

# SCRIPT

## Kindergarten - Health TEKS 115.2

(A) identify bullying behaviors and the role of the bystander;

(B) identify replacement behaviors ways to discourage avoid bullying;

(C) describe appropriate actions to take in response to bullying such as telling family or a parent or trusted adult.

### Slide One

*Introduce yourself to the students if they don't know you.*

Hello friends! Today we have something very important to talk about: Bullying.

### Slide Two

Our goal today is to learn how to identify bullying behaviors and know what to do when we see bullying.

### Slide Three

What is a bully? What does it mean when we say someone is being a bully?

*Invite the students to respond. Answers will vary, but the goal of the question is to get the students engaged in thinking about the concept of this lesson.*

### Slide Four

What are some examples of bullying behaviors? *Allow students the opportunity to share their thoughts on what bullying behaviors are.*

### Slide Five

Now we are going to talk about the difference between being mean and being a bully. Sometimes, when things aren't going right, people can be mean to one another. But when people choose to be mean to the same person over and over again, that's bullying.

### Slide Six

If you see someone being bullied, what should you do? You should be an upstander. Say that with me: UPSTANDER. *Have students say it out loud, together.*

### Slide Seven

What is an upstander? What do you think that means? *Allow students time to guess what an upstander is.*

### Slide Eight

Superheroes are upstanders... and aren't you all superheroes in training? We'd better learn how to be an upstander, then!

### Slide Nine

An upstander is someone who takes action when they see bullying. Tell your friend next to you what an upstander is. "An upstander is someone who takes action when they see bullying." Tell that to your friend next to you. *Give students time to verbalize the definition to a nearby friend.*

### Slide Ten

How can you be an upstander? Let's take a look at the FOUR ways you can stop bullying. How many? Hold up your fingers to show me. Yes, FOUR.

*Push play to start the video.*

*If the video doesn't start, the link is: <https://www.youtube.com/watch?v=eeqQCyoCPg>*

### Slide Eleven

How can you be an upstander? Let's review the FOUR ways. Does anyone remember? *Give students an opportunity to respond.*

### Slide Twelve

Movement Activity Slide

Let's review the four ways to be an upstander. For each one, there is **a special superhero signal** to help you remember. I'm going to demonstrate the superhero signal first, and then we're all going to do it together. Are you ready?

Number 1: Be a buddy. What does it look like to be someone's buddy? *Give students an opportunity to respond. Demonstrate the superhero signal for "Be a Buddy" (pictured below; this one is a movement of the arm that suggests, come join me. You could also have kids put their arm around another student's shoulders if they're comfortable with close contact). Have students practice the superhero signal as you repeat the words, "Be a buddy."*



Number 2: Interrupt. What does that mean? What does it look like to interrupt a bully?

*Give students an opportunity to respond. Demonstrate the superhero signal for "Interrupt" (pictured below). Have students practice the superhero signal as you repeat the words, "Interrupt."*



Number 3: Speak out. What does that mean? What is something you can say to speak out to a bully?

*Give students an opportunity to respond. Demonstrate the superhero signal for "Speak out" (pictured below). Have students practice the superhero signal as you repeat the words, "Speak out"*



Number 4: Tell someone. Who should you tell? Who should you tell if the bullying happens in class? Who should you tell if the bullying happens in the cafeteria? Who should you tell if the bullying happens on the playground? Who should you tell if the bullying happens outside of school?

*Give students an opportunity to respond after asking each of these questions. Demonstrate the superhero signal for "Tell someone" (pictured below). Have students practice the superhero signal as you repeat the words, "Tell someone."*



### **Slide Thirteen**

Using your superhero powers, YOU can stop bullying! If you see someone behaving like a bully, you should always tell a trusted adult, like a teacher, or a principal, or your parents.

Our learning goal for today was to be able to identify bullying behaviors and know what to do when we see bullying. Did we reach our goal? Do you know what bullying is? Let students respond. Do you know what to do when you see bullying? Let students respond.

Wow! We learned a lot today. I am going to check back with <Insert classroom teacher's name> soon to find out how well everyone is being an upstander! Before I go, can we sing the superhero song again? Should we dance like superheroes, too?

### **Slide Fourteen**

*Play the "Be a Superhero" music video.*