



Tompkins County Bullying Prevention Task Force

School Activities to Promote Bullying Prevention

September 2024

Suggestions for School Activities to Promote Bullying Prevention

School-Wide Activities:

Sponsor a walk or a run.

Register your school as a [Champion Against Bullying](#).

Hold a [pledge-signing event](#).

Invite students to wear Blue in solidarity with World Bullying Prevention Day and National Bullying Prevention Month.

Hold an all-school assembly featuring speakers, a film, or other activities. (See lists of specific ideas in this packet)

In-Classroom Activities:

Show videos about bullying, tolerance, and respect. (See lists of specific ideas in this packet)

Offer classroom Upstander activities that address each student's self identified role on the bully circle (See Upstander activities and Bully Circle in this packet)

Organize classroom book read (see bibliographies in this packet)

Invite students to conduct Internet or library research, such as looking up types of bullying, how to prevent it, and how kids should respond.

Invite students to make presentations, such as a speech or role-play on stopping bullying.

Initiate discussions about topics like reporting bullying.

Organize a creative writing project, such as a poem speaking out against bullying or a story or skit teaching bystanders how to help. (Could be done as a contest.)

Invite students to create artistic works, such as a collage or a poster about respect or the effects of bullying. (Could be done as a contest.)

Initiate classroom discussions to talk about peer relations.

Resources with Suggested Activities:

StopBullying.Gov

<https://www.stopbullying.gov/prevention/at-school/index.html>

National Bullying Prevention Center

<https://www.pacer.org/bullying/nbpm/>

National Day of Action Against Bullying and Violence (Australia) Class Activities

<https://bullyingnoway.gov.au/NationalDay/ForSchools/ClassActivities>

Ditch the Label—Anti-Bullying Week Activities for Teachers

<https://www.ditchthelabel.org/anti-bullying-week-activities-for-teachers/>

Bystander/Upstander Activities

1. ***Activity: Upstander Pledge.*** Sign a pledge and have everyone ink their hands and put them on a banner.
2. ***Activity: Obstacles to Being an Upstander.*** Print the obstacles in large letters and place each on a sheet of paper around a room. Give students dots and have them place them under the obstacles that pertain to them.
3. ***Activity: Olweus Bystander Circle.*** Project or hand out copies and have students indicate where they are on the circle.
4. ***Questionnaire: When I'm a Bystander.***
5. ***Questionnaire: How Much Courage Does It Take.*** Handout and discussion. This activity sometimes works well in small groups and then report to larger group.

UPSTANDER OBSTACLES

Directions for this activity:

1. Enlarge the font of these 7 obstacles and add your own if you have an idea
2. Place them around the classroom on separate sheets of large poster paper
3. Hand out dots to students and ask them to put one to three dots under each obstacle depending on how much of an obstacle it is for them. If you don't have dots have the students put check marks or any sticker you have available.
4. After the activity, have a discussion. Ask students, for instance, whether they have changed over the years to become upstanders more or less over time. What factors led to this change? Also ask students to recount situations where they were upstanders and how that went. Make sure that no names are used to protect privacy.

