

Social Bullying

Social bullying can be hard to spot, but it has long-lasting effects that students live with every day. In this lesson, students will talk about what social bullying is, how it can impact their lives, and what they can do to stop it.

| Learning Targets | SEL Competencies | Materials |
|--|---|--|
| <p>Students will:</p> <ul style="list-style-type: none"> Identify social bullying at their school. Practice scenarios using slowdown strategies. | <p>CASEL 5: Relationship Skills Self-Awareness</p> <p>Skills: Communicating effectively Resisting negative social pressure Showing concern for the feelings of others</p> | <ul style="list-style-type: none"> Social Bullying Situations handouts Notebooks |

Energize (3 min. | individuals, whole class)



Say: Today, we're going to talk about how we can stop social bullying at our school. First, let's figure out if the following behaviors are bullying or just messing around.



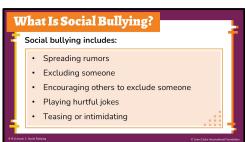
(There are four situation slides. For each slide, have students think about the situation individually, then have volunteers share if they think the situation is bullying.)

Engage (5 min. | pairs, whole class)



Say: When we think of bullying, we tend to imagine verbal, physical, and cyberbullying. But there are other kinds of bullying, too. Some of the situations we looked at were examples of social bullying, which is its own kind of bullying.

(Arrange students in pairs. Have students answer the questions on the slide. Then, ask volunteers to share what they talked about. Possible answers: Physical bullying involves touching, hitting, or threatening to hit someone. Verbal bullying involves name-calling, making fun of someone, or embarrassing someone. Social bullying can be more subtle than other forms of bullying and be less easy to notice.)



(Explain any points on the slide that didn't come up in the previous discussion.)



Say: It's no secret that bullying can have a big impact on everyone involved—the people being targeted, the people bullying, and people who witness bullying. Middle school is an important time for building your sense of who you are, and bullying can make you feel like you don't belong or make you feel left out or isolated.

(Have students answer the questions on the slide with their partners. Then, ask volunteers to share what they talked about. Use students' responses to create a list of consequences that students are already familiar with on the board. Possible answers: Depression. Anxiety. Withdrawal. Sadness. Loneliness. Health problems. Less interest in things someone used to like. Worse performance at school or in sports.)

Social Bullying

Explore (5 min. | small groups, whole class)



Say: We've all probably seen social bullying around us. And if we haven't, we've definitely watched or read something that included it. In fact, social bullying is shown all the time in movies and other media.

(Arrange students in small groups. Have students work on the activity on the slide. Then, ask volunteers to share what they talked about.)

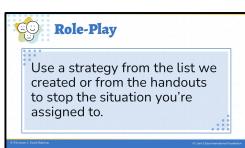


Say: We have the power to watch out for social bullying at our school. We can look around to make sure people are being kind, respectful, and inclusive.

So, how do we do that? Let's come up with strategies that can stop or slow down social bullying.

(Have students popcorn share their responses. Write a list of responses on the board.)

Expand (5 min. | small groups)



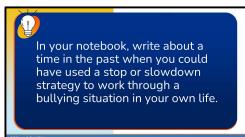
Social Bullying
Situations handouts

Say: There are a lot of situations where social bullying can happen. It doesn't have to be in school, either. Social bullying can happen anywhere.

We're going to role-play how to respond to bullying situations. We can use the stop and slowdown strategies we talked about earlier to make sure everyone is being kind, respectful, and inclusive.

(Pass out the Social Bullying Situations handouts. Assign each small group one of the four situations from the handout. Have students work on the activity on the slide.)

Extend the Lesson (2 min. | whole class)



Notebooks

Say: When we pay attention to what's going on around us, we can use our power to stop social bullying at our school. Using a stop or slowdown strategy can help us stay safe and prevent situations from getting out of control.

Reinforce and Reflect

- Have students create a poster to illustrate a stop or slowdown strategy.
- Have students research the consequences of bullying in middle school and create an infographic to show the results.
- Have students do another role-play. This time, have students answer these questions: What strategies do you think would work well in this situation? What strategies do you think would not work well in this situation? If you used a good strategy, how do you think this situation would change over the next day, week, or month?