**What is Bullying and What Are Our Rules?**

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

Say: **Today you will be talking about what bullying means and our four anti-bullying school rules.**

1. What is Bullying?

**A person is bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending himself or herself.**

**In simple terms... bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.**

Discuss this with your group for 3-5 minutes: sample topics below

* Have you witnessed this?
* Have you been a part of this?

1. Say: Now we are going to talk about our anti-bullying school rules. **Can anyone think of any of our anti-bullying school rules? What do each of these rules mean to you?**
   * I will not bully others

**What is the difference in bullying and teasing or playing rough**? Emphasize that the student who is targeted generally is entitled to determine if he or she is being treated unfairly or not. Explain that everyone has a right to their feelings, and it’s important to let others know that you don’t like what they’re doing and you expect them to stop.

* + I will help others that are being bullied

Ask: **What are some ways you could help students who are being bullied?** Allow several students to respond. If they don’t mention the following, add them as well:

Intervene directly by telling the student who is doing the bullying to stop.

Get help from an adult. (best option)

Be a friend. Stand alongside the person who is being bullied.

Don’t join in on the bullying.

* + I will include students who are left out

Ask: **What does this rule mean?** Allow several students to respond.

Say: **Another way to say this rule is that “Everyone should have someone to be with.” Think about ways you could include everyone.** Allow students to share

* + I will tell an adult when I know someone is being bullied

Ask: **Think for a moment to yourselves . . . which adult(s) at school could you talk to if you or another student is being bullied?** Remind students that every adult in your school has pledged to take bullying seriously and to do something about it if they are told it is occurring. This is not “tattling” you are doing the right thing.

1. Watch the following video with your students: Cypress High School – Who do you think you are?
2. <https://www.youtube.com/watch?v=cFMr2Xi3VLk>

Remember to point out that everyone is responsible for working together to prevent bullying. Like the students in the video we will make a promise to stop bullying in our school and in our community.

1. Talk about the video and congratulate students of participating in their class meeting.
2. Have your class sign our school’s {I am ONE} banner.