AFRAID THAT THEY'LL TURN ON ME

SOMEONE I DON'T KNOW SO I DON'T WANT TO GET INVOLVED

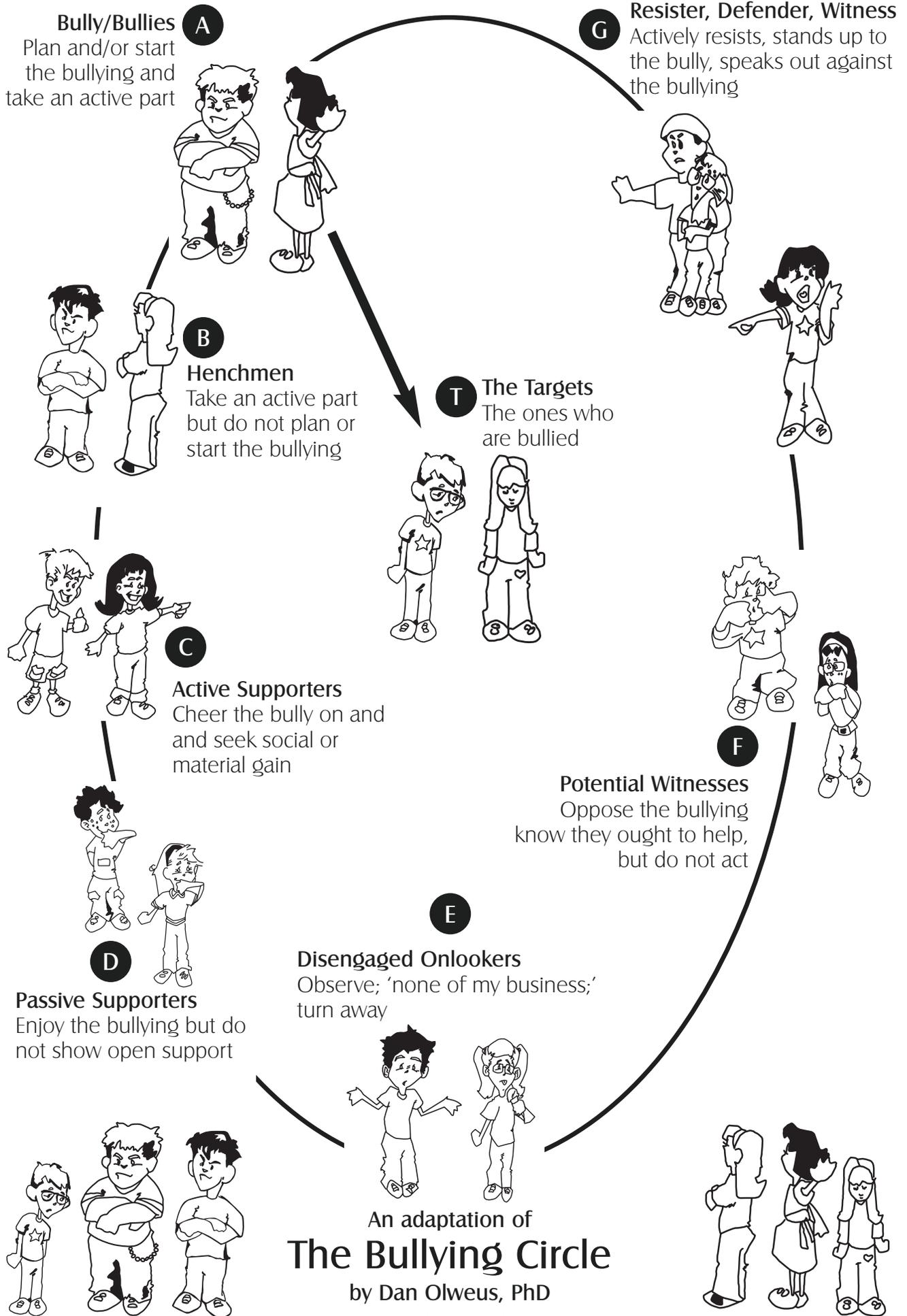
NOT MY BUSINESS

DON'T WANT TO LOSE FRIENDS

DON'T WANT TO LOOK STUPID OR UNCOOL

NOT SURE WHAT TO DO

WANT SOMEONE ELSE TO TAKE CARE OF IT



WHEN I'M the BYSTANDER

Let's say you come across a situation where someone is being harassed or bullied. You would be a "bystander". A bystander is someone who is standing by and either watching or participating in the harassment or bullying.

1. Have you ever been a bystander? **YES** **NO**
2. What Kind of bystander are you? (Circle the answers below. If it hasn't happened to you, but you think you **would** react in that way, circle "I would". If it hasn't happened to you and you think you **wouldn't** react in that way, don't circle any.)

