

Bully Prevention II

Note: Because of the sensitive nature (and prevalence) of bullying, it is suggested that this honor be taught by an individual who has recently received training or done meaningful reading/research on the topic of bully prevention (and if possible has been certified on this topic). The BEST way to earn this honor is over a series of sessions, so that the principles become a part of the participants' nature rather than quickly learned and as quickly forgotten.



1. Review and explain four basic rules of bully prevention
 - a. We will not bully others
 - b. We will try to help students who are bullied
 - c. We will try to include students who are left out
 - d. If we know somebody is being bullied, we will tell an adult at school/church and an adult at home
2. Review some of the signs to look for that could determine if an individual is suffering from some form of bullying.
3. Review what different roles people play when being part of a bullying situation (often described as the Bully Circle), and which roles have you witnessed happen in situations you have seen or been involved in.
4. Explain the following types of bullying and evaluate ways that you would know that the following situations are happening within your friendship community:
 - a. Relational aggression
 - b. Cyberbullying
 - c. Sexual bullying
5. Briefly describe:
 - a. Some differences between flirting and sexual harassment
 - b. Some characteristics of cyberbullying that make it different from other common types of bullying
6. Discuss with a group the following texts as each relates to bullying:
 - a. Deuteronomy 31:6
 - b. Proverbs 12:18
 - c. James 3:1-11
 - d. Ephesians 4:29
 - e. Mark 12:31
7. Discuss with an individual or in a group some of the ways to protect oneself from the following:
 - a. Relational aggression
 - b. Cyberbullying
 - c. Sexual bullying
8. Reflect on a moment when you or someone you know experienced being a target of relational aggression. As a first-hand witness or from a close acquaintance, briefly answer the following:
 - a. Explain in as much detail what took place.
 - b. What actions were sought to address the issue?
 - c. What lessons were learned from that experience?

9. Demonstrate a profound understanding of the vulnerabilities, accountabilities, and pitfalls of spreading rumors by doing one of the following:
 - a. Carefully observe the front pages of popular print and online media that contain articles about popular people. Take note of the rumors that are stated about them for the sole purpose of selling magazines. Discuss why such false information sells magazines. Discuss the challenges to a Christian's lifestyle of participating in this practice.
 - b. Lead a discussion on some of the consequences individuals may face after they are caught spreading false rumors about others.
 - c. Conduct a group research project on the local and/or state laws regarding defamation (libel and slander), and the possible penalties for each. Refer to recent cases and be prepared to share your findings with a group
10. Cyberbullying often includes elements that endanger the life and safety of someone else, and thus may require reporting to officials. Determine what steps or actions are needed at each stage listed below to work to resolve cyber bullying situations.
 - a. Evidence collection
 - b. Reporting to parents/schools
 - c. Reporting to law enforcement
 - d. Reporting cyberbullying to online service providers
11. Discuss each of the following scenarios as a group. 1) Read the situation, 2) evaluate whether sexual bullying is taking place, and 3) based on your observation, discuss potentially appropriate responses.
 - a. Someone at school says you look great today
 - b. Someone at a party says your clothes look nice on you, making comments on particular body parts
 - c. Someone compliments the design of your tie and then takes the liberty to adjust it
 - d. A friend begins to pressure you to send sexually oriented pictures of yourself
 - e. Someone begins to show up wherever you are to say hello, on several occasions
 - f. Someone tries to hold or hug you unexpectedly each time they see you
12. Discuss from a Christian's perspective, how bullying has been and continues to be used as a means to hinder spreading the gospel of Christ.

Skill Level 2

New in 2018