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Increasing Bullying Awareness in Middle Schools

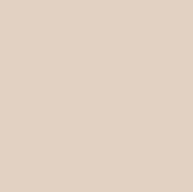
Crystal Rocha

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**Increasing
Bullying
Awareness in
Middle Schools**

Crystal Rocha



Needs Statement

**Lack of
bullying
awareness.**

Behaviors:

- Physical bullying
- Verbal bullying
- Relational bullying

Consequences:

- Emotionally
- Mentally
- Physically



Albert Bandura's Theory.

Observational

Imitating

Modeling

- Influencers provide behavior that is observed and imitated.
- The foundation of a child who is bullying others.



Girl Scouts of California's Central Coast



- Project was presented via zoom.
- Powerpoint with activities
- Middle schoolers between ages of 11-14
- 2 day lesson plan

Learning Outcomes

1. Create one definition for bullying.
2. Indicate two negative characteristics of bullying.
3. Indicate two ways to prevent bullying as a bystander.

Day 1

3 Simple Rules For Everyone

- Be kind and respect your peers
- Be kind to yourself
- Respect your environment



Day 1



- My definition of bullying
- Examples of physical, verbal, and relational effects
- Activity: sharing their bullying definition
- Ended with signs that someone is being bullied from a bystanders perspective

Day 2

Characteristics the Bullies

- Any age, gender, and race
- Poorly in school
- Get into fights
- Consume alcohol or drugs at young age



- Be abusive
 - Criminal records
 - Males bully both genders. Females bully females
-

Day 2

How Can You Help?

- Treat others the way you want to be treated
- If you witness it, tell an adult or teacher.
- Be a victims friend.
- Create rules for a safe and comfortable environment
- Encourage others to be kind and the best they can be
- Spread awareness



Day 2

- Second activity was to have them indicate two negative characteristics of bullying.
- Links to other resources
- Finish off the lesson, played Kahoot

Resources

Jared's Story: <http://www.jaredstory.com>

Stomp Out Bullying: <https://www.stompoutbullying.org>

Teens Against Bullying: <https://pacerteensagainstbullying.org>

Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org>

Get Help Now: <https://www.stopbullying.gov/resources/get-help-now>



Results

Responses to what bullying means to them.

- Putting people down for things they like to do on their free time
- People taking jabs at you for insecurities
- Making a person sad
- Something they can't forget that will stay in their mind forever
- Friends will start bullying because the other person is bullying them as well
- The bully treats others disrespectfully.

Results

Responses indicating one characteristic of bullying.

- 7th grade is the grade that gets bullied the most.
- That boys bully all genders and girls bully girls.
- That middle school is the most bullying.
- I learned that the grade i'm in (7th) is the highest for bullying.
- I learned that there might be something personal happening at home for the bully.

Results

Which of these scenarios would you consider bullying as a bystander?

The image shows four colored buttons arranged in a 2x2 grid. Each button contains a scenario and a small icon in the top-left corner. The top-left button is red with a white triangle icon and contains the text 'classmate getting made fun of because their clothes look old'. The top-right button is blue with a white diamond icon and contains the text 'all of the above'. The bottom-left button is yellow with a white circle icon and contains the text 'begging your friend to skip school with you after they said no'. The bottom-right button is green with a white square icon and contains the text 'your friends telling you about a rumor they heard about someone else'.

▲ classmate getting made fun of because their clothes look old	◆ all of the above
● begging your friend to skip school with you after they said no	■ your friends telling you about a rumor they heard about someone else

Percentage correct to the Kahoot questions.

Percent correct

Question 1	58%
Question 2	100%
Question 3	75%
Question 4	91%
Question 5	75%

Witnessing bullying and not telling an adult immediately makes you a bystander?

The image shows two colored buttons side-by-side. The left button is blue with a white diamond icon and contains the text 'True'. The right button is red with a white triangle icon and contains the text 'False'.

◆ True	▲ False
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Discussion

My project was successful.

- Engagement was done throughout the presentation
- Three learning outcomes were met
- Give personal and examples as bystanders
- More time and in person



Thank you.

Questions?

Crystal Rocha