

# 3rd – 5th Grade

## Bullying Prevention Advocacy Campaign



### National Health Education Standards

- Demonstrate how to communicate kindness, empathy, compassion, and care toward others. (4.5.6)
- Demonstrate how to persuade others to make healthy choices (e.g., persuading others not to bully). (8.5.1)

### Oklahoma Academic Standards for Health Education

- Describe examples of what and when to report to a trusted adult (e.g., parent, guardian, health professional). (1.HR.5.1)
- Encourage others to make positive health choices. (8.AD.5.2)



### Health Behavior Outcomes

Avoid bullying or being a bystander to bullying. (HBO 3)

### Lesson Objectives

By the end of this lesson students will be able to:

- Identify and encourage kind actions.
- Identify ways to respond to bullying.
- Practice advocacy skills to encourage peers to prevent and stop bullying and create a safe school environment.

### Overview

- The Bullying Prevention Advocacy Campaign aims to empower students to get help when experiencing bullying behaviors.
- Students will participate in activities to promote friendships and find support during times of conflict.

### Step 1: Introduction Video

<https://www.youtube.com/watch?v=pyBoQiKfLac>

- Watch the video by yourself or with your class.

### Step 2: Kindness Jar

- Materials needed:
  - Kindness Jar
  - Paper
  - Writing utensil

- Instructions

Step 1: Designate an item to be the classroom Kindness Jar.

Step 2: Decide the duration for the Kindness Jar activity (one day, one week, one month, etc.).

Step 3: Students will draw a name for who they will observe.



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Step 4: Students will try to “catch” the peer that they’re observing saying or doing something kind.

Step 5: Students will write or draw the kind action, add the person’s name to the back, and place it into the Kindness Jar.

Step 6: At the end of the Kindness Jar activity, the teacher will read kindness actions aloud and give it to the person identified.

### Step 3: Bully Busters “What Would You Do?”

- Materials

- Scenarios
- “Crossing the Midline & 5 Steps to Prevent Bullying” PDF poster

- Instructions:

Step 1: Review and display the “Crossing the Midline & 5 Steps to Prevent Bullying” poster.

Step 2: Read a scenario to the class.

Step 3: Students will show how they would respond to the scenario by choosing one of the “Crossing the Midline” movements which correspond with one of the 5 Steps to Prevent Bullying.

Step 4: Repeat steps for each scenario given.

Optional - Create scenarios based on your students and class to use with the Bullying Prevention poster.

### Step 4: Complete the survey to receive an incentive for your class!

