



Courage: Standing Up for Yourself and for Others to Bullying

Teacher Guide:

This guide includes:

- **Aims and Objectives of the Slideshow lesson**
- **A complete guide through each lesson offering Explanations of each slide, what you can say to the students as you work through each slide**
- **Questions you can ask to determine their grasp of the concepts and skills**
- **A listing of the handouts and the links for downloading them**

Aim of the Slideshow

The aim of this module is to help students understand bullying, its impacts, and how to handle bullying situations. The module focuses on building courage to stand up for oneself and others, fostering kindness, and teaching students the STOP WALK TALK strategy as a response to bullying.

Learning Objectives

- Define bullying and identify its various types.
- Recognize the reasons behind bullying behavior.
- Learn and apply the Sandy Lake Anti-Bullying Rules.
- Understand and practice the STOP WALK TALK strategy to manage bullying.
- Demonstrate kindness as a way to combat bullying.

Slide-by-Slide Guide

Slide 1: Introduction

- **Explanation**:** This slide introduces the module's theme, "Courage - Standing Up to Bullying," and the four lesson topics.
- **Narration**:** "Today, we're going to talk about what it means to be courageous when facing bullying. We'll explore what bullying is, why it happens, and most importantly, how we can handle it together."
- **Open-ended question**:** "What do you think it means to have courage when dealing with bullying?"

Slide 3: Module Overview

- **Explanation**:** Outlines the module's focus: understanding bullying types, Sandy Lake's Anti-Bullying Rules, and the STOP WALK TALK strategy.
- **Narration**:** "This module will teach us how to stand up against bullying. We'll learn about different types of bullying and specific ways to respond that align with our community values."
- **Open-ended question**:** "Why do you think it's important to have clear rules and strategies against bullying?"

Slide 4 : The Standing up to Bullying Worksheet

- This worksheet is aimed at helping the students to understand the concepts. The intent is to have them complete this Worksheet as you take them through the Slideshow
Here is the link to the Worksheet

Lesson 1: What is Bullying?

Slide 6-7:

- **Explanation**:** These slides introduce the concept of bullying and its types.
- **Narration**:** “Bullying is when someone repeatedly hurts, threatens, or intimidates another person. It can happen in many forms—let’s look at a few examples.”
- **Open-ended question**:** “Can you think of examples of bullying that you have seen or heard about?”
- **Handouts:** [Here is the link to the Types of Bullying handout](#)

Slide 10: Bullying Survey

- **Explanation**:** Encourages students to take a survey to reflect on bullying in their school.
- **Narration**:** “Your responses will help us understand the current situation at our school. Remember, being honest is important.”
- **Open-ended question**:** “Why might it be helpful to know what bullying looks like in our school?”
- **Handouts:** [Here is the link to the Survey](#)

Lesson 2: Why Do People Bully?

Slide 12-13:

- **Explanation**:** Discusses reasons behind bullying behavior.
- **Narration**:** “Sometimes, people bully because they are dealing with their own challenges. This doesn’t make it okay, but understanding why people bully can help us address it.”
- **Open-ended question**:** “What are some ways we could help someone who feels the need to bully others?”

Lesson 3: How will we Handle Bullying?

Slide 16: Sandy Lake Anti-Bullying Rules

- **Explanation**:** Introduces rules to prevent bullying and encourage a supportive environment.
- **Narration**:** “These rules are here to guide us in creating a safe, welcoming school. Let’s remember these steps as we go forward.”
- **Open-ended question**:** “How do you think these rules help prevent bullying?”
- **Handouts:** [Here is a link to the Bullying Rules handout](#)

Slides 17-21: STOP WALK TALK Strategy

- **Explanation****: Introduces and provides a story-based example of the STOP WALK TALK strategy through the story of Makwa.
- **Narration****: “When we face bullying, we can use the STOP WALK TALK method. Let’s hear how a young bear named Makwa used this approach to stand up for himself.”
- **Open-ended question****: “How might using STOP WALK TALK make you feel when someone is bullying you?”
- **Handouts**: [Here is the link to the STOP WALK TALK handout](#)

Here are language arts-style questions focused on the story of Clara in the STOP WALK TALK section. These questions encourage students to think critically about character, plot, and themes, while also connecting the story to the anti-bullying message.

