

Be Aware and Care

A Bully Prevention Program

Notes and Content Outline

Introduction:

My presentation is designed to challenge students to make positive choices regarding Bullying and Bully Prevention. Bullying is not just a problem to be solved by the bully and the bullied. It affects all of us and we all must be part of the solution.

- Plate On Pole Spinning Trick
- Will's Story: The choices we make have good or bad consequences

Be Aware (understanding bullies, victims and the caring majority):

Bully (def'n): A person who repeatedly hurts others with words or with actions. (1/10 kids)

Victim (def'n): The person the bully hurts. (1/10 kids)

Caring Majority (def'n): The large number children who are responsible citizens (8/10 kids)

-Bully Card Trick

-Bully T-shirt: "I'm a bully and I have a problem" "There is something wrong with me"

-Victim T-shirt: "I'm a victim and I need your help" "I have done nothing wrong"

The Bully, the Victim and the Caring Majority must work together if we are going to find a solution to the Bullying problem.

-3 way juggling illustration

Be SAFE (things you can do if you are bullied):

If you are ever bullied, here are some ways to protect yourself and stay SAFE:

S – Stand tall, speak bravely and tell the bully to stop

A – Ask for help from the caring majority or from an adult

F – Figure out your choices. What can you do to prevent serious problems?

E – End it calmly. Don't lose your temper or retaliate

-Spelling "SAFE" Trick

Be CARING (how you can help a victim of bullying):

Show a victim of bullying that you "CARE"

C – Creatively try to think how you could help out.

A – Ask for help from friends, teachers or other adults.

R – Relate and join. Ask the victim or the bully to join in your game.

E – Empathy. Comfort and care for the victim.

-“CARE” Box Trick

Be Involved (show the courage to help someone who is in trouble):

If there is a problem, get involved and help. Bullies love silence. We must speak up and do something or the problem will continue. Be willing to work together with the caring majority.

Caring people get involved and make a difference when they see injustice.

-A Magic Assistant Produces a Rabbit

-Missing Piece Trick

Be a Friend (you can't be a bully and a buddy at the same time):

"I went out to find a friend But could not find one there

I went out to be a friend And friends were everywhere."

Six Secrets To Having Friends:

1. Smile a lot.
2. Speak friendly words to everyone.
3. Listen carefully to others.
4. Be yourself.
5. Encourage others.
6. Don't be bossy or a know it all.

Applying these principles can lead to more joy and happiness through relationships

-Magic streamer To Dove