

Stop Bullying and School Violence

**Developed by Victoria Rudyakov
for 10th/11th grades 4/5 points**

Lesson Plan:

Show students a picture of the news headlines:

Boy, 10, dies after falling from 6th-floor balcony

<https://www.timesofisrael.com/boy-10-killed-after-falling-from-6th-floor-balcony/>

Facebook Bullying Seen as Culprit in Teen's Suicide

<https://www.haaretz.com/1.5104171>

1. Pre-reading activity

Class discussion:

- a. Is bullying in school a part of your everyday life? Do you know students who are being bullied? Why do you think kids are bullied?
- b. How do you identify bullies? (Intimidate, victim)
- c. How did you react to being bullied yourself or as a bystander (witnessing bullying)? (Active bystander)
- d. Why do you think bullies torment others? How do they feel when they intimidate their victims?
- e. What can we as individuals and as a community do to stop bullying? (Whole school approach to countering bullying)

2. Read 8 girls' bullying horror stories:

<https://www.seventeen.com/life/real-girl-stories/a22546961/real-bullying-stories/>

Which story touched you most?

3. Watch a 5-minute video about ways to stop bullying

https://www.youtube.com/watch?v=ynTuA_tIZDE

Task: What is the 4-step method to boost your self-confidence and stop a bully?

4. **Listen to Shane Koyczan's** Ted Talks "To This Day.... For the bullied and beautiful"

https://www.ted.com/talks/shane_koyczan_to_this_day_for_the_bullied_and_beautiful?language=en

Summing Up Activities

1. Write a letter to Yotam Tamir apologizing from all of us for what happened to him.
2. Write a letter to a bully telling him about the price his victims pay and try to persuade him to stop.
3. Write an imaginary dialogue with the killed boy asking him about his awful experience and suggest ways of overcoming the situation and seeking help.
4. Write a newspaper article to a school magazine about the qualities of respectful relationships (friendships), communicating online and being reasonable and ethical when online.
5. Write a school manifest against bullying stating what is acceptable and what behavior is forbidden in interpersonal relations both in live communication and online.
6. Write an imaginary dialogue between Yotam and the school psychologist/his mom/dad/friend/relative about the situation and give him advice about how to cope with the situation.