



A FREE ELEMENTARY RESOURCE FROM EDMENTUM

National Bullying Prevention Month

PreK-6th

Grade Range

Fire Prevention Week Elementary Teaching Resources

What Does This Pack Include?

This pack has been created by teachers, for teachers. In it you'll find high quality teaching resources to help students understand what bullying is, how to prevent it and how to respond to it. Our Posters and Fact Sheets are excellent to use as classroom conversation starters.

To go directly to the content, simply click on the title in the index below:

FACT SHEETS:	
Pre-K - Grade 2	Grades 3-6
Explore what bullying is and what to do when someone is being bullied.	

CRITICAL THINKING QUESTIONS:	
Pre-K - Grade 2	Grades 3-6
Discuss what to do when someone is being mean online.	Discuss whether someone being mean online is bullying or not.

POSTER:	
Pre-K - Grade 6	

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- The goal of National Bullying Prevention Month is to educate people about bullying prevention.

What Is Bullying?

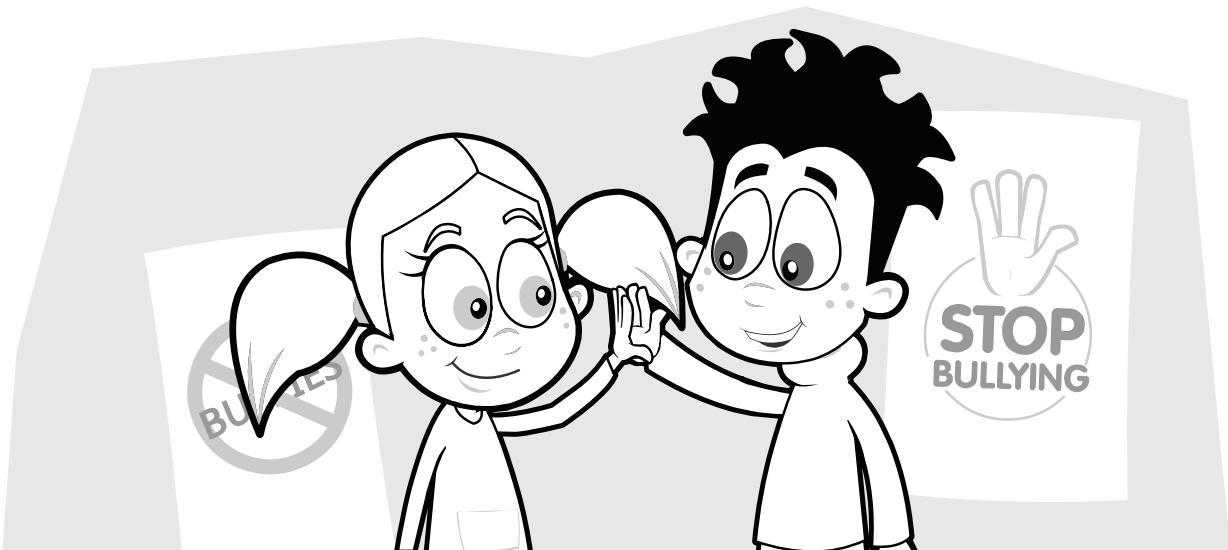
Bullying is when one person upsets, hurts, embarrasses, or scares another person on purpose over and over again.

Bullying can be with actions:

- hitting
- tripping
- shoving
- taking someone else's things
- yelling

Bullying can be with words:

- making fun of someone
- laughing at someone
- calling names
- telling lies about someone
- making someone feel bad about themselves
- sending mean messages on paper, on a phone, or on a computer

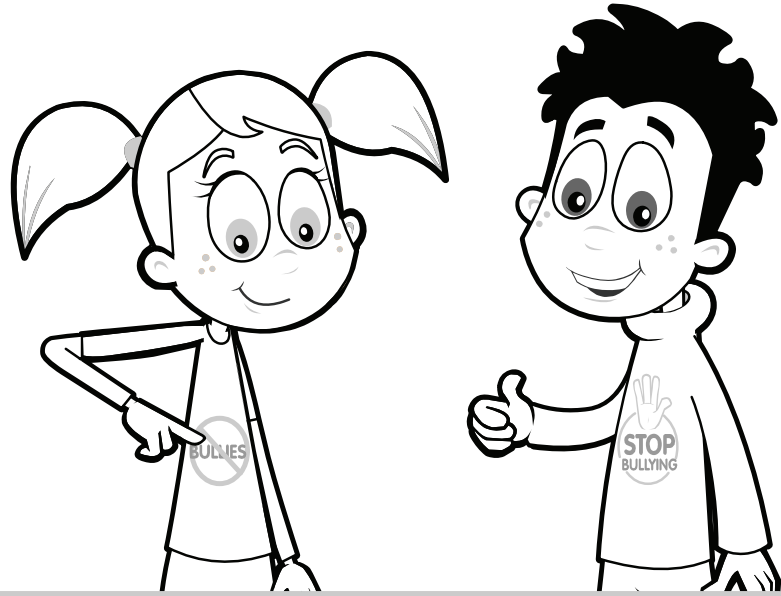


What Can I Do About Bullying?

- Be a friend to others.
- Don't laugh if someone is being bullied.
- If you feel safe, stand up for yourself or others by telling the bully to stop.
- Stay away from kids who bully.
- Tell an adult if someone bullies you or someone you know.



- The goal of National Bullying Prevention Month is to educate and raise awareness of bullying prevention.
- It first began as a weeklong campaign in October 2006, and it expanded to an entire month in October 2010.



