

2020-2021 Texas Bullying & Cyberbullying Presentation

Presentation Script – 2nd-3rd Grades

SLIDE 1 – This slide shows while students arrive/get settled

SLIDE 2 – When you start speaking

- Today's presentation was created by David's Legacy Foundation, whose goal is to stop cyber and other forms of bullying. Does anyone know what cyberbullying is? (*Ask students for input.*) Cyberbullying is bullying others online through a device such as a phone, an I-pad, or a computer.
- The work being done to STOP bullying is **important to me because... (can add a personal story about you or your school – etc.)**
- Today we are going to talk about the importance of what we say to each other - and how treating ourselves and others with kindness can create a much better world, both online and in person.

SLIDE 3

- In our time together we are going to learn 3 important things:
 - **Click 1** Understand that "Words Can Hurt"
 - **Click 2** Learn the difference between rude, mean, bullying, and kind
 - **Click 3** Know the importance of being kind, standing up for someone else, and taking care of YOU!

SLIDE 4

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- How can our words help? What if someone said to you, “You have a nice smile,” or “You are so nice,” or maybe even “Thank you for being kind to me.” How do those words feel? They help!
 - **Click 1** Real heroes use kind words and compliments to help!
 - **Click on Audio Clip** (a short superhero music clip will play)

SLIDE 5

- Our words can also hurt. Let’s take a minute to think about a time that someone used their words to hurt your feelings. Give me a thumbs up if that has ever happened to you. Not a great feeling, right? (Allow a few students to share how they felt if applicable)
 - **Click** Today we are going to read part of my favorite books “What if Everybody Said That?” by Ellen Javernick

Real heroes

- *OPTION 1* – So good to see many of you are familiar with this book – I’m excited to revisit this book with you.
- *OPTION 2* – Not many thumbs – which makes me even more excited to share this book with you today.
- As we read this book, I want us to be think about how our own words and actions can hurt others.

SLIDES 6-14 (Read book while changing slides)

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- WOW! What **IF** everybody said things like this in our school? How would you feel if you were in a classroom that had kids talk this way to each other? (*Ask for answers if applicable*)

SLIDE 15

- Sometimes we might say words to someone or even type words to them online without thinking first! And those words are not nice and were probably hurtful. Later we realize, “Oh No! I should not have said that!”
- Sometimes those words or actions can be RUDE or MEAN and sometimes they can even be BULLYING!
- Today we will learn the difference between RUDE, MEAN, BULLYING AND KIND.

SLIDE 16

- So, what is RUDE?
 - **Click 1** When someone **accidentally** says or does something hurtful, maybe once or twice.
 - **Click 2** When it's not really mean on purpose, it's just annoying!
 - **Click 3** Some examples are:
 - Burping at the lunch table
 - Bragging
 - Cutting in line
 - Being bossy

SLIDE 17

- How is MEAN different?
 - **Click 1** When someone says or does something hurtful **on purpose**, once or maybe twice
 - **Click 2** When asked to stop, **they stop**
 - **Click 3** Here are some examples of MEAN:

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- “You are dumb”
- “Get away from us. You can’t play”
- “Those glasses make you look funny”
- Mean can be making fun of someone, calling them a name, or leaving someone out on purpose. Mean words and actions hurt.

SLIDE 18

- How do you know when Mean becomes Bullying?
 - **Click 1** When someone says or does something MEAN on purpose
 - **Click 2** They do it over and over and **don’t stop**, even if they know it is hurting your feelings or if you ask them to stop
 - **Click 3** The person being bullied is scared because they don’t know what to do
 - **Click 4** Some examples of BULLYING:
 - “You are dumb”
 - “Get away from us. You can’t play”
 - “Those glasses make you look funny”
- Wow! Those are the same examples we used for MEAN! So how do you know when MEAN turns into BULLYING? Bullying is when the person does not stop when asked and they keep being mean over and over. They are mean to someone even if they know they are hurting them! They sometimes feel cool and powerful, so they keep bullying.

SLIDE 19

- What is cyberbullying? *(Ask for student responses)*
 - **Click 1** Using technology to bully
 - **Click 2** Some examples are: *(read examples)*
 - **Click 3** *(Picture)*

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SLIDE 20

- This is my favorite slide KIND! Kind is super cool! It's KIND:
 - **Click 1** When we care about others
 - **Click 2** When we think about another person's feelings
 - **Click 3** When we help others
 - **Click 4** When we are still kind, even when others are not
 - **Click 5** Who has been kind to you today? Have you been kind to someone else? *(Ask for examples if applicable)*

SLIDE 21

- Okay, let's see what we have learned!
- I'm going to give you an example of a situation. After I share the example, I am going to ask you to tell me if it is "RUDE", "MEAN" or "BULLYING"
 - Trinity and Felicity tell Maria at lunch: "you're ugly" - "you're dumb." Maria asks them to STOP- but Trinity and Felicity keep saying mean things every time they see her.
 - *(Ask for a student response for either rude, mean, bullying)*
 - This is...**CLICK** - BULL YING because 2 girls were being mean on purpose, over and over, and they did not stop.
 - If you were sitting at the table what could you have done to be kind? (Share examples)