I'm part of the bullying or harassment **never** **sometimes** **every time** **I would be**

I cheer the bully on but don't take part **never** **sometimes** **every time** **I would**

I enjoy it but don't take an active part **never** **sometimes** **every time** **I would**

I walk away **never** **sometimes** **every time** **I would**

I try and stop it by saying something **never** **sometimes** **every time** **I would**

I try and stop it, and get help if I can't. **never** **sometimes** **every time** **I would**

I give support to the target **never** **sometimes** **every time** **I would**

HOW MUCH COURAGE DOES IT TAKE TO

1: NO SWEAT, DOESN'T TAKE MUCH COURAGE

2: TAKES SOME COURAGE

3: TAKES LOTS OF COURAGE

1. TO BE AN UPSTANDER WHEN YOUR FRIEND IS BULLYING AND TELL HER/HIM TO STOP? 1 2 3

2. TO TELL SOMEONE TO STOP BULLYING WHO USED TO BULLY YOU? 1 2 3

3. TO BE AN UPSTANDER WHEN YOU DON'T KNOW THE BULLY? 1 2 3

4. TO BE AN UPSTANDER WHEN THE BULLY IS OLDER THAN YOU? 1 2 3

5. TO BE AN UPSTANDER WHEN THE BULLY IS YOUNGER? 1 2 3

6. WHEN YOU ARE WITH A BUNCH OF FRIENDS WHO THINK THAT THE BULLYING IS FUNNY? 1 2 3

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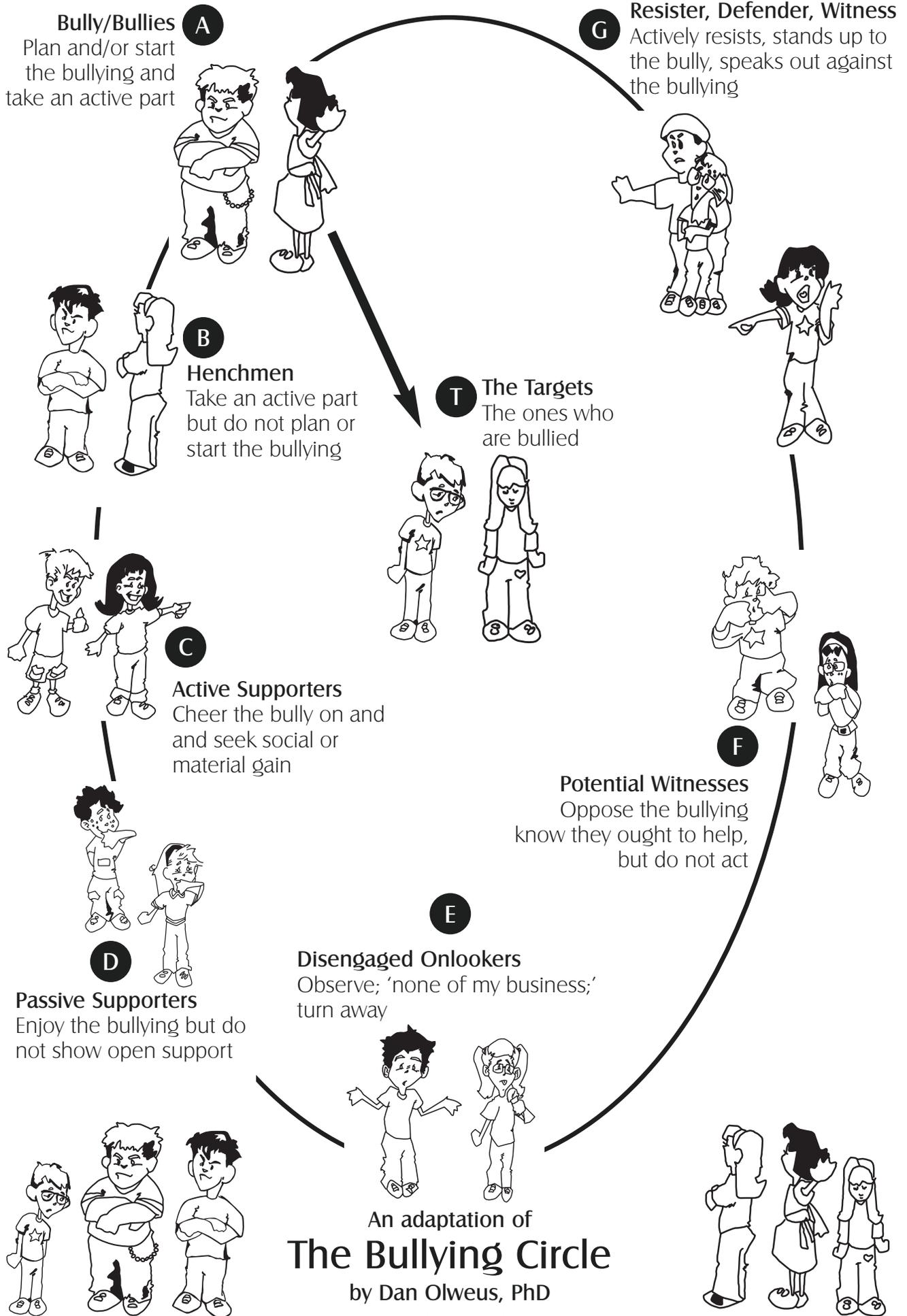
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RESOURCES FOR STUDENTS ABOUT BULLYING

