



HARMONY AT HOME

Healing Trauma. Ending Abuse. Building Families.

Bullying Prevention Class Meetings

Middle School Pacing Guide

Week	Topic	Slides
1	Introducing our Anti-Bullying Expectations Discuss purpose, time and format Classroom Meetings and establish meeting agreements. We suggest collaboratively creating the agreements together with the students.	Class Meeting #1
2	Building a positive classroom climate through team building activities to establish familiarity and understanding, which can lead to trust, acceptance, perspective-taking, and respect.	Class Meeting #2
3	Building a positive classroom climate and examining behaviors that cross the line from non-bullying to bullying. Differences between Reporting & Snitching.	Class Meeting #3
4	Identifying feelings with the goal to define empathy and discuss how to show empathy.	Class Meeting #4
5	Identifying feelings by identifying their own emotions and how those emotions can have influence on others.	Class Meeting #5
6	Identifying feelings by identifying situations that trigger anger and strategies to channel anger in positive ways.	Class Meeting #6
7	Identifying feelings by practicing assertiveness rather than aggressiveness as an upstander response.	Class Meeting #7
8	Communication by providing vocabulary to identify feelings, reading body language and perspective taking.	Class Meeting #8
9	Communication by informing students that spreading gossip and rumors is a form of bullying and discussing responsive	Class Meeting #9

	strategies.	
10	Communication by exploring factors involved in reporting and creating a safe atmosphere so students can feel comfortable to report bullying incidents	Class Meeting #10
11	Communication by identifying problem-solving approaches, potential social supports, and safe places in bullying situations.	Class Meeting #11
12	Identifying Hot Spots by allowing students to share opinions on common hotspots and discuss strategies to improve supervision in those hot spots.	Class Meeting #12
13	Identifying Hot Spots by identifying bullying behaviors that are common in locker rooms, cafeterias, PE classes and bathrooms. Students will discuss the impact of bullying in these settings and possible response strategies.	Class Meeting #13
14	Identifying Hot Spots related to buses and/or the start and end of the day; explores need for adequate adult supervision; explores trusted/safe adults and reporting.	Class Meeting #14
15	Peer Relationships are an important part of adolescence. This meeting explores the difference between a friend and acquaintance, the importance of having one good friend, and the changes that may take place in friendship circles.	Class Meeting #15
16	Peer Relationships Students discuss the need to fit in, the positive and the negative aspects of peer pressure, and learn skills to resist negative peer pressure.	Class Meeting #16
17	Peer Relationships Students will identify ways that popularity can be influential while also exploring labels and their impact.	Class Meeting #17
18	Peer Relationships Students will discuss the 'bystander effect' and understand how group behavior relates to bullying prevention.	Class Meeting #18
19	Peer Relationships Students will discuss respect at home, school, in the community and online.	Class Meeting #19
20	Peer Relationships Students will explore what it means to be trustworthy, how to find a trustworthy adult, and building trust through healthy	Class Meeting #20

	relationships	
21	Peer Relationships Students will identify positive nicknames, discuss the difference between negative and positive nicknames, and talk about strategies to drop a nickname.	Class Meeting #21
22	Peer Relationships Students will discuss how and when to set clear boundaries without being unkind or excluding others.	Class Meeting #22
23	Peer Relationships Students will discuss gender differences, identify similarities, and dispel myths and stereotypes.	Class Meeting #23
24	Cyberbullying Define cyberbullying and how it differs from bullying. Students learn/practice how to identify examples of cyberbullying and the importance of keeping confidential information.	Class Meeting #24
25	Cyberbullying How Do I Treat People Well When I Use Technology? Students learn about basic online courtesies.	Class Meeting #25
26	Cyberbullying How does it affect people? Students learn how to identify the effects of cyberbullying and how empathy can play a large role with those who are being cyberbullied. Students will also learn how to identify possible responses to cyberbullying situations and how to report.	Class Meeting #26