

2020-2021 Texas Bullying & Cyberbullying Presentation

Presentation Script – 4th-5th 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.
- 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

- Over the next 30-minutes we are going to talk about 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

- **Click 1** Give me a thumbs up with your right hand if you ever play games online with your friends? Any Fortnite players out there?
- **Click 2** (thumbs up)
- Keep those right thumbs in the air.

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- **Click 3** Now, if you have a phone, tablet, or another device where you can text or chat with your friends – show me a thumbs up with your left hand.
- **Click 4** (*thumbs up*)
- WOW – That’s a lot of thumbs!
- Thank you – you can put those hands back down.
- **Click 5** We know that kids your age spend time talking with friends through online games or texting. In fact, did you know that kids, ages 9-12, on average, spend 4.5 hours per day – that’s approximately 31.5 hours per week, talking or playing games in their “online world?”
- **Click 6** What if you spent 31.5 hours per week doing chores around the house like cleaning your room? You would have one happy mom or dad that’s for sure!

SLIDE 5

- We’re not here to talk about cleaning our rooms, we’re here to talk about our daily interactions with others. The times we spend with our friends in person, like at lunch or recess or online, like playing games, texting or sharing pictures from our phone or device.
- But, here’s the thing – whether you are talking in-person or online, the words YOU choose to use are important. Your words can build others up or they can wound.
- No matter where the words are used – in-person, or online – rude, mean, and bullying words can wound – and they are never acceptable.

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- I'm going to share a short video with you. This video tells the story about a boy close to your age that is being cyberbullied. What is cyberbullying?
(Allow for student responses)
- Let's take a look at the video this young man created where he shares a very important message with us – words CAN wound.

SLIDE 6 - PLAY VIDEO

SLIDE 7

- Wow, this video is powerful. Let's spend a couple minutes talking about how words can wound, just like a punch in the face or a broken bone.
- Why did the author of the video show us the boy with a bloody nose, a hurt eye, and with a broken arm?
- What do you think is more painful, physical hurt or heart hurt?
- What did you learn from the boy's story? *(Ask for responses)*

SLIDE 8

- What are 3 things that we learned from the video that we should do if faced with cyberbullying
 - **Click 1** Stop
 - **Click 2** Block
 - **Click 3** Tell
 - **Click 4** Cyberbullying hurts. Watch what you post.

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SLIDE 9

- I think we can all agree that sometimes words come out of our mouths – or shared in a message online - too quickly. We say something we later know we shouldn't have.
- Sometimes the words or actions we use can be rude, sometimes they can be mean, and sometimes... they can be bullying. Today we will learn the difference between RUDE, MEAN, BULLYING and KIND

SLIDE 10 It's RUDE

- **Click 1** When someone **accidentally** says or does something hurtful and they do it ONCE or maybe TWICE – that's RUDE
- Sometimes these acts are more **annoying** and not meant to hurt
- Being rude is usually unplanned
- Some examples are:
 - **Click 2** Burping out loud at the lunch table
 - Cutting in line
 - Bragging
 - Getting into personal space

SLIDE 11 It's MEAN

- **Click 1** When someone says or does something hurtful **on purpose**, once or maybe twice, and when asked to stop, they stop – that's MEAN
- Sometimes we say or do these things when we feel angry, upset, or jealous and we say mean things because of our

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feelings. Being mean can be name calling or making fun of someone.

- Being mean is usually planned
- **Click 2** Some examples are:
- “You are so weird”
- “I hate you”
- “Those glasses make you look funny”
- Being mean is unkind. Mean words or actions CAN turn into bullying and we are going to learn how on our next slide.

SLIDE 12 It's BULLYING

- **Click 1** When someone uses their **power** to hurt someone on **purpose** and it **keeps happening** even when you tell them to STOP or show them that you're upset – that's BULLYING.
- BULLYING can look like and sound like mean behavior – but bullying is when these things are said, you have asked the person to stop, and they continue anyway.
- **Click 2** Some examples are:
- “You are so weird”
- “I hate you”
- “Those glasses make you look funny”
- The same mean words we looked at in the slide before can turn into bullying if it keeps happening over and over and the person being bullied can't stop it or feels scared.

SLIDE 13

- Here is a way to see if bullying is happening to you, someone you know, or maybe if you think you might be bullying someone else.
- There are 3 P's for bullying: Purpose, Pattern, and Power. Bullying is done on **Purpose**. It is not unplanned or accidental. Bullying has a **Pattern**. It is

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done over and over even though the other person is hurting. Bullying is about **Power**. The person being cruel has more control over the person being targeted. The person uses his power to hurt and the target feels helpless and often does not know what to do.

- Okay, I think we have these definitions down! Let's check our knowledge.