BOOKS

Elementary and Middle School

Wonder, by R. J. Palacio. This is appropriate reading for 4th and 5th grade (watch or read it first to make sure it is suitable for your class) and also is a movie. Plenty of discussion question guides online. <http://med.umich.edu/mott/pdf/wonder-classroom-discussion-guide.pdf>.

The Revealers, by Doug Wilhelm. How a group of “targets” find a strategy to turn on the bullies. This is a great read aloud.

Bystander, by James Preller A read aloud or class reading assignment that covers relational bullying as well as physical bullying and can address both girl and boy issues regarding how to respond to bullying as the bystander.

How to Handle Bullies, Teasers and other Meanies, by Kate Cohen-Posey. A book to read with a small group or an individual student who needs help handling name calling and other forms of bullying.

Hot Issues, Cool Choices: Facing bullies, peer pressure, popularity and put-downs. By Sandra McLeod Humphrey Short stories illustrating a situation, followed by discussion questions. Many important themes are covered such as exclusion, cyberbullying, social manipulation, accepting differences etc.

Tangerine by Edward Bloor for 5th grade students and middle school.

Brendan Buckley's Universe and Everything In it by Sundee T. Frazier about racism, prejudice. The protagonist is bi-racial. For 5th grade students and middle school.

Middle School and High School

All But My Life: A Memoir Paperback by Gerda Weissmann Klein

Teaching Tolerance handouts and discussion questions to accompany this book about the Holocaust: *One Survivor Remembers: Bullies & Bystanders* This lesson reminds students that they, too, make choices about whether to stand aside—or stand up—when someone else is being maligned, bullied or harassed. In standing up, we honor not only the other person’s humanity, but also our own. Grade Level 6-8 9-12. Used on Amazon for \$5.50 including shipping

<https://www.tolerance.org/classroom-resources/tolerance-lessons/one-survivor-remembers-bullies-bystanders>

High School

Autobiography of A Face by Lucy Grealy: This is an adult book but has been used in high schools. Here is a link to discussion questions:

<https://www.readinggroupguides.com/reviews/autobiography-of-a-face/guide>

VIDEOS

[Let's Get Real](#), from the web site: www.respectforall.org. Middle School students discuss issues that lead to taunting and bullying, including racial differences, perceived sexual orientation, learning disabilities, religious differences, sexual harassment and others. The student's short documentaries are unscripted and really heartfelt. Perspectives of the bully also shared. This is a complete curriculum with lessons, discussion questions, and activities. I have used this with great results. Highlights on YouTube <https://www.youtube.com/watch?v=h4llx7mNi7o> Costs \$100.

