

Outline for the Class Meeting about Rule 1

## We Will Not Bully Others

**Estimated time:**

40 minutes; divide this into two sessions if you are working with younger students

**Note:**

This class meeting outline is designed for students in elementary school. Introduce this rule to students at their developmental level.

For example, if you are working with students in middle school/junior high school, you may want to use different examples of bullying, besides teasing. Excluding people from a group, physically hurting someone, or calling them hurtful names are possible examples. Also show a scenario from the Teacher Guide DVD that depicts a bullying situation.

1. Get students into their class meeting circle.
2. Review with students the purpose of class meetings and the ground rules for their discussion. Hang the class meeting ground rules poster where all the students can see it.
3. Say: **Today, we'll be talking about the first rule against bullying. Who remembers the first rule we discussed at the kick-off assembly?**

**Rule 1: We will not bully others.**

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bully others.

4. Ask: **What is bullying?**  
Encourage students to recall the definition discussed during your first class meeting.  
Remind students that bullying is being mean or hurtful on purpose, it happens over and over again, and it involves an imbalance of power. Younger students may only understand this imbalance of power as a bigger-smaller issue. With older students, help them understand that there can be an imbalance of power that has to do with social status or power within a peer group too.
5. Show an example of bullying by playing a scenario on the Teacher Guide DVD.
6. When you are done watching the scenario, ask:  
**What are other examples of bullying?**
7. Ask: **What are the differences between bullying and rough-and-tumble play? Between bullying and fighting?**

You introduced this idea in your first class meeting. Acknowledge that it may be difficult sometimes to know whether a behavior is bullying, rough-and-tumble play, or fighting. (See document 3 on the Teacher Guide CD-ROM for an overview of the differences. Share some of this information with the students.)

Again emphasize that bullying is intentional, is repeated, and happens when there is an imbalance of power. Note that bullying and fighting are *both* against your school rules. Rough-and-tumble play (depending on where it takes place and how rough it becomes) also may not be allowed.

8. Discuss the differences between good-natured teasing (or kidding) and bullying.  
Ask: **How many of you have ever teased someone or been teased by someone in a way that was in fun and not bullying?**  
Allow several students to respond.
9. Ask: **How many of you have ever been teased by someone in a way that hurt your feelings and was not in fun?**  
Allow several students to respond.
10. Ask: **How can teasing turn to bullying?**  
Allow several students to respond. Explain that sometimes teasing goes too far and people's feelings get hurt. Sometimes "it was just for fun" or "I was just kidding" is an excuse that students use when bullying others. If someone's feelings are hurt by teasing or name-calling; then it isn't "in fun"—it's bullying.
11. 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.
12. Ask: **What are some things you could say if you are being teased or called a name you don't like?** Allow several students to respond. Remind them that inappropriate language or retaliation are not positive options.
13. Remind students that if someone tells them to stop a behavior that is hurtful, then they need to stop. When students continue to tease someone when they know it is hurtful, then it becomes bullying.
14. Ask: **What could you do if someone is bullying you? Who at school could you tell?**

Emphasize that dealing with bullying should not be left up to the students themselves. Stress the importance of telling an adult.

15. Summarize your discussion by saying that everyone in your school is learning about this rule. This rule applies everywhere at school. No matter where students are—in this classroom, in the hallways, in the lunchroom, restrooms, or playground/athletic fields. This rule applies everywhere. It also applies on school buses and should be followed as well in students' neighborhoods.
16. Let students know that all school staff will be enforcing this rule. Explain the negative consequences that will occur if bullying is seen or reported. Talk about the positive consequences that will happen if students take a stand against bullying.
17. If time permits, open the meeting up for further discussion. Ask students if they have any questions about what they've just learned.
18. Close the meeting by congratulating students for working hard at understanding this important rule.

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For example, talk about how to intervene in bullying situations in ways that are realistic for the age of your students. For students in middle school/junior high school, stress that students should find nonviolent ways to help a student who is being bullied.

Outline for the Class Meeting about Rule 2

## We Will Try to Help Students Who Are Bullied

1. Get students into their class meeting circle.
2. Review with students again the purpose of class meetings and the ground rules for their discussion. Hang the class meeting ground rules poster where all the students can see it.
3. Say: **Today, we'll be talking about the second anti-bullying rule. Who remembers the first rule?**

**Rule 1: We will not bully others.**

4. Ask: **Who can define bullying for us? What are some examples of bullying?**  
Allow several students to respond.

5. Ask: **Do you remember the second anti-bullying rule that was talked about at our school's kick-off assembly?**

**Rule 2: We will try to help students who are bullied.**

6. 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.
- Be a friend. Stand alongside the person who is being bullied.
- Don't join in on the bullying.

**RULE 1:**

We will not bully others.

**RULE 2:**

We will try to help students who are bullied.