If You're Being Bullied

- Walk or run someplace safe.
- Tell an adult. Staying safe is important.
- Buddy up with a friend or group of friends. Bullies are more likely to pick on kids who are alone.
- Avoid kids who you know are bullies. Just try to stay away from them.
- If you feel safe, stand up for yourself. Use a strong voice and tell the bully, "Stop that," or "Leave me alone."
- Don't fight back or call the bully names. This might make things worse.

If Someone Else Is Being Bullied

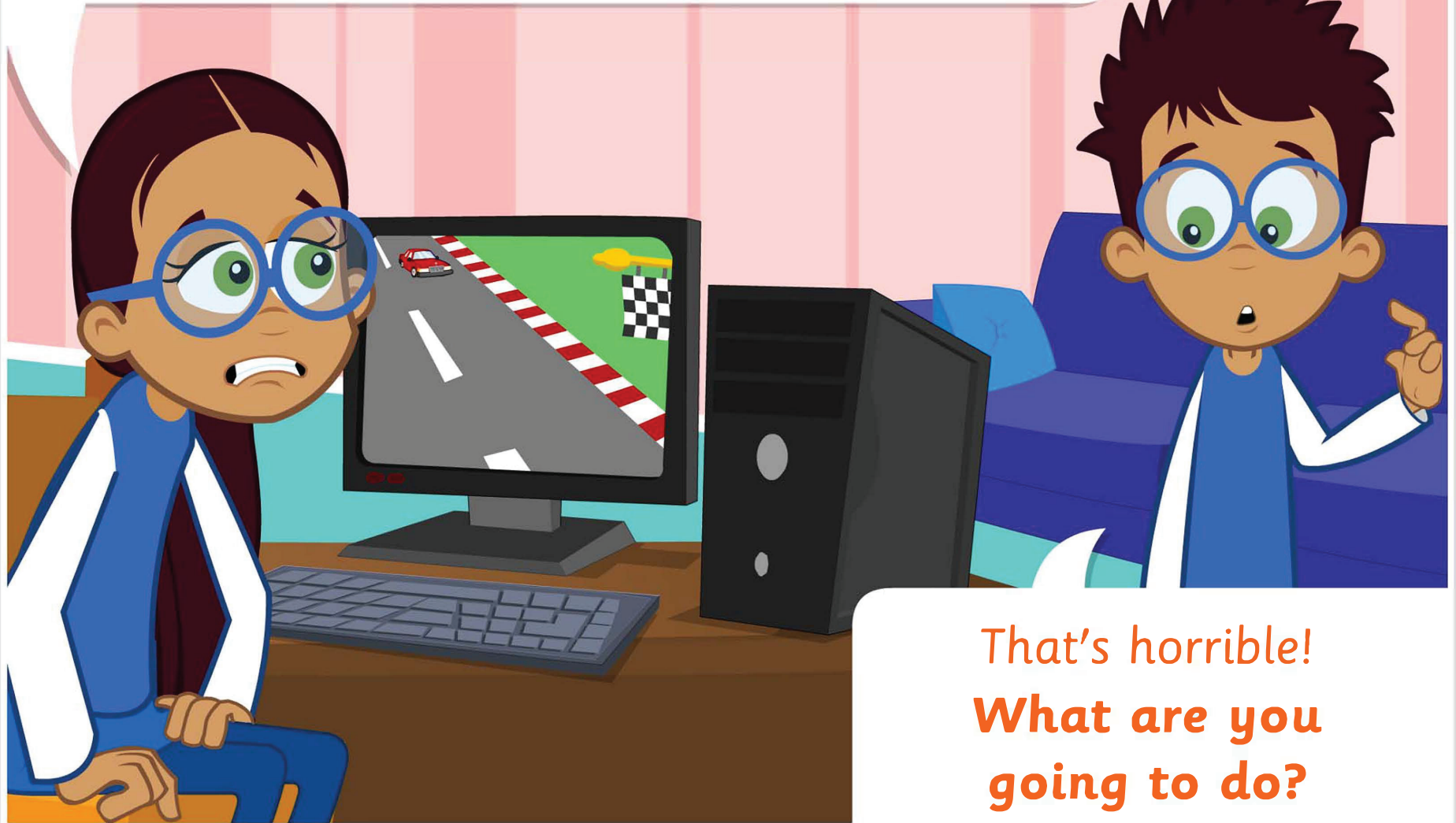
- If you feel safe, speak up for the kid who is being bullied.
- Don't join in and don't laugh.
- Be a friend to the kid who is being bullied. Ask him or her to join in an activity or to sit with you at lunch.

If You're The Bully

- Know that you're not a bad person, but you have to change your behavior. Start treating people the way you want to be treated.
- Keep your hands and feet to yourself.
- If you get mad, stop and think. Take a deep breath and calm down. Make the choice not to bully.
- Talk to an adult you trust about your feelings and ask them for help.

Critical Thinking Question

I was winning a game and another player said something really mean to me.



**That's horrible!
What are you
going to do?**

I'm **not going to reply**, and I'm going to **stop playing for awhile**.



Critical Thinking Question

I keep getting messages from someone at school that are making me feel sad and upset. I don't know if I am being bullied.

It is bullying! The person is deliberately trying to upset Chip.

If it's on the computer, it's not bullying!



What do you think? Is this bullying?

It is bullying!

The person is trying to upset Chip on purpose. This type of bullying is called **cyberbullying**. Cyberbullying is when technology is used to deliberately upset someone.



Chip should tell an adult he trusts!

Stand up
Stand strong
Stand together
Against bullying





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