

SEVENTH GRADE BULLYING/HOW TO HANDLE YOUR ANGER

Using the video to drive the lesson, the topic of bullying is introduced and discussed. Students are given options on how to constructively handle the emotions and anger associated with bullying. The depth of discussion varies according to the maturity level of the students.

TIME REQUIRED: 40 to 45 minutes or one class period

OBJECTIVES:

- Recognize that anger is a normal response to being bullied and identify positive ways to express anger
- Consider bystander responsibility for taking action against bullying in school
- Identify and discuss sexual harassment and how it relates to bullying

OUTLINE:

1. Introduction topic of bullying
2. Use video to discuss anger management and bystander intervention
3. Handouts and closure

MATERIALS:

Video: *Bullied: How to Handle Anger*

HANDOUTS:

20 Things to Do Instead of Hurting Someone Back

FACILITIES:

Individual classroom
White/chalkboard
Ability to play a DVD