

Bullying

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Bullying Character
UNIVERSITY

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Student Workbook

Think About It, Analyze It

Think about the video “Character University: Bullying” to answer the following questions.

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1. Bruce was the first bully in the video. He attacked Chris, who was just walking down the hall. Why do you think Bruce would choose to pick on someone like Chris?

2. Chris acted differently the second time he met Bruce and he kept a fistfight from starting. What did he do, and why do you think it worked?

3. In the third version of the meeting between Bruce and Chris, Chris ran from Bruce into a teacher’s classroom. What are the advantages and disadvantages of this strategy?

4. Anna and her two friends, made fun of Suzie. Why do you think the girls insisted on making fun of Suzie?

5. In the video, Carrie saved Suzie from Anna and her friends. If you were in Carrie’s position, would you have spoken up too? Why or why not?



Think About It, Analyze It

6. Before Carrie stepped up to help Suzie, no one else seemed to notice Anna pick on Suzie. Why do you think no one else came forward to stop the bullying?

7. Based on the consequences each of them faced for their bullying, do you think Bruce and Anna will continue picking on others, or stop? Why do you think as you do?

8. How are Bruce and Anna alike as bullies? (What do they have in common?)

9. What differences are there between Bruce and Anna as bullies?

Bullying is...

...Not the victim's fault. Bullying includes many different cruel things people do and say. Victims of bullies suffer, and so do entire schools. Bullying is not caused by something wrong with the victim. Bullying is caused by something wrong with the bully.

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Bullying includes when people...

Call you names.

Make things up to get you into trouble.

Hit, pinch, or bite you.

Push and shove you.

Take your things away from you.

Damage your belongings on purpose.

Steal your money.

Make threatening or abusive phone calls.

Send cruel or frightening letters or emails.

Get your friends not to like you anymore.

Bullying causes victims to...

Lose self-confidence.

Be robbed of the right to an education.

Be robbed of the right to a peaceful life.

Feel afraid.

Feel lonely.

Have headaches and stomachaches.

Miss school.

Start getting worse grades in school.

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Bullying hurts entire schools because it...

Makes students feel nervous or afraid they'll be victimized.

Makes many students feel ashamed.

Makes teachers and staff feel sad and ashamed.

Gives troubled students (the bullies) too much power.

Bullying is not caused by something wrong with the victim. It's caused by something wrong with the bully.

For example, bullies often have...

Difficult home lives and emotional problems.

Poor self-esteem, so they pick on others to feel better about themselves.

Learning difficulties. They use meanness and physical threats to make up for these problems.

Few true friends. Bullies may run in a pack together, or one bully may have "friends" (followers who fear that they could be the next victim).

Anti-Bullying Plan

Bullying is common, but it's not unbeatable. Think of your own school's bullying problem. Whether it's only one or two kids, or it's a widespread problem, it needs to be fixed. To clear bullying out of a school takes a real commitment.

Look at the table below. On the left are some steps that must be taken to get rid of bullying at a school. On the right, write down who at your school should be responsible for making the step happen. If possible, put down names of specific people who would be good at making the step happen.

Step That is Needed	Who Should Be Responsible at This School
1. All adults and students on campus must agree as a community that bullying is <u>not</u> okay.	
2. Students need to tell adults when bullying occurs. This means that victims must tell and students who witness bullying must tell.	
3. Students need to let bullies know that their actions are not acceptable. This means standing up for students who are being attacked.	
4. Adults need to monitor open areas of the school during breaks and lunch.	
5. There must be consistent, school-wide consequences for bullying.	
6. Bullies need counseling to deal with the personal problems that make them want to hurt others.	
7. Students who have been bullied may need counseling to deal with the pain they have experienced.	

What do you think the consequences for bullying should be?

First offense: _____

Second offense: _____

Third offense: _____

Explain why you chose these consequences. _____

Play Expert

Know how it's always easier to think of something smart to say after it's too late to say it? Well, here's your chance to think of smart ideas before you really need them. It's not easy dealing with a bully. In the video, Suzie was being picked on for no real reason. "Mike" is another student who has a problem with a bully, "Jack."

Imagine each of these kids came to you for advice. What would you tell them to do to keep those bullies off their backs?

Suzie

Anna and her friends won't leave Suzie alone. They think of themselves as the most popular girls in school, and they treat Suzie like she's nothing compared to them. Suzie is shy, so standing up to them is really tough for her. Talk to Suzie. Give her some ideas for getting those girls to back off, or ideas that will help her not to be upset by them.

Mike

Mike has two problems with Jack. First, Jack wants to copy Mike's homework and even his tests. Then Jack threatens to beat Mike up if he won't agree to cheat. Mike doesn't want to give his work away. Plus, if Jack gets caught cheating off Mike, they'll both get in trouble. Tell Mike what he should do to protect his schoolwork and his neck!

Bullying: A Puzzling Problem

*Forward, backward, up, down, across,
or diagonal—any way you write it
out, bullying is a puzzling problem.
Find these words about bullying in
the puzzle.*

BULLYING	IGNORE WORDS
COMMUNITY	LOW SELF-ESTEEM
CONSEQUENCES	POWER
COUNSELING	PROTECT SELF
FEAR ISN'T RESPECT	TELL ADULTS
GET HELP	VICTIM
HELP PEERS	VIOLENCE

S A P P J B Q B C H I F F X X W P M
 I D C L C Q U D G H M L E V E A C I
 U V R N E L P M J H I E A Q W L M T
 N C V O L H Z T G D S S R N O C G C
 J Y O Y W R T D M Y P T I W H F N I
 N E I M E E T E F K N C S V E Y U V
 Y N D W M T R O G P Q E N B L I K E
 G R O V Z U M O W G L T T L P Z G Q
 C P L U M H N T N F O O R J P J O F
 Q G A S Q C K I E G X R E C E N U E
 J U B I F N L S T G I P S X E L L Z
 M L L I P E T A B Y Q T P U R C N C
 D Y G G S E S K Q Y I S E P S P T H
 S E C N E U Q E S N O C C L T P H E
 P F U M E C N E L O I V T K H Z C W
 S O N S Y X J G O T B W Y F B A E H
 C I Q I H G J U G R O B Z E H R F R
 T E L L A D U L T S K K W K I S X S