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| School Corporation: |  |
| School Name: |  |
| Contact: |   |
| **Indiana Student Standards for Guidance Addressed** |
| Standard(s) addressed: | K-2.3.6 Describe simple ways to resolve conflict; K-2.3.12 Describe benefits of behaving appropriately at school; K-2.3.12 Describe consequences of behaving inappropriately at school. | Indicator(s)addressed: | K-2.3.6 Describe simple ways to resolve conflict; K-2.3.18 Describe situations in which it is appropriate to seek help and to whom the students may turn to for help in those situations. |
| **Instructional Development** |
| Grade Level(s):  | 1-2 |
| Title: | Helping Hand |
| Summary: | Discuss what it means to be bullied and what is the most important thing to do if feel being bullied or know someone else is being bullied. |
| Time Frame: | 30 minutes |
| Procedure:  | **Want to talk about BULLYING.** **What is BULLYING? Bullying is something that is done repeatedly (more than once), on purpose to someone that they do not like and that makes them feel threatened or scared. Bullying can be physical (hitting, kicking), spoken (calling names, telling lies about someone), or written (notes, emails, Facebook).****Can have or review poster showing:**1. Repeated – happens more than once
2. Intentional – do it just to be mean
3. Imbalance of Power – you are afraid

What are examples of bullying? Let students provide examples, remembering to remind them that the behaviors are repeated and someone is doing this to them to make them afraid and to be mean. Talk through the examples and what the student should do in each situation.Some sample examples you could go over with students:1. Walking down hall and someone steps on your shoe. Bullying or not? No, this was an accident and the person should say they are sorry.
2. On the bus a student has been demanding your ice cream, cookie, or popcorn money everyday this week. This is bullying – tell a trusted adult. Do not give the money to the student.
3. A friend tells you that another student in class is telling everyone that you stink. You notice the student holding their nose and laughing as you walk past them. If you feel safe, tell them to stop. If they do this or anything like this again, tell a trusted adult.

We have talked about telling a bully to stop when we feel safe. We have also talked about telling a trusted adult. Who is a trusted adult? Let students give examples: counselor, teacher, principal, parent, bus driver, etc. Provide each student with a hand (cut out) or colored paper for them to trace their own hand and cut it out. Have them write HELPING HAND in the palm. They should think of one person for each finger whom they can turn to for support if they are being bullied and write the name of these five people on fingers and thumb. Who have they named?What happens if you tell one adult, and the situation does not get any better? Tell another adult. We have listed 5 on our helping hand.   We have talked about what to do when we are bullied, but what can we do when we see someone else being bullied?* SAY SOMETHING!
	+ If you feel safe, tell the bully to STOP the bullying behavior. Then make sure to tell a trusted adult.
	+ If you do not feel safe telling the bully to STOP, that is okay. You should remember your trusted adults and tell on of them right away. Telling a trusted adult about bullying is not TATTLING (you are not doing it just to get someone in trouble, you are reporting so that everyone can feel safe).

What can you do to help someone who has been bullied? * Say kind things to the person who is being bullied. What are examples of kind things to say to others?
* Be a friend. Invite the student to do things with you.
* Make sure that a trusted adult knows about what has happened. Let the person who has been bullied know it is okay to tell others about what has happened, they have not done anything wrong.
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| How will mastery of the guidance indicator(s) be evaluated? | 1. What is bullying?
2. What do we do when we feel we have been bullied?
3. What do we do if we feel someone else is being bullied?

Recall HELPING HAND and the trusted adults you have listed. If you feel you are being bullied, and you have told the student to STOP, make sure to remember your helping hand and tell a trusted adult so they can help make this behavior stop. No one deserves to be bullied and it will not be tolerated. |
| **Learning Resources** |
| Resources needed:e.g., technology resources, media resources, books, web sites | Pre-cut hands or paper for students to draw hands |
| Citation(s):You may include copyrighted materials in “resources needed,” but do not reproduce copyrighted materials in your lesson plan. Non-copyrighted materials need to be reproduced and included with your lesson plan. Cite sources here. |  [www.bullyfree.com](http://www.bullyfree.com) www.stopbullyingnow.hrsa.gov |
| Collaborative Partners:e.g., advisory teachers, other teachers, community resource people |  |
| **Contact information *(optional)*** |
| Telephone: |  |
| E-Mail: |  |