In Their Own Words: Stories of Relational Aggression and Bullying, from the Ophelia Project. There are thirteen unscripted stories told by teens about a time they experienced relational aggression or bullying: exclusion, need to fit in, being the new kid, cycle of revenge, how friendships change, being in the minority, the role of the bystander etc. Discussion questions also available.

<https://www.youtube.com/playlist?list=PLUVDve5XDd99UVg1fx7q7HmmdJb4NhjDB>

Cyberbully ABC family by Emily Osment and Kay Panabaker. Can be purchased for less than \$8.00 on Amazon.

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and then shows him later when his family has moved him to a healthy school community. It really demonstrates how much the environment matters. <https://www.pghlesbian.com/2014/10/whatever-happened-to-alex-libby-from-the-movie-bully/>

PG13 movie: "**Bully**" by Lee Hirsch is available on Amazon Prime (without the entire kit) and costs \$7.00.

Also their excellent website has many resources for educators, parents, students. <http://www.thebullyproject.com/>

Short YouTube Videos (1 to 4 minutes)

Be an Upstander: Prevent Bullying

A NED Short

https://youtu.be/eeqQCyQOCPg?si=tEJ8L8yE_c_iGlnO

How To Be an Upstander to Cyberbullying

Cyberwise

<https://youtu.be/ptHPSI7GVdQ?si=IDVGteIGIlyCjQLZ>

Upstander Video

StopBullying.gov

https://youtu.be/ke1O5bA-xls?si=_5ZUfuhlORrQj0Ad

Bystander Revolution: Demi Lovato on Cyberbullying

Bystander Revolution

<https://youtu.be/KNwM9tgvuiY?si=6mLv42q0SO14vAks>

BULLY BIBLIOGRAPHY:

Please read these books first before reading them to your class!

TITLE	AUTHOR	CALL #	COMMENTS
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Jake Drake, Bully Buster	A Clements	F CLE	Paired with bully partner humanizing bully, fear,
Marie-anthe's Story: Painted words and spoken memories	Aliki	F ALI	ESL: Difficulties coming from another country, not knowing the language
Berenstain bears too much teasing	S. Berenstain	E BER	All about teasing and how it feels
Simon's Hook	K G Burnett	E BUR	Teasing, putdowns and how to respond
A Weekend with Wendell	K Henkes	E Hen	Assertiveness, how it feels
Chrysanthemum	K. Henkes	E HEN	Making fun of your name and how it feels
Nobody Knew What to Do	B.McCain	Prof E MCC	Bystander's perspective and how to intervene
Martha Walks the Dog	S. Meddaugh	E Med	Power of words to hurt or heal
Enemy Pie: for my best enemy	D. Munson	F Mun	About friendship, not really bullying
The Meanest Thing to Say	B Crosby	E COS	Assertiveness, talking with parents, strategies
The Hundred Dresses	E. Estes	E EST	Poverty, making fun of someone who looks different (old classic)
Bully	J. Caseley	E CAS	Strategies, empathy
Pinky, Rex and the Bully	J. Howe	E HOW	Its OK to be different, a boy who likes pink
Whitewash	N. Shange	E SHA	This is about racism and gangs: for older students (very intense)
Who's Afraid of the Big Bad Bully?	T. Slater	E SLA PB	Assertiveness, girl bully
The Ant Bully	J. Nickle	E NIC	How does it feel?
Beany and the Meany	S. Wojciechowski	F WOJ	Paired with partner you don't like, cooperation
Koi's Python	Moore & Taylor	F MOO	Coming of age, courage Batetelan culture
Cory Coleman, Grade 2	L D Brimner	F BRI	Learning differences, "dumb", apologies, restorative behaviors
Cockroach Cooties	L YEP	F YEP	Asian brothers, smart strategies vs. might. Humanizing bullies
Five Finger Discount	B DeClements	F DeC	5 th grader's father in prison, extortion, friend
The Recess Queen	A. O'Neill and L. Huliska-Beith	E ONE	Befriending the playground GIRL bully
My Secret Bully	T. Ludwig, A Marble	E LUD	Relational bullying, how it feels, how to handle it.
Willmena Rules! How to Face Up to the Class	V. Weslely	F WES	First day of school worries. Strategies to stand up to a bully.

