Counselor Name:  Karen Ward
Title of Lesson:  The Meanest Thing To Say
School:  Tucson Unified School District Guidance and Counseling
Quarter:  Anytime

Audience:  ☒ Classroom  ☐ Small Group
Level:  ☐ Primary (K-2)  ☒ Intermediate (3-5)
Target Grade:  4th

COUNSELING STANDARDS

ACADEMIC
1. Students will acquire attitudes, knowledge and skills that contribute to effective learning in school and across the life span.  ☐
2. Students will complete school with academic preparation essential to choose from a wide range of substantial post-secondary options, including college.  ☐
3. Students will understand the relationship of academics to the world of work and to life at home and in the community.  ☐

CAREER
4. Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.  ☐
5. Students will employ strategies to achieve future career goals with success and satisfaction.  ☐
6. Students will understand the relationships between personal qualities, education, training and the world of work.  ☐

PERSONAL/SOCIAL
7. Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.  ☒
8. Students will make decisions, set goals, and take necessary action to achieve goals.  ☐
9. Students will understand safety and survival skills.  ☐

COUNSELING COMPETENCY(IES)
Identify sources and effects of peer pressure.

ARIZONA STANDARDS FOR:
Reading:  P.O. Identify the main problem or conflict of a plot. Identify the resolution of a problem or conflict in a plot.
Writing:  P.O. Construct a paragraph that groups sentences around a topic.
Math:

MATERIALS/RESOURCES:
The book, *The Meanest Thing to Say* by Bill Cosby, chart paper, markers and the pre/posttest: What Do You Know About Bullying?

ACTIVITY:
Read the story *The Meanest Thing to Say*. Questions for discussion: who is the bully in this story; who is the victim; how are these two boys similar/different; what strategy did the victim use to deal with the bully; what caused the bully to stop his behavior; can a person be a bully sometimes and a victim other times? (explain) On a chart record students responses to, what are some other things bullies do?. Next, chart:
what students say about the following questions: what are some ways to stay bully free; can a bully change into a friend? Try to get the class to understand that bullies have insecure and lonely feelings. Sometimes bullies can be tamed by inclusion and kindness. Have student's role play ways of taming the bully. Write a story about a time you were bullied or you saw someone being bullied.

**EVALUATION:**

Pretest/Posttest: Use the attached test What Do You Know About Bullying?.

**How did the student change as a result of this lesson?** Students will demonstrate empathy and understanding.

**Information/Comments/Follow-up:** Follow-up with more bully lessons.

*REVISED 11/05/03*
**WHAT DO YOU KNOW ABOUT BULLYING?**

1. Teasing and bullying means the same thing.   T  F
2. Some kids deserve to be bullied.               T  F
3. Girls can’t be bullies.                       T  F
4. Kids who tell when they are bullied are tattling. T  F
5. Bullies will stop if you ignore them.         T  F
6. Bullies pick on others because bullies have low self-esteem. T  F
7. Fighting back is the best way to deal with a bully. T  F
8. Bullies don’t have friends.                   T  F
9. Bullies usually get bad grades.               T  F
10. Looking different is the main reason kids get bullied. T  F
What Do You Know About Bullying?
Answer sheet

1. False- Teasing may happen once and can sometimes be funny. Bullying is never funny and uses threats, violence, and intimidation.

2. False - No one deserves to be bullied.

3. False - Girls do bully. The bullying girls do may sometimes look different from boys. (Girls use hurtful words, leave others out of things, or other forms of humiliation. Boys are usually more physical in their bullying.

4. False - The only way to stop bullying is by telling an adult. Tattling is when you want to get someone in trouble. Telling is when you want to keep yourself or someone else safe.

5. True and False - Some bullies might stop by being ignored. Most of the time bullies continue to bully because they are having fun and would have more fun if they could get a reaction from you.

6. False - Bullies like to have power over you. They enjoy feeling powerful. This usually makes them feel pretty good about themselves.

7. False - Fighting back could really get you hurt. It usually makes the situation worse.

8. False - Bullies usually have a few friends that think they are cool and they want to be like the bully.

9. False - Bullies usually have fair grades.

10. False - It is one reason, but usually it is the type of personality.