



Archdiocese of Milwaukee

Safeguarding All of God's Family

Religious Education Curriculum

Lesson: Grade Five

Concept: Can define bullying and harassment and recognizes when it occurs. Knows how to use conflict management skills. Follows Grade Specific Religious Education Curriculum for fifth grade under Moral Life.

Goals of this lesson: To define bullying and learn conflict management skills.

Activity: Class discussion and role-play.

Part One: Discussion

- Ask them to raise their hands if they have witnessed someone being bullied, having been bullied, or have bullied someone else.
- Define the word **target**. The target is the person who is being bullied. Ask how it might feel to be the target of a bully?
- Define the word **bystander**. The bystander is the person who witnesses or hears about a bullying incident. Ask why someone might not speak up or do anything when they see someone being targeted by a bully? Go through some various ways someone might help a target. For example, tell an adult, tell the bully to stop, or help the target stand up for him or herself.

Part Two: Role Play

- Have the class identify several scenarios in which someone is being bullied.
- Divide the class into groups of four and have each group role play one situation with the following guidelines.
 - 1) There needs to be one bully, one target and 2 bystanders.
 - 2) Each group must demonstrate different ways in which the bystander can stand up for the target.

Closing Prayer:

Dear Lord, Help me to remember that my actions and words can cause harm to others. Let me trust in you guidance Lord, so that I may continue to treat others with the same gentle love and respect that you have for all humankind. Amen.

Additional information for teacher

1. Target denial is an official martial arts technique that means, "Don't be there!" Target denial means not giving a bully a physical advantage by being too close. For example, kids can move away from someone who they know is a problem. Target denial means not giving a bully an emotional handle. One technique is to leave by smiling and waving and saying cheerfully, "No, thanks!" very calmly and sincerely instead of acting scared or angry.

2. Teach kids the power of words

In order to address bullying in schools, parents and teachers can teach children how to protect themselves from words and also by using words. Kids tell us that trying to "just ignore it when someone says something mean to you" doesn't really work. Stop serious name-calling with the same commitment that you would use to stop serious hitting. Teach kids to protect themselves from hurting words by imagining throwing them into a garbage can instead of taking them inside their hearts or their heads. Teach kids not to let insults, rude behavior, or guilt trips trigger them into feeling intimidated or emotionally coerced by a bully. Kids need to learn how not to let what others say or do control their choices. They also need to learn how not to behave in emotionally damaging ways towards others. Teach kids how to set clear strong verbal boundaries in a respectful, assertive way with people they know.

3. What is bullying?

Bullying is where a child or group of children keep taking advantage of the power they have to hurt or reject someone else. Some of the ways children bully another child include: calling them names, or saying or writing nasty comments about them, leaving them out of activities or not talking to them, threatening them, or making them feel uncomfortable or scared, stealing or damaging their things, hitting or kicking them, or making them do things they don't want to do.

4. Why is bullying harmful?

Some people think bullying is just part of growing up and a way for children to learn to stick up for themselves. But bullying can make children feel lonely, unhappy, frightened, unsafe and think that there must be something wrong with them. Signs that might indicate your child is being bullied include tummy aches, nightmares, reluctance to go to school and loss of confidence. They may lose contact with friends and seem isolated.

5. Why do some children bully?

There are a lot of reasons why children bully. They may see it as a way of being popular, showing off, or making themselves look tough. Some children bully to get attention, and some just like making other people feel afraid of them. Others might be jealous of the person they are bullying, or might be being bullied themselves. They may not even realize that what they are doing is wrong and how it makes their victims feel.

6. Why are some children bullied?

Some young people are bullied for no particular reason, but usually it's because they are different in some way - perhaps it's the color of their skin, the way they talk, their size or their name. Sometimes young people are bullied because they look like they won't stand up for themselves.