Clara and the School Garden – Story Questions

1. What did Clara enjoy doing at school?

- a) Playing sports
- b) Working in the school garden
- c) Drawing in art class
- d) Reading in the library

2. How did the older students treat Clara and the garden?

- a) They helped her water the plants
- b) They ignored her completely
- c) They teased her and damaged the garden
- d) They asked her to teach them gardening

3. Who did Clara talk to about her problem, and what advice did she get?

Write your answer in one sentence.

Hint: Think about family and teachings.

4. What three steps did Clara use to deal with the bullying?

Write down the name of the strategy and explain what she did at each step.

5. What happened after Clara talked to Ms. Harper and shared how she felt?

- a) Clara got in trouble
- b) The bullies ignored her
- c) Sarah apologized and offered to help
- d) The garden was removed

6. What lesson did Clara learn about using courage to deal with bullying?

Write one or two sentences in your own words.

Sides 27 - 30

These are Teacher Slides that are hidden from the students:

These slides provide structured approaches for teachers to effectively respond to both observed bullying and student reports, as well as a reporting option for students.

Slide 27:

The STOP WALK TALK strategy needs to be taught.

Please use the specialized lesson at the end of the this Guide to teach STOP WALK TALK through Modeling and Role Play

Slide 28: When a Teacher Sees Bullying Behavior**

- **Content****: Instructions for teachers on responding to observed bullying behavior.
- **Teacher Notes****: Provides a list of scripted phrases teachers can use to interrupt bullying and harassment, aiming to establish a respectful environment. Examples include, “Your language is hurtful and offensive. Use another word.” Teachers are also given guidance on handling student escalation if they react negatively to corrective phrases, with statements like, “Here are your choices. You can choose to be respectful now, or we’ll need to have a longer discussion.”

Slide 29: **When a Student Reports an Incident**

- **Content****: Guidance for teachers on how to handle student reports of bullying.
- **Teacher Notes****: Teachers are encouraged to follow a “scripted support strategy” to show empathy, gather details, assess the situation, and help the student determine an appropriate next step. Key steps include saying “Thanks for telling me,” listening empathetically, and using reflective statements to demonstrate active listening. Teachers are advised to guide students on whether to file a report, speak to a counselor, or arrange mediation, while ensuring students understand the difference between tattling (getting someone into trouble) and reporting (getting someone out of trouble).

Slide 30: **Bullying Incident Report Form**

- **Content****: Encourages students to use a bullying incident form if they’re not ready to talk directly to an adult.
- **Teacher Notes****: Teachers are instructed to provide each student with a copy of the Bullying Report Form for their binders in the Courage section. A link to the report form is included:
[Here is the link to the Report Form](#)

Slides 31-37: Beating Bullying Through Kindness

- **Explanation****: Focuses on kindness as a way to combat bullying and improve school culture.
- **Narration****: “One powerful way to stop bullying is by showing kindness. When we show kindness, we build a strong, positive community.”
- **Open-ended question****: “What are some ways we can show kindness at school?”

Kindness Activity Materials to Print out:

- [Kindness Cards](#) - (K to 6) To use this resource, just print it off and cut out each suggestion. Either display one idea per day for each child to try to fulfill that act of kindness, or allow children to select

their own for an individual challenge.

- [A Simple Kindness Checklist](#) - Get the students to check off as many acts of kindness that they can do in two weeks. Have classes compare their progress and see who can get the most. Consider some prizes for the highest numbers.

STOP WALK TALK Modeling and Role Play Lesson

Here's a lesson plan for teaching the STOP WALK TALK strategy to address bullying. This lesson will help students recognize how to respond in a respectful but assertive way when they encounter bullying behavior. This lesson uses Modeling and Role Play to instill the strategy in the students

Lesson Objective

Students will learn and practice the STOP WALK TALK strategy to help them deal with bullying situations in a constructive and empowering way.

Materials Needed

- STOP WALK TALK posters or visuals for the classroom
- Sample bullying scenarios (can be written on cards or described by the teacher)

Lesson Outline

1. Introduction to STOP WALK TALK (10 minutes)

- Explain that STOP WALK TALK is a strategy to help people deal with negative behavior respectfully and safely.
- Briefly discuss each step:
- STOP: Face the person, put your hand out like a stop sign, and say "Stop" firmly.
- WALK: If the behavior continues, walk away to remove yourself from the situation.
- TALK: If walking away doesn't work, talk to a trusted adult or friend to get help.