SLIDE 14

- This is my favorite slide...KIND! Kind is always cool. It's KIND when:

Click 1 When we care about others

Click 2 When we think about another person's feelings

Click 3 When we help others who are in need

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 lately? *(Allow for students to share examples)*

SLIDE 15

- 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"
- Please raise your hand or give me a thumbs up if you know the answer.
- Trinity and Felicity send text messages to Maria. They call her "weird", "ugly", and "dumb". Maria asks them to STOP – but Trinity and Felicity keep sending the hurtful messages.
 - *(Ask for student response)* **Click 1** – BULLYING
 - Was this on purpose? Yes
 - Was there a pattern? Yes
 - Was there power involved? Yes (2 girls against one)

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- What could you do to help Maria if you knew this was happening? (*ask for student responses*)

SLIDE 16

Tim and Juan are playing basketball at recess. When going to catch the ball, Tim accidentally knocks Juan down and he falls and hurts his knee. Tim tells Juan, “I told you I was a better basketball player than you!”

- (*Ask for student response*) **Click 1** – RUDE
- Was this on purpose? No
- Was there a pattern? No
- Was there power involved? No
- What could Tim have said that was kind instead? (*ask for student responses*)

SLIDE 17

At lunch Marcos says to Kristin in front of everyone, “Did you forget to fix your hair? It looks terrible.” Kristin tells Marcos, “That wasn’t very nice. Stop saying things like that to me.” Marcos apologized and stopped.

- (*Ask for student response*) **Click 1** –MEAN
- Was this on purpose? Yes
- Was there a pattern? No
- Was there power involved? No
- Even if Marcos thought Kristin’s hair looked terrible, what could he have said kind instead? (*ask for student responses*)

SLIDE 18

- This is great – I really feel like every one of you has a better understanding what it means to be: RUDE, MEAN or BULLYING

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- It is important to remember that Heroes Use words and actions to Help, not to Hurt.

SLIDE 19

- 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!
- Here are some ways that we can use our words and actions to help, not hurt.
 - **Click 1** – “BE KIND”
 - **Click 2** – “BE AN UPSTANDER” (we will learn more about this word shortly!)
 - **SLIDE 18c** – “TAKE CARE OF YOURSELF”
- You are fully capable of inspiring and motivating people to do good in this world. Your voices are so powerful! Even though you are just a kid, how many of you believe that you can make a difference? (*Show thumbs up*)

SLIDE 20

- Did you know you can actually be KIND to yourself?
- How can we be kind to ourselves? (*Ask for student responses*)
- Remember – YOU MATTER!
- You have value, you have worth, you have gifts.
- Find something on this slide that you are proud of and say it in your head to yourself.
- Who would like to share? (*Ask for student responses*)

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- Remember your life matters. If someone is saying hurtful and mean things to you or maybe even bullying you, tell someone you trust.

SLIDE 21

- Speak kindness and positivity to others!
- Kindness is an action
- Be a good friend
- Use words for good
- Apologize
- Hug those you love
- Be an UPSTANDER
- Does anyone know what an upstander is? *(Allow for students to response)*
- Our next slide will talk about one of the most important jobs you have and that's how to be an upstander.

SLIDE 22

- If we see bullying or cyberbullying and just stand by and do nothing, what is that called? *(Get answers from the group)*
 - **Click 1** A BYSTANDER - someone who does not join in and participate when they see others mistreat or bully someone, but they stand by and do nothing to help .
 - Is it ok to be a bystander?
 - No! It makes the problem worse. Bystanders actually give the person bullying more what? It's one of our 3P's. *(Ask for student responses)*
 - **POWER!**
 - **Click 1** Don't be a bystander, speak up!

SLIDE 23

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- What is the opposite of a BYSTANDER? (*Ask for student responses*)
- **Click 1** An Upstander! An upstander is someone who speaks out when they see or hear someone being rude, mean or bullying someone else.
- Being an upstander takes a lot of courage and I'll bet we have a lot of brave hearted students in this room today.
- I understand that speaking out can be difficult. But being an upstander is one of the most important jobs that you have.
- You can also be an upstander by telling an adult that you trust. It is ok to ask for help if you don't know what to do.
- (*Allow students to share "upstander stories" if applicable*)

SLIDE 24

- Take care of yourself! One thing I know for sure is that we all need, adults and kids, is a healthier internet. What I want you to think about is how YOU can be mentally healthy online.
- Can spending too much time on social media be healthy or should we try to balance it with doing other things?
- We all need to be mindful about how social media makes us feel and if we find ourselves not doing well or feeling insecure or sad then we need to consider taking a break from it.
- If one of your friends that you spend time with makes you sad or upset rather than happy, it might be time for a break. Pick a new friend that makes you feel good about yourself.
- Talk to an adult you trust if your social media interactions or friendships ever make you feel sad or upset.

SLIDE 25

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- That was a lot of information in a short period of time. Let's do a quick recap - Today we learned about 3 key things:
- Understand that “Words can Wound”
- Learn the difference between rude, mean, bullying and kind behaviors.
- 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 26

- How do you want to be known at your school?
 - As someone who is kind?
 - Caring?
 - Stands up for others?
- What can I do to help spread kindness and stop bullying? (*Ask for student responses*)

SLIDE 27

- Always remember to 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)