



How to Stop Bullying and Social Aggression

Elementary Grade Lessons and Activities

That Teach Empathy, Friendship, and Respect

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Table of Contents

Chapter 1: “Same Page” Definition of Violence, Respect, and Bullying	
1.1: Defining Violence	
1.2: What is Bullying and Respect?	
1.3: Ground Rules	
Chapter 2: Solving Problems Peacefully and Resolving Conflicts Respectfully	
2.1: The 5 Steps	
Chapter 3: Creating Empathy	
3.1: What Makes You Feel...?	
3.2: Emotional Statures—Recognizing Body Language	
Chapter 4: Emotional Control and Anger Management	
4.1: Guided Visualization and Anger Monster Poster	
4.2: Feeling Clouds and Charades—Expressing Feelings In Pro-social Ways	
4.3: Deep Breathing and Positive Affirmations	
4.4: ABCD Exercise	
Chapter 5: Teaching Assertiveness	
5.1: Assertive Communication	
5.2: Handshaking—Using the Qualities of Assertiveness	
5.3: Recognizing Assertive, Aggressive, and Passive Communication Styles	
5.4: Practicing Assertive Statements	
5.5: Assertiveness Role-Plays	
Chapter 6: Responding to a Bully	
6.1: The Bully Proofing Plan of Action	
6.2: Role-Playing the Bully Proofing Plan of Action	
Chapter 7: The Power of Bystanders	
7.1: What’s a Bystander to Do?	
7.2: Tattling vs. Telling, a.k.a. Ratting vs. Reporting	
Chapter 8: Playful Teasing vs. Hurtful Taunting	
8.1: Defining Playful Teasing vs. Hurtful Taunting	
8.2: You be the Judge	
Chapter 9: Making Friends: Strategies to Resist Social Aggression	
9.1: Defining Social Aggression	
9.2: Likes and Yikes - Determining Friendship Qualities	
9.3: Personal Boundaries	
9.4: Finding New Friends	
Also inside: Statistics and Studies	
Unit Tests	
Reproducible Resources	

"This timely book includes perfectly sequenced, content-enriched, practical lessons that will enhance any anti-bullying effort. The student-focused activities will facilitate and maintain learning of important anti-bullying concepts that can never be overemphasized."

—Allan L. Beane, Founder & President Bully Free Systems

"A practical book packed with the kinds of anti-bullying strategies that teachers, coaches, therapists, and kids regularly request. Every chapter is packed with tips on how to stay physically and emotionally safe when bullying occurs, and children are coached to practice assertive behaviors and avoid the victim role."

—Cheryl Dellasega,

Professor, Penn State University

Author & Founder, Club Ophelia

Encourage respectful, positive social behavior in all students!

Educators have come to recognize the long-term negative impact that bullying can have on children and the need to proactively teach acceptable behaviors for both in school and out. This user-friendly resource provides K–6 teachers, school administrators, and counselors with fun, interactive lessons and activities that support students' safety and well-being, promote healthy social-emotional development, and improve academic achievement. Using role plays and sample scripts that can be adapted to specific situations, the authors illustrate how to teach critical concepts and behaviors, including how to stand up to a bully and how to stop another student from bullying.

In clear, jargon-free language, this research-based book helps school districts meet the curriculum requirements of recently enacted bullying laws by fostering positive youth development around issues of respect, conflict resolution, and interpersonal relationships. Readers will also find:

- Sidebars and icons that highlight important information
- A supply list of commonly found classroom items within each lesson for quick and easy implementation
- Illustrations and unit tests for students' review
- Suggestions for enhancing lessons

How to Stop Bullying and Social Aggression helps educators engage bullies, victims, and bystanders at their own level and teach healthy behaviors to create safe, healthy schools.