2. Teacher Demonstration (10 minutes)

- Model each step for the students:
- STOP**: The teacher pretends to encounter bullying behavior, faces an imaginary person, holds up a hand, and says "Stop" firmly.
- WALK**: The teacher then demonstrates walking away calmly, explaining that removing yourself from the situation often diffuses it.
- TALK**: Finally, the teacher pretends to approach another teacher or friend and explains the situation to get help.
- Encourage students to observe the tone of voice, body language, and confidence in each step.

3. Student Role-Playing (20 minutes)

- Divide students into small groups or pairs. Give each group a scenario card with a situation where STOP WALK TALK could be used.
- Instruct students to role-play each step of the strategy in their assigned scenario:

1. One student acts as the person who uses STOP** to assertively address the behavior.
 2. They then practice WALK** by removing themselves from the situation.
 3. They finish by practicing TALK**, approaching a teacher or friend for support.
- Rotate roles within each group to ensure every student practices each part of the strategy.

4. Group Reflection and Discussion (10 minutes)

- Bring the class back together and discuss:
- What did it feel like to use STOP WALK TALK?
- Which step felt the easiest? Which was the hardest?
- How can this strategy help when facing unkind behavior?

5. Closing (5 minutes)

- Reinforce that STOP WALK TALK can be an effective way to handle challenging social situations and that practicing it can help students feel more confident.

Teacher Tip:

- Throughout the lesson, emphasize respect, assertiveness, and safety. Remind students that seeking adult help is a strong, responsible choice.

Scenarios

Here are some scenario cards for the STOP WALK TALK lesson. Each scenario presents a situation where a student might use the STOP WALK TALK strategy to address bullying or negative behavior. Print or write each scenario on separate cards to distribute among student groups.

Scenario 1

You're in the cafeteria, and a group of classmates starts teasing you about your lunch. They're laughing and making fun of the food you brought from home.

STOP - Tell them to stop.

WALK - Leave the table.

TALK - Find an adult to let them know what happened.

Scenario 2

A classmate keeps bumping into you on purpose in the hallway and laughing each time you stumble. It seems like they are doing it just to embarrass you.

STOP - Hold up your hand and tell them to stop.

WALK - Walk away to avoid them.

TALK - Talk to a teacher or counselor about the situation.

Scenario 3

During recess, a group of students is leaving another student out of a game, making mean comments about their clothes. You're nearby and see this happening.

STOP - Stand up for the student by telling the group to stop.

WALK - If they don't stop, walk away with the student who was being left out.

TALK - Tell an adult what happened so they can check in.

Scenario 4

A classmate behind you in line for lunch keeps making fun of the way you look. They whisper comments just loud enough for you to hear, trying to hurt your feelings.

****STOP**** - Turn to them and say, "Please stop."

****WALK**** - Move to another part of the line if possible.

****TALK**** - Inform an adult if it continues.

Scenario 5

You're on the bus, and someone sitting next to you starts calling you mean names and tries to grab your backpack.

****STOP**** - Firmly tell them to stop.

****WALK**** - Move to another seat or away from them if possible.

****TALK**** - Report the behavior to the bus driver or another adult.

Scenario 6

A student in your class keeps taking things from your desk and hiding them, then laughing when you can't find them. You're getting frustrated.

****STOP**** - Tell them to stop taking your things.

****WALK**** - Walk to another part of the room if you need space.

****TALK**** - Let your teacher know what's going on.

Scenario 7

While playing a game in PE, a classmate pushes you and says you're not good enough to play. They keep making negative comments whenever you make a mistake.

****STOP**** - Hold up your hand and say, "Stop talking to me like that."

****WALK**** - Move to another area of the gym or play with someone else.

****TALK**** - Share what happened with the PE teacher.

Scenario 8

During a group project, one of the students keeps criticizing your ideas and tells you that you're not smart enough to help. They laugh whenever you suggest something.

****STOP**** - Look at them and say, "Please stop saying that."

****WALK**** - Take a break and work on another part of the project.

****TALK**** - Ask the teacher if you can work with someone else if it continues.

Each of these scenarios provides students with a chance to practice each step of the STOP WALK TALK strategy and adapt it to different types of situations.