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| Essential  Understandings | -Certain physical and psychological behaviors constitute bullying.  -There are appropriate responses to bullying behavior. |
| Essential  Questions | * What is bullying? * Why might people bully? * What are personal responses to a bullying situation? * Where and when can bullying behavior happen? * What resources are available to assist students? |
| Essential  Knowledge | * There are differences between bullying behavior and teasing behavior * Appropriate responses and actions to bullying behavior can prevent injury to self and to others. * A variety of school and community resources are available to students. |
| Vocabulary/Content | bully, bystander, teasing, courage stereotypes,  welcome and unwelcome behavior , valid health information,  strategies, threatening situations, peers, culture, non-violent, healthy options, assertiveness skills, healthy environment |
| Essential Skills | Use appropriate communication skills to ask for help when needed  Identify situations requiring adult professional help  Demonstrate how to communicate positively in conflict and bullying situations  Identify factors that impact personal safety and well- being(bullying)  Demonstrate the communication skills necessary to reporting bullying behavior to school personnel as soon as possible  Identify resource people in school and community and how to seek their help in a bullying situation |
| **ASCA**  **Concepts**  Related Maine  Learning Results | Use communication skills to know when and how to ask for help when needed  Learn about the difference between appropriate and inappropriate physical contact  Demonstrate the ability to set boundaries and rights  Differentiate between situations requiring peer support and situations requiring adult professional help  Identify resource people in the school and community, and know how to seek their help  Apply effective problem solving and decision making skills to make safe and healthy choices  Demonstrate personal safety skills  Demonstrate advocacy skills and ability to assert self when necessary  A.4 Students describe ways a safe and healthy school and community environment can promote personal health  B.1 Students identify characteristics of valid health information, products, and services  B.2. Students locate resources from home, school, and the community that provide valid health information,  C 2a Students demonstrate healthy and safe ways to recognize, deal with, or avoid threatening situations  C2b Develop injury prevention and safety strategies for personal health.  D. 1 b Describe how peers and culture can influence health practices and behaviors  E1b Demonstrate effective verbal and non-verbal communication skills including assertiveness skills to enhance health  E1cDemonstrate how to ask for assistance to enhance personal health  E1e Demonstrate non-violent strategies to manage or resolve conflict  E2 Student encourage others to make positive health choices  F.1.b List healthy options to health-related issues or problems and predict the potential outcomes of each option when making a health –related decision |
| Sample Lessons  And  Activities | Read and discuss *Say Something* by Peggy Moss  Counselor facilitated student generated role plays  Write a skit demonstrating a playground issue and its safe resolution.  Create school and bus maps with students noting areas where students felt safe and unsafe. Discuss and problem -solve findings with students. |
| Sample Classroom  Assessment  Methods | Students will demonstrate understanding of appropriate language and actions during role plays and discussion.  Students will be able identify what constitutes bullying behavior and be able to name safe adults to report bullying situations.  Teacher feedback and reports |
| Sample  Resources | Publications:    *Say Something* by Peggy Moss  *Bully Proofing Your School* by Garrity  *Don’t Laugh at Me* by Peter Yarrow and Educators for Social  Responsibility  *Quit It* by Froschl  *Bullying at School* by Dan Olweus  *The ABC’s of Bullying Prevention* by Kenneth Shore  *Real Kids :What we Learned About Bullying* -- video grades 2-4 by Sunburst |