

Wipe Out Bullying

Bully Think Twice - How to Deal with a Bully

Q514DVD

Resource Guide

This series offers insight into different facets of bullying and goes beyond the bystander, the bully and the victim, to get to the underlying causes of bullying. Educational host Keith Deltano uses comedy to show students why they do what they do, how to change their behavior as well as the tools and resources to ignite powerful dialogue and prevent bullying.

Student Discussion Questions

The Four Forms of Bullying

1. What are the four forms of bullying?
2. Give examples of each of the four forms.
3. Have you ever been a victim of one of the four forms? Explain.
4. Have you ever victimized someone else? Have you ever used one of the four forms to make another person hurt?
5. Where on the school campus does bullying occur?
6. Is gossip a form of bullying? Why or why not?
7. Which form of bullying do you see most? Why?
8. In the past what have you done when you saw someone get bullied?
9. What will you do differently after taking the Anti-Bullying Pledge?

The three roles in bullying: The Bully, The Victim and The Bystander

- Do you think we all fill these roles at different times in our lives?
- What can you do if you realize you that you have hurt someone?
- What can you do when you are the victim?
- What can you do as a bystander?

Judging Someone by their Appearance

1. Have you ever judged someone by their appearance?
2. Do you feel you have ever been judged by appearance?
3. Do you feel you are overly concerned with your own appearance?
4. How important are clothes labels to you? How important do you feel they are to others?
5. Is racism a form of bullying? Why or why not?

It's OK to be different

1. Have you ever bullied or excluded someone because they are different?
2. Do you ever feel "different"?
3. Has anyone ever "put you in a box?"

What Motivates Bullies?

1. Why do bullies do what they do?
2. Why is it important not to let bullies see an emotional reaction?
3. Will you have to face bullies when you enter the workforce?

What Would You Do?

1. Have you ever stood up to a bully? Describe the event without using real names.
2. How can you make a stand?
3. Do you believe that you have the power to change another student's life?

Who Will Make a Stand?

1. Does it take courage and character to take a stand against bullying? Why or why not?
2. What should you say if you see someone being a bully?
3. What do you do if the bully does not stop?
4. Why is working together with other students a powerful way to stop bullying?

Online Bullying

1. Do you behave differently online with social media than in person?
2. Is online bullying "prosecutable?" What does this mean?
3. Can online behavior affect your ability to get a job or your ability to get into college?

Courage to Take a Stand

1. Do you have the courage to be different, to stand out in the crowd?
2. Do you believe that racism, prejudice, hate and intolerance are learned behaviors? Why or why not?

Apologizing Takes Courage

1. Have you ever hurt someone with gossip, taunting, exclusion, or any other form of bullying?
2. Do you have the courage to apologize to that person?
3. How will apologizing help the person you hurt?
4. How will apologizing help you?

Stereotype Question

- Have you been put in a box (been given a stereotype)?
What part of the stereotype is true and what part is untrue?
- Have you ever limited yourself based upon who people think or say about you (who you hang out with, how well you do in school)?
- What can you do differently?

Ask Students to make a "Personal Goal" list for Personal Change

- What is their personal goal for change?
- On a piece of white paper have students finish this statement using large, bold letters:

This year, I promise to _____.

(Teachers, please write the statement on the board.) Only write the words of what the students promise to change.

For example if their promise is to stop teasing their sister, their paper might look like this:

Stop Teasing My Sister	Stand up for myself	Make sure no one is eating alone at lunch
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Signing The Pledge

You will find two versions of the pledge

One labeled **“advanced”** that addresses sexual orientation and one labeled **“younger students”** that does not address sexual orientation. The tone and language used in the younger version is more appropriate for younger students.

We recommend each student sign the pledge after viewing the program.

Print out the pledge, have copies made and have them positioned in front of each student. Have students acknowledge the different forms of bullying and then sign the document. Collect each pledge.

The contract/pledge will serve in many different ways. The students cannot claim ignorance if caught bullying. They cannot say, “I didn’t think of gossip as bullying” because they signed a document that stated that gossip is indeed, a form of bullying.

The contract will also help with parents/guardians. You may have a parent that protests the discipline/consequences you have put into action as a result of a student’s bullying behavior. You may then pull out the contract and show them that each student knew there would be consequences and was educated on the specific behaviors that were considered bullying.

The contract also helps enhance the impact of your Wipe Out Bullying efforts. Signing anything implies a serious act.

The Pledge – Print Color Versions and Post throughout School Option

Make colored copies of the pledge.

Have students sign them and then collect them.

Post the signed pledges ALL OVER school.

Make shapes with the pledges, rainbows, hearts and bridges.

After a two week display period, take the pledges down and place them in safe keeping.

(ADVANCED VERSION)

I understand that bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt them. I understand that bullying happens when a person or group of people want to have power over another or use that power to get their way, at the expense of someone else. I understand I have no right to bully or harass anyone due to sexual orientation.

I understand that bullying can also happen through cyberspace, through the use of emails, text messaging, instant messaging, Facebook, Instagram, YouTube, Twitter, Snapchat, Tumblr and other social media channels.

I understand I can be prosecuted for cyber bullying as well as for other forms of bullying.

As part of my community and my school, I WILL:

- Pledge to be a part of the solution.
- Eliminate taunting from my own behavior.
- Encourage others to do the same.
- Do my part to make my school community safe for others.
- Not let my actions or words hurt others.
- Not use social media to hurt others.
- If other students will not be part of the solution, I WILL.

Signed _____ Date _____

Print Name _____

**ANTI BULLYING PLEDGE
(YOUNGER STUDENTS)**

I understand that bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. I understand that bullying happens when a person or group of people want to have power over another or use power to get their way, at the expense of someone else.

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- Not let my actions or words hurt others.
- Not use social media to hurt others.
- If other students will not be part of the solution, I WILL.

Signed _____ Date _____

Print Name _____

TMW MEDIA GROUP

2321 Abbot Kinney Blvd., Venice, CA 90291

(310) 577-8581 Fax: (310) 574-0886

Email: sale@tmwmedia.com www.tmwmedia.com

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