SLIDE 22

- Keisha won the jump rope competition in PE. Miguel said to her, "I can't believe you won because I'm better at jump roping than you!"
 - *(Ask for a student response for either rude, mean, bullying)*
 - This is... **CLICK** – RUDE because Miguel is bragging.
 - What could Miguel have said that was kind? (Share examples)

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SLIDE 23

- On the bus Marcos says to Joe, “Did you forget to comb your hair? It looks terrible! Joe tells Marcos, “That wasn’t very nice. Please stop saying that. Marcos says he is sorry and stops.
 - *(Ask for a student response for either rude, mean, bullying)*
 - This is.... **CLICK** – MEAN because Marcos stops when asked because he realized he was hurting Joe’s feelings.
 - What could Marcos say to Joe on the bus that is KIND instead? (Share examples)

SLIDE 24

- Real Heroes use words to HELP not to HURT. Can your words and actions make a difference?
- So, let’s move into the most important part – what YOU can do to make the playground, your classroom, your home, AND your online world a kinder place!

SLIDE 25

- We KNOW that “Heroes Use Words to Help” – Not to hurt.
 - **Click 1** – Heroes use words to “BE KIND” as we have already learned
 - **Click 1** – Heroes also use words to “BE AN UPSTANDER”
 - **SLIDE 26C** – Heroes also use words to “TAKE CARE OF YOURSELF”

SLIDE 26

BE KIND

- Be Kind to you – Did you know that you can actually be kind to yourself? How in the world can you do that? *(Possibly ask students to respond if applicable)*

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- One way is to think positive thoughts about yourself!
 - Let's read some of these positive thoughts together (*Read some of the **I AM** examples*)
 - Pick out one of these or another positive thought and say it out loud in your head!
 - Who wants to share a positive **I AM** thought?
 - Remember – YOU MATTER!
- If someone is saying hurtful and mean things to you - ask them to stop or tell an adult. You deserve to be treated with kindness!

SLIDE 27

BE KIND TO OTHERS

- Remember to tell others positive things too! Complimenting others helps to spread kindness!
- Some things you could say are: (*Read some of the **YOU ARE** statements*)
- Think of a time that you said or did something kind recently. Would anyone like to share and example?
- Instead of using words that hurt, use kind words and give away compliments... Heroes Use Words to Help!
- If you think about it, if we could all be kind to others... kindness might just take over!

SLIDE 28

STAND UP FOR SOMEONE ELSE

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- What if you see someone being rude, mean, or maybe even bullying someone else?
- If you stand by and do nothing, what is that called? (Ask for student responses)
 - **CLICK** It is called a BYSTANDER.
- A bystander stands by and does nothing and does not try to stop the person who is being mean! Is this ok? No! It can actually make things worse!
- Instead of being a bystander we should all try to be _____?
(Ask if anyone knows what the opposite of a bystander is)
 - **CLICK** An UPSTANDER!
- **Be an Upstander!**
- What is an upstander? (Possibly ask for responses)
- An “upstander” is someone who does something about rude, mean or bullying behavior. An upstander is a HERO that is KIND.

SLIDE 29

UPSTANDERS ARE THE REAL SUPERHEROES

- How can we be an upstander?
- Speak up and say something! It could sound like this, “Please be nice to her.” “Please don’t hurt his feelings like that.”
- You could also help the person getting picked on by being kind. You could say, “Come over here with me! Let’s go play soccer with the others.”
- If you don’t know what to do or feel scared to speak up, then tell an
- adult! It is ok to ask for help!

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- I understand that speaking up can sometimes be hard. Being an upstander takes a lot of courage. Remember, upstanders are the real heroes!
 - **Click on Audio Clip** (*Superhero music clip plays*)

SLIDE 30

TAKE CARE OF YOURSELF

- What makes you feel happy?
- What makes you feel sad, or scared?
- Do any of the kids you play with or the activities you do online make sad or even scared?
- If we find ourselves feeling scared or sad then we need to consider taking a break. Play with a new friend, try a different activity. Talk to an adult.
- You are important and you matter!

SLIDE 31

- That was a lot of information in a short period of time! Today we learned about 3 important things:
 1. Understand that “Words can Hurt”
 2. Learn the difference between rude, mean, bullying, and kind
 3. Know the importance of being kind, standing up for someone else, and taking care of YOU! – And what you can do starting RIGHT NOW to be kind.

SLIDE 32

- **Click on Audio Clip** (*Allow clip to play then ask...*)
- Final Thoughts

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- Do you want to be a Kindness Hero at your school?
 - Kindness Heroes are:
 - Kind
 - Caring
 - Upstanders
 - What else? *(Ask for input from students)*
- What can I do to help spread kindness and stop rude, mean, or bullying behaviors?
 - You can invite someone you do not always play with to play with you at recess.
 - You can share your scissors or crayons with another student.
 - Any other ideas? *(Ask for input from students)*

SLIDE 33

- Always remember to be also **“Be Kind Online”**
 - This special sticker was designed by David’s Legacy Foundation to put on your phones and devices to remind us of this!
 - (If students are receiving stickers, talk about that here)