

Use these activities to help students learn to stand up for themselves and others!



Perfect For:

- Bullying prevention lessons or small groups
- Social skills lessons or small groups
- Friendship skills lessons or small groups
- With students who have had a history of bullying or aggressive behaviors
- With students who have been targets of bullying or aggressive behaviors

These activities go perfect with the book Bully B.E.A.N.S. by Julia Cook. However, you do not need the book for the activities.

Includes a four page booklet!

Stand up to bullying!
USE BULLY B.E.A.N.S.

BULLIES EVERYWHERE ARE NOW STOPPED



WHAT?	WHY?	HOW?
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Bullying is when someone does something on purpose to cause harm to someone else. Bullying is something that happens more than once, and the person doing the bullying has power over the other person in some way (smarter, bigger, more popular, etc.). It is important to know what bullying is so that you can do something when you see it!

AN EXAMPLE OF SOMETHING THAT IS BULLYING IS:
Someone always calling another person stupid.

AN EXAMPLE OF SOMETHING THAT ISN'T BULLYING IS:
Your friend teasing you about your shirt being on backwards.

WHAT?	WHY?	HOW?
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No one deserves to be bullied! Each person is special and unique and has things to offer to the world. Bullying can make people feel hurt, ashamed, and like they are not good enough. No one should feel like this because every person matters.

YOU MATTER! FINISH THESE SENTENCES WITH POSITIVE THINGS ABOUT YOURSELF!

I am important
I can do things that others can't.
I have good things to say.
I deserve to be treated with respect.

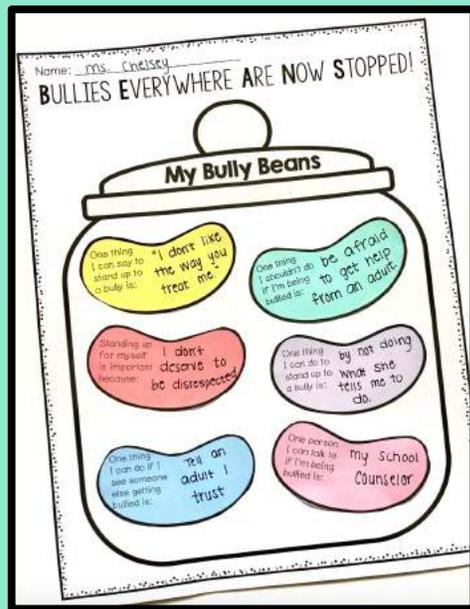
WHY?	HOW?
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Fortunately, there are many ways to stand up to bullying!

1. Don't do what the bully wants you to do. What is one way you could tell the bully no?
"I'm not comfortable doing that."
2. Tell the bully to stop. What is one way that you could tell the bully to stop?
"I'm going to need you to stop that"
3. Talk to someone you trust. Who can you talk to about what is happening?
Mrs. Wilson or Miss Jackson
4. Stick together! Why is it important to be with others when you are around the bully?
They will help give you courage

HOW?

Students will learn what bullying is, why it's important to stand up for themselves and others, and how they can do that!

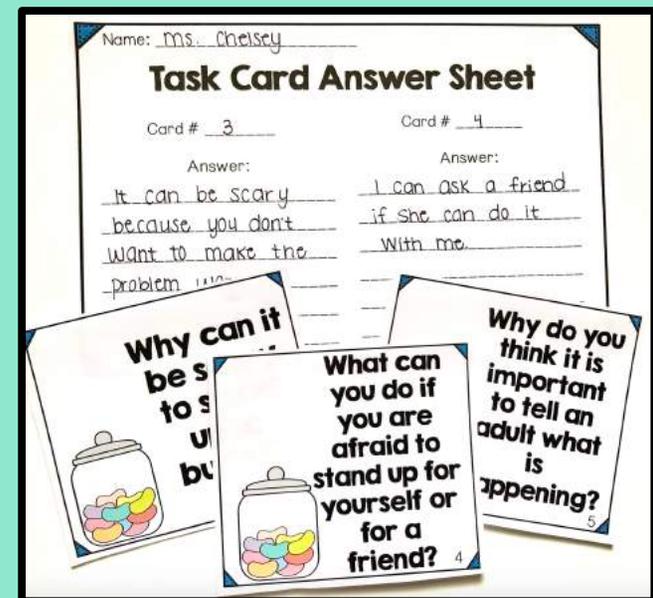


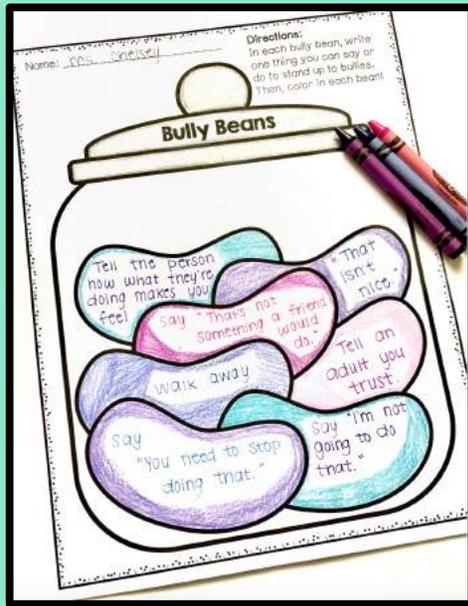
Includes a cut and paste activity!

Students will respond to 6 prompts about standing up to bullying. They will then cut out the jelly bean prompts and glue them into their “bully bean jar!”

Includes 12 task cards!

Use these task cards to encourage discussion about standing up to bullying! They can also be used to do an informal assessment, or as an exit ticket. There is an answer recording sheet provided. There are also sample answers for each task card!





Includes a worksheet!

In each jelly bean, students will write about something they can do or say to stand up to bullying. They can then color in the jelly beans. This worksheet can be used as part of a hallway or classroom display!

Bullying Prevention Pledge Card

This card can be used to encourage students to make the commitment to stand up against bullying. Students can sign the card, write a way that they will stand up to bullying and then the cards can be used in a classroom or hallway display!

