Ways to Stop a Bully

Note: The video below will be shown in segments - each time the video pauses, follow the directions on the screen and help your students complete each task. Students may need paper to write down their responses to the video or groups can just discuss answers.

1. Get group into a circle and review the purpose and goals of the class meeting.

Say: **Today we are going to talk about ways we can stop a bully?** Review each rule and what each rule means with your group

* **I will not bully others**
* **I will help others that are being bullied**
* **I will include students that are left out**
* **I will tell an adult when I know someone is being bullied**

Say: **Now we are going to watch a short video and discuss ways to stop a bully.**

1. Watch video and pause when is says pause.

[Ways to Stop a Bully](http://www.youtube.com/watch?v=ynTuA_tlZDE&feature=player_embedded#at=90)

Questions to answer - **What makes you stand out from the crowd?**

**Who is someone you can talk to if you are being bullied?**

**Are there any other tips to stop a bully you want to add?**

1. Have students make a paper chain to decorate the room.

Have students write what makes them special on a link of paper and staple them together to form a chain. Stress how each link makes our class who they are. Students should share with classmates. **Did you find anyone who shares any special characteristics?**