Bully			
Bully on the Bus	C. Bosch	F BOS	Readers choose different strategies to handle bully and see the consequences of choice.
Bullies are a Pain in the Brain	T. Romain	302.34 ROM	Practical non-violent strategies on handling bullying. Discussion questions.
Nobody Knew What to Do	B. McCain and T. Leonardo	Prof E.MCC	Bystander how he feels and how he intervened.
Wilson Sat Alone	D Hess D Greenseid	E HES	Loneliness, befriending a shy person, bystander, inclusion
Don't Laugh at Me	S. Seskin and Allen Shamblin	E SES	Comes with CD based on song by Peter,Paul and Mary
Say Something	P. Ross	E ROS	Relational aggression and being a good bystander
Sorry	Trudy Ludwig	E LUD	When saying "sorry" isn't enough
Trouble Talk	Trudy Ludwig	E LUD	Relational aggression: gossip, rumors,lying.
Just Kidding	Trudy Ludwig	E LUD	Emotional bullying among boys: Teasing and then discounting the intent.
Simon's Hook	K Gedig Burnett		Teasing and put-downs using allegory. Resiliency and personal empowerment
The Brand New Kid	Katie Couric	E COU	ESL, new student, teasing, befriending, differences
Why Are You Picking on Me?	Slim Goodbody's Life Skills 101	302.3 BUR	Overview about bullying and how to handle it. Many strategies.
Confessions of a Former Bully	Trudy Ludwig	E LUD	Exceptionally well done book about Relational Bullying all from the voice of a bully
One	Kathryn Otoshi		Winner of 10 awards this is a "must" for every library. Good for any age: bullying and bystander behavior allegory using colors and numbers
Stand Up for Yourself and Your Friends	American Girl		Great book: assertiveness/tattling versus getting help/ helpful bystanders /clever comebacks
The Sneetches	Dr Seuss	ESEU	Dr. Seuss story about cliques and wanting to be in the "in" crowd.
My Princess Boy	Cheryl Kilodavis	EKIL	A four year old boy expresses himself by enjoying traditional girl things. This book supports gender expression diversity and offers a good starting point for discussion.
A Bad Case if Tattle Tongue	Julia Cook	ECOO	A very creative way to help students learn the difference between tattling and the need to get help for others.
Don't Squeal Unless It's a Big Deal	Jeanie Franz Ransom	ERAN	Pigs giving good explanation about the difference between needing help and bullying
The Bully Blockers Club	Teresa Bateman	EBAT	A clever story about children banding together to form a bully blockers club
Howard B. Wigglebottom Learns About Bullies	Howard Bindow & Susan Cornelison	EBIN	Great story about bullies and how a student has to problem solve to figure out how to handle them.

Videos for Elementary students:

- **BrainPop Jr.** has short animations about being friendly and bullying. The bullying video is free and covers cyber bullying. <https://jr.brainpop.com/health/feelings/bullying/>
- *Wonder*, by R. J. Palacio (also a movie). This is appropriate reading for 4th and 5th grade (watch or read it first to make sure it is suitable for your class) and also is a movie. Plenty of discussion question guides online. <http://med.umich.edu/mott/pdf/wonder-classroom-discussion-guide.pdf>. Movie on Amazon Prime for free.

