- share information about and become more aware of bullying behavior and its effects;
- better appreciate how their school is committed to putting an end to bullying.

**Time:** 50-55 minutes, one class period

**Materials and equipment:** Pencil/pen, worksheets (use chalkboard or flipchart if available)

**Procedure**

**Anticipatory Set: (5-10 minutes)**

- Ground Rules Review: (either use those attached or reinforce your own)
- Brainstorm school site examples of bullying.  
Teachers place their students in small groups for 5 minutes to list as many examples as they can, and then record student ideas on board – at least one example from each group.
- Review definition of bullying:  
“Bullying is an act of violence. It is intentional, repeated hurtful acts, words or other behaviors committed by one or more persons against another in an obvious or subtle way.”  
Students may need to review what a “subtle” versus “obvious” form of bullying may be, e.g. direct teasing versus isolating an individual from joining in.

**Activities:**

1. Review with the class the four forms of bullying listed on the other side of the page. **(5 minutes).**