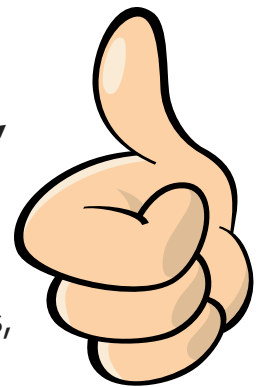


BULLYING

HOW CAN I AVOID IT?

1. Begin by showing the clock and asking the children, **“What time is it!”** They respond, **“Integrity Time!”**
2. Ask the children, **“What does it mean to have Integrity?”** They respond, **“To have Integrity means to choose what is true and good and right.”**
3. Ask the children, **“Why is it important to have Integrity?”** They respond, **“It is important to have Integrity because it makes us better people with better futures, and gives us dignity and respect for ourselves and for others.”**
4. Guide all the children in choosing a partner.

Say, **“We are going to participate in ‘Thumb Fights’.**
Everyone hold out your hand, as if offering to shake hands with your friend. Now pull your hand back and just grip your 4 fingers, while holding your thumb up in the air. On the count of 3, move your thumbs around each other, trying to pin your opponents thumb down.
Are you ready? 1-2-3!”



Let the children play several rounds of thumb wars, then have them sit back down.

Get the children’s attention again, and instruct them to return to their seats.

Say, **“I hope you all had a good time participating in ‘Thumb Fights.’ Today’s Integrity Topic is Fighting. ‘Thumb Fighting’ is lots of fun. However, we will discuss the kind of fighting that is not fun. Fighting is very harmful and unproductive.”**

5. Read the following paragraphs aloud to the students.

Fighting: What does it mean?

Some people fight because they are frustrated, angry, or sad about life situations. They don't know what to do with those emotions, so they take it out on others. This is a negative and unproductive way of dealing with frustration, anger, or sadness.

Some people fight because that is the only way that they know to get attention. This is not the kind of attention that you should want. This is a negative and unproductive way to get attention.

Some people fight because they want to prove themselves to other people. They think that if they fight, others will think more highly of them. But fighting does not make other people respect them. Fighting is a very unproductive way of making friends. The kind of friends that encourage you to constantly fight to prove yourself are not true friends. True friends will encourage you to choose what is true and good and right.

Bullies often fight. They may fight because they are angry. They may fight because they want to prove themselves to others. They may fight because they don't know productive and positive ways of relating to others. But bullying is wrong. And being a bully has negative consequences. Learn to avoid fighting and avoid people who like to pick a fight. Fighting is unproductive and will result in negative consequences.

6. After reading the above paragraphs, lead the students in a discussion with the following questions:

- What does it mean to fight?**
- Why do some people fight?**
- Why is it a poor choice to fight?**
- What should you do instead of fighting?**

7. Say to the children, "Everyone at some time will be tempted to fight. Fighting is especially common among family members. It is important to understand what you must do when you find that you have been involved in a fight of any kind. One of the best things that you can do is to look at both sides of the problem. Obviously, you will tend to look at your side of the problem, but you should try to look at the other person's side as well."

Say to the children, "Once you take a look at both sides of the situation, you will be able to see more clearly how the fight could have been avoided. This will provide a valuable lesson, which will help you avoid a fight in the future. The next thing that you must do is to offer an apology. Saying 'I'm sorry' can be difficult, but it is the best way to mend a friendship that is damaged by fighting."



To Avoid Fighting

8. Read the following Timely Tips aloud to the students and lead them in a practical discussion of how to avoid fighting.

- If you are frustrated, angry, or sad about other situations, don't fight. Instead, talk to a trusted adult about your feelings. Often sharing your problem makes the heaviness of the problem seem much lighter.
- If you need more attention, talk to your parents or another trusted adult about your feelings.
- If you feel the need to prove yourself to others, that may mean that you need to think more highly of yourself. Think of positive things about yourself. Everyone is unique and special. Everyone has unique gifts and talents, which they can use to make the world a better place. Make a list of things that make you special.
- Seek out friends who are encouraging and kind. Make sure you treat other people the way that you would like to be treated.
- If someone constantly tries to pick a fight with you, it is appropriate to talk to an adult about the situation.
- If you find that the situation has caused excessive hurt and anger within you, it is appropriate to talk to a trusted adult about your situation. Often sharing your problem makes the heaviness of the problem seem much lighter!

9. To teach the student basic skills in how to avoid fighting, write the following Timely Tips on various notecards and place in a paper lunch bag labeled, "Do This Instead". Ask volunteers to come forward and select a Timely Tip to read aloud. Lead the students in a discussion of each tip.

- If you feel like fighting, do the following things instead:

Talk to a trusted adult about your anger.

Let the little things go.

Don't feed your anger by dwelling on things that make you angry.

Count to 10.

Walk away from a situation that could get out of control.

- If someone tries to pick a fight with you, try to avoid fighting. Do the following things instead:

Speak calmly.

Calm words will often ease anger.

Discuss the situation calmly without yelling or screaming.

Listen to the other person's point of view.

Walk away from a situation that could get out of control.

Avoid someone who consistently tries to fight with you.

10. Pass out copies of the Journal Time sheet found in this lesson. Give the students time to read the story and think of an appropriate ending. You may want to discuss possible endings before they write their version. Allow the students to share their story endings with the class, and use the time as an opportunity to discuss how to stand up against bullying.

Check out our website for free videos and other resources to teach your students to stand up against bullying!

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JOURNAL TIME

Bullying



Ⓢ Jason and Fred were playing basketball in the gym when they saw a well-known bully grab a ball from a younger boy. Not only that, but the bully began pushing the younger boy, until he fell to the gym floor. What should Jason and Fred do? Write an ending to this story, which shows a positive way to deal with a bully.
