Take A Stand: Prevention of Bullying

8 YEAR OLDS - Instructional Guide Day 5

By Sherryll Kraizer, Ph.D.

**Objectives**

To give permission to tell someone when they're being hurt

To discuss resources for getting help

To discuss the importance of truthfulness and thoroughness when telling

To teach children how to tell effectively

**Teacher-Directed Discussion and Role-play**

**We've talked about speaking up for yourself and intervening when you see other kids in trouble.**

**What would you do if a group of kids in your neighborhood threaten or intimidate you? What would you do? Who would you tell?**

**If you just avoid them, how does that make you feel? Would this be an appropriate time to ask for adult help?**

**What if a kid threatened to get a weapon and hurt you? Would this be a situation you could handle yourself or one that you should get adult help?**

**When you need adult help, who would you go to?** List them

**Who else could you talk to if you were having a problem?** Really brainstorm and make this an expansive list.

**Telling and Getting Help Effectively**

**RP: What if your coach is physically mean to you? He slaps you and hits you on the back of the head whenever you don’t do things exactly as he wants you to. You want to tell your dad. What would you say and do if he was watching television?** Role-play getting attention and telling. It is important to tell the whole story so dad has all the facts.

NOTE: It’s important that children learn how to effectively get attention when they need help. Often parents, teachers or other adults are too busy or preoccupied to really listen to what children have to say. Role-playing helps children learn appropriate ways to get attention when they need it.

Role-play the steps of getting someone’s attention.

NOTE: Role-playing this is fun and involves several steps. Allow them to do all the things they normally do that are ineffective so they can see how funny they are before you introduce steps 2 – 6.

1. **Try to get someone’s attention: talking when they’re doing something else, pulling on the persons clothes, putting your face in their face. All of these are more annoying than effective.**
2. **Getting someone’s attention: that means the person stops what he or she is doing and looks at the child.**
3. **Practice saying what actually needs to be said using the three elements of communication.**
4. **Practice having the person understand and do something about the problem.**
5. **Also practice having the person not be interested or not help.**
6. **Then, practice having the child go and tell someone else.**

**RP** **I need one person to help me.**

**What if your grandfather is really mean to you when he gets sits after school? You feel like he hates you and hates being there. You want to tell your mom, but she's always busy and stressed out. What would you do?**

**RP** **I need one person to role-play,**

**What if one of your friend’s big brothers says bad things to you when you're visiting, telling you "you're stupid." Who would you tell?**

**What if you tell your friend and he says, "Oh, he's always like that, just ignore him.” Would you tell someone else? Who?**

**If you tell an adult who doesn’t understand or help you with a problem, who else could you tell?**

**RP** **Who has another example we could role-play. Remember no names.**

Practice as time allows with their examples.

**Discussion: Do you need to be careful that you tell the whole story and that you are absolutely truthful when you are telling about something that has happened to you? Why?**

**What could be the consequences of making something up or exaggerating your situation?**

**Other Resources for Help**

**Can the school help with problems at home?**

*Most young children think school problems are for school and home problems are for home. They rarely think of overlapping their resources*.

**Can the adults you live with help with problems at school or at the neighbors?**

**Do your teachers care about what happens to you at home?**

**So, how many of you think you really have lots of people who care about you, people that you could talk to.**

**Whenever you have something you need to talk about, a problem that you need help with, if the first person you tell doesn't believe you, you need to keep telling until someone does.**

**In the same way I help teach you new things, there are grownups that help other grownups with their problems so they don't have to feel so bad.**

**But, if you don't tell, no one will know and they won't be able to help.**

**Who is the only person who can get help for you in the kinds of situations we’ve been talking about?**

**Can anyone read your mind and figure out that you need help?**

**Are you old enough to be responsible for asking for help?**

**I think so. How many of you think so?**

**Good, then I’ll expect you to ask for help when you need it and I’ll also expect you to speak up for other kids who don’t know how to speak up for themselves.**

**Conclusion**

**Good, then I’ll expect you to ask for help when you need it and I’ll also expect you to speak up for other kids who don’t know how to speak up for themselves, to be advocates and to be someone who can be counted on to take a stand for treating all people with respect.**

© 2016 Sherryll Kraizer, Ph.D.