Grade 7 Sample Lesson Plan:
Unit 3 – Stop it! Campaign to Stop Bullying

SOLs

- 7.1u Explain how bullying and harassment affects health and safety.
- 7.3s Create a campaign to prevent bullying in school and online.

Objectives/Goals

- The student will explain how bullying and harassment affect health and safety. (7.1u)
- The student will create a campaign to prevent bullying in school and online. (7.3s)

Materials

- Cyberbullying: KidsHealth-TeensHealth.org/en/teens/cyberbullying.html
- Dealing With Bullying http://teenshealth.org/en/teens/bullies.html
- Someone is Spreading Rumors About Me. What can I do? http://teenshealth.org/en/teens/rumors.html?view=ptr&WT.ac=t-ptr

Procedure

Prior to students entering the classroom, post newsprint around the room with the following labels:

- School work
- Body systems
- Going to the cafeteria
- Mental health
- Sleep
- What are the long-term effects of the bulling on the bully?

Lesson opening

1. Ask the students to write down their definition of a bully. When finished, "Turn and Talk" to share the definition. Rewrite the definition, if necessary, then ask students to share their work. Once a definition is agreed upon, read the prompt.
    a. **Bully**: A person or group repeatedly threatens or harms someone to make themselves feel powerful. (Michigan Model for Health: Safe and Sound for Life, Lesson 10)

During the lesson

2. Read or distribute the prompt and then provide time for the students to go to each piece of newsprint (Carousel) and write down possible effects of bullying on the victim and also on the bully. Discuss. (7.1u)

   Leo and Ben were friends in elementary school but when they were in middle school something happened. Leo started spreading rumors that Ben cheats on tests, copies homework, and is mean to his friends.

   Ben is very upset because everything Leo says is a lie. Leo is sending nasty emails, posting false stories on Facebook, and Tweeting out things that never happened. When Ben sees him is school, Leo ignores him but makes gross noises after he passes.

   Lately, Ben can't eat without getting a stomach ache. He is hungry by lunch but he is afraid to go into to lunch room because he doesn't know if others believe Leo and would be mean to him.

   He is having trouble concentrating in class and his grades are starting to go down. He is very stressed because he was a B+ student until all this happened. He doesn't know what to do or who to tell.

3. Answers may include but are not limited to:
   a. School work: quality decreases
   b. Body systems: stomach ache,
   c. Going to the cafeteria: Reluctant to go to the cafeteria, afraid
   d. Mental health: Jumpy, anxious, sad, depressed, stressed, no energy,
   e. Sleep: Trouble sleeping

      KidsHealth: Cyberbullying- http://kidshealth.org/en/teens/cyberbullying.html?WT.ac=t-ra

   f. What are the long-term effects of the bulling on the bully? Not allowed to participate in sports, suspension, violate laws and have legal problems.

      KidsHealth: Cyberbullying-

http://kidshealth.org/en/teens/cyberbullying.html?WT.ac=t-ra

KidsHealth: Dealing with Bullying- http://kidshealth.org/en/teens/bullies.html?WT.ac=t-ra

4. Ask the students if Leo was being bullied, according to the definition. (**Yes**)
5. What to do/What not to do when being bullied (7.3s)

   Preparation: cut the statements and put them into plastic baggies.

   a. Distribute news print to student groups of 3 or more. On the newsprint make a T bar. On one side write, What to do. On the other side write, What not to do.
   b. Students sort the statements
   c. Discuss

Lesson closing

6. A few minutes before the end of class, direct the students to put away all their materials. Ask the review questions:
   a. Name one way bullying effects the body? (7.1u)
   b. Name one effect of bullying on the bully. (7.1u)
   c. Name one thing a teen can do to stop the bullying. (7.3s)

Assessment Idea

- Formative: Carousel activity identifying the effects of bullying on health. (7.1u)
- Formative: Sorting activity identifying what to do and what not to do when bullied. (7.3s)

References

- TeensHealth.org/en/teens/cyberbullying.html

- KidsHealth: Cyberbullying- http://kidshealth.org/en/teens/cyberbullying.html?WT.ac=t-ra

- KidsHealth: Dealing with Bullying- http://kidshealth.org/en/teens/bullies.html?WT.ac=t-ra

- Mary Connolly
- Michigan Model for Health: Safe and Sound for Life, Lesson 10

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Prompt: Leo and Ben

Leo and Ben were friends in elementary school but when they were in middle school something happened. Leo started spreading rumors that Ben cheats on tests, copies homework, and is mean to his friends.

Ben is very upset because everything Leo says is a lie. Leo is sending nasty emails, posting false stories on Facebook, and Tweeting out things that never happened. When Ben sees him is school, Leo ignores him but makes gross noises after he passes.

Lately, Ben can't eat without getting a stomach ache. He is hungry by lunch but he is afraid to go into to lunch room because he doesn't know if others believe Leo and would be mean to him.

He is having trouble concentrating in class and his grades are starting to go down. He is very stressed because he was a B+ student until all this happened. He doesn't know what to do or who to tell.

True/False Statements: What to do/What not to do

What to do	What not to do
Tell an adult	Don't tell anyone. It will only make things worse.
Try to avoid being alone	Stay by yourself. Involving others will only cause them to be bullied also.
Ignore the bully and confidently walk away	Taunt the bully back. That is what he/she understands.
Hold the anger because the bully wants you to get angry.	Yell at the bully and show your emotion. It might scare him/her.
Use your wits! Try using humor. It may confuse the bully and you get to leave confidently.	Don't give smart responses to the bully, it will only anger him/her.
Take charge of your life! Get involved in activities that make you feel good about yourself.	Stay home and try not to communicate with anyone until the bullying stops.
Talk about the bullying to a trusted adult or friend who can give you support.	Don't tell anyone about the bullying. It will only make things worse.
Find your true friends and share your feelings about what is happening.	Don't tell your friends. They will be afraid to hang out with you.
Don't get physical.	Fight back!
Practice confidence	Look scared.

KidsHealth: Dealing with Bullying http://kidshealth.org/en/teens/bullies.html?WT.ac=t-ra