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Beany and the Meany	S. Wojciechowski	F WOJ	Paired with partner you don't like, cooperation
Koi's Python	Moore & Taylor	F MOO	Coming of age, courage Batetelan culture
Cory Coleman, Grade 2	L D Brimner	F BRI	Learning differences, "dumb", apologies, restorative behaviors
Cockroach Cooties	L YEP	F YEP	Asian brothers, smart strategies vs. might. Humanizing bullies
Five Finger Discount	B DeClements	F DeC	5 th grader's father in prison, extortion, friend
The Recess Queen	A. O'Neill and L. Huliska-Beith	E ONE	Befriending the playground GIRL bully
My Secret Bully	T. Ludwig, A Marble	E LUD	Relational bullying, how it feels, how to handle it.
Willmena Rules! How to Face Up to the Class	V. Weslely	F WES	First day of school worries. Strategies to stand up to a bully.

Bully			
Bully on the Bus	C. Bosch	F BOS	Readers choose different strategies to handle bully and see the consequences of choice.
Bullies are a Pain in the Brain	T. Romain	302.34 ROM	Practical non-violent strategies on handling bullying. Discussion questions.
Nobody Knew What to Do	B. McCain and T. Leonardo	Prof E.MCC	Bystander how he feels and how he intervened.
Wilson Sat Alone	D Hess D Greenseid	E HES	Loneliness, befriending a shy person, bystander, inclusion
Don't Laugh at Me	S. Seskin and Allen Shamblin	E SES	Comes with CD based on song by Peter,Paul and Mary
Say Something	P. Ross	E ROS	Relational aggression and being a good bystander
Sorry	Trudy Ludwig	E LUD	When saying "sorry" isn't enough
Trouble Talk	Trudy Ludwig	E LUD	Relational aggression: gossip, rumors,lying.
Just Kidding	Trudy Ludwig	E LUD	Emotional bullying among boys: Teasing and then discounting the intent.
Simon's Hook	K Gedig Burnett		Teasing and put-downs using allegory. Resiliency and personal empowerment
The Brand New Kid	Katie Couric	E COU	ESL, new student, teasing, befriending, differences
Why Are You Picking on Me?	Slim Goodbody's Life Skills 101	302.3 BUR	Overview about bullying and how to handle it. Many strategies.
Confessions of a Former Bully	Trudy Ludwig	E LUD	Exceptionally well done book about Relational Bullying all from the voice of a bully
One	Kathryn Otoshi		Winner of 10 awards this is a "must" for every library. Good for any age: bullying and bystander behavior allegory using colors and numbers
Stand Up for Yourself and Your Friends	American Girl		Great book: assertiveness/tattling versus getting help/ helpful bystanders /clever comebacks
The Sneetches	Dr Seuss	ESEU	Dr. Seuss story about cliques and wanting to be in the "in" crowd.
My Princess Boy	Cheryl Kilodavis	EKIL	A four year old boy expresses himself by enjoying traditional girl things. This book supports gender expression diversity and offers a good starting point for discussion.
A Bad Case if Tattle Tongue	Julia Cook	ECOO	A very creative way to help students learn the difference between tattling and the need to get help for others.
Don't Squeal Unless It's a Big Deal	Jeanie Franz Ransom	ERAN	Pigs giving good explanation about the difference between needing help and bullying
The Bully Blockers Club	Teresa Bateman	EBAT	A clever story about children banding together to form a bully blockers club
Howard B. Wigglebottom Learns About Bullies	Howard Bindow & Susan Cornelison	EBIN	Great story about bullies and how a student has to problem solve to figure out how to handle them.

Videos for Elementary students:

- **BrainPop Jr.** has short animations about being friendly and bullying. The bullying video is free and covers cyber bullying. <https://jr.brainpop.com/health/feelings/bullying/>
- ***Wonder***, by R. J. Palacio (also a movie). This is appropriate reading for 4th and 5th grade (watch or read it first to make sure it is suitable for your class) and also is a movie. Plenty of discussion question guides online. <http://med.umich.edu/mott/pdf/wonder-classroom-discussion-guide.pdf>. Movie on Amazon Prime for free.