

BULLY BUSTING

Age group: 11-13 yrs.

Overview

Children reflect on the meaning of respect in journal-writing exercises and discussions.

Materials

- One small notebook for each student
- One pen or pencil for each student

Procedure

1. Either as a take-home or in-class assignment, have the youngsters write short entries in a “respect journal.” First, discuss what it means to be respectful. Write down the following points on the chalkboard and tell them to list these on the first page of their journals as a reminder of what respect means: upholding the Golden Rule (treating others as you would like to be treated), resolving conflicts nonviolently, showing courtesy and consideration to everyone.

2. This activity should be done with regularity (every day, every other day, or once a week) and followed by a discussion about what they’ve written. Have them make journal entries about respect beginning with the following sentence stems:

- When talking with other people, I show respect by . . .
- I can be a better listener by . . .
- When people make fun of me, I feel . . .
- People show their respect for me when . . .
- Insulting others is . . .
- My parents know I respect them when . . .
- My parents respect me by . . .

McREL standards

Life Skills

Standard 2. Uses conflict-resolution techniques.

Level IV, Benchmark 6. Determines the causes and potential sources of conflicts.

<http://www.mcrel.org/standards-benchmarks/>

This lesson is from *Good Ideas to Help Young People Develop Good Character*, available for purchase in the CHARACTER COUNTS! online store: <http://charactercounts.org/store>

Inspired by *How to Handle Bullies, Teasers and Other Meanies* by Kate Cohen-Posey (Highland City, FL: Rainbow Books, 1995) and by ideas posted on www.familyeducation.com.