

# Bullying and Violence Prevention

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# Bullying and Violence Prevention

Grade Level: **High School**

## A Note to the Teacher

These videos address serious themes of bullying and depression. Educators should be extremely sensitive to students in the class who may be experiencing bullying, or those who have struggled with depression or suicide. It is suggested that the teacher preview the videos and lessons, and then decide whether or not to conduct these lessons with the support of counselors and/or school social workers. Only begin the activities if it seems the class has adequately processed each video segment.

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### **“Styles”**

There are many kinds of styles in music such as rock, pop, jazz, funk, classical, country and western, reggae, etc. Often, when done in the right way, changing the style of an existing song can lead to interesting results.

### **“Melody”**

A melody is a group of notes played one after the other. A melody in a song is usually what people remember most. The melody is the “tune”. There are all kinds of melodic shapes: high, low, fluent, fragmented, going up, going down, etc.

### **“Harmony”**

Harmony is also a group of notes, except that these are often played together (called chords). These chords are usually behind the melody (played softer than the melody). Think of a piano player. Most of the time he will play the melody in his right hand and the harmony (chords) in his left.

### **“Rhythm”**

Rhythm is what helps make music go and flow. You can practically listen to rhythm anywhere, e.g. the falling of raindrops, the ticking of your watch, the tapping of your fingers on your keyboard, etc. Rhythm is created from sounds and silences. These are then put together to produce “patterns”. These patterns are called “beats”. There are many different types of beats like short, long, loud, soft, etc. In an arrangement there is often more than one beat.

# **“Come Together”**

## **by John Lennon and Paul McCartney**

Here come old flattop, he come grooving up slowly  
He got joo-joo eyeball, he one holy roller  
He got hair down to his knee  
Got to be a joker he just do what he please

He wear no shoeshine, he got toe-jam football  
He got monkey finger, he shoot Coca-Cola  
He say, “I know you, you know me.”  
One thing I can tell you is you got to be free

Come together right now over me

He bag production, he got walrus gumboot  
He got Ono sideboard, he one spinal cracker  
He got feet down below his knee  
Hold you in his armchair you can feel his disease

Come together right now over me

(Right!

Come, oh, come, come, come.)

He roller-coaster, he got early warning  
He got muddy water, he one mojo filter  
He say, “One and one, and one is three.”  
Got to be good-looking ‘cause he’s so hard to see

Come together right now over me

Oh

Come together

Yeah, oh

Come together

Yeah, come together

















































# Skyscraper

by Gad, Toby / Koiv, Kerli / Robbins, Lindy

Skies are crying  
I am watching  
Catching teardrops in my hands  
Only silence, as it's ending, like we never had a chance  
Do you have to, make me feel like there's nothing left of me?

[Chorus]

You can take everything I have  
You can break everything I am  
Like I'm made of glass  
Like I'm made of paper  
Go on and try to tear me down  
I will be rising from the ground  
Like a skyscraper  
Like a skyscraper

As the smoke clears  
I awaken, and untangle you from me  
Would it make you, feel better to watch me while I bleed?  
All my windows, still are broken  
But I'm standing on my feet

[Chorus]

You can take everything I have  
You can break everything I am  
Like I'm made of glass  
Like I'm made of paper  
Go on and try to tear me down  
I will be rising from the ground  
Like a skyscraper  
Like a skyscraper

[Bridge]

Go run, run, run  
I'm gonna stay right here  
Watch you disappear, yeah  
Go run, run, run  
Yeah it's a long way down  
But I am closer to the clouds up here

You can take everything I have  
You can break everything I am  
Like I'm made of glass  
Like I'm made of paper, Ohhh woah  
Go on and try to tear me down  
I will be rising from the ground  
Like a skyscraper... Like a skyscraper  
Like a skyscraper... Like a skyscraper... Like a skyscraper















# I Saw It

by Jim Creeggan

I saw  
I saw it  
We all did  
It hurt  
I heard it  
We all hid  
You took what we all hide  
We all hide from  
The hooks went right inside  
That's where they hung  
In the park  
By the playground  
I won't let you down  
In the park  
By the playground  
I won't let you  
You weighed and waited  
You kept steady  
You'd count, and recount it  
Now you're ready  
You took what we all hide  
We all hide from  
The hooks went right inside  
Then the feeling numbs  
I won't let you down  
In the park  
By the playground  
From this point on  
I won't let you down  
You say you deserve it  
I won't stand and observe it  
From this point on  
We won't allow this, brother  
If we don't end this now  
There'll be others





# Activity: “The Greatest”

## Materials

- Lyrics to “The Greatest” by Kenny Rogers
- “Understanding Part of a Song” article from wikihow ([www.wikihow.com](http://www.wikihow.com))
- Figurative Language worksheet
- Paper and pencils

## Teacher

1. Ask students what type of music they listen to and have them name one or two of their favorite songs. Ask how listening to their favorite songs makes them feel.
2. Explain that songs can tell us a story, make us aware of events, feel good, or motivate us. Introduce the country singer/songwriter Kenny Rogers. Kenny Rogers is a country music singer, songwriter, and music producer. He was inducted into the Country Music Hall of Fame in 2013. Country music originated in the South in the 1920s and has its roots in American folk music. Have students listen to the song “The Greatest” and read the lyrics.
3. In small groups, have students do the following:
  - Summarize the story in the song.
  - State the message of the song.
  - Discuss how the title conveys a message.
  - Use the Figurative Language worksheet to analyze the figures of speech in the lyrics.
4. Gather as a group to discuss their findings and ask:
  - Which elements were useful in engaging the listener? Why?
  - Which elements were useful in supporting or explaining the story of the song? Why?
  - Which elements best communicated the emotions and feelings of the song? Why?
5. Ask students to discuss the little boy’s level of confidence.
  - How might the boy have reacted to his swings and misses? How would that have changed anything in the song?
  - Will this boy ever be bullied? How do you know?
  - What can you learn from the little boy in the song?

## Conclusion

How does focusing on positive qualities and strengths affect a person’s confidence level? How can confidence be a deterrent to bullies?

Summarize the theme of the lesson. Remind students that they can talk to trusted adult if they feel they need to further discuss the topic.

## “The Greatest”

Little boy in a baseball hat stands in the field with his ball and bat  
Says, “I am the greatest player of them all”  
Puts his bat in his shoulder and he tosses up his ball.  
And the ball goes up and the ball comes down,  
Swings his bat all the way around  
The world so still you can hear the sound, the baseball falls to the ground.  
Now the little boy doesn’t say a word, picks up his ball he is undeterred.  
Says, “I am the greatest that there has ever been”  
And he grits his teeth and he tries again.  
And the ball goes up and the ball comes down,  
Swings his bat all the way around  
The world so still you can hear the sound, the baseball falls to the ground.  
He makes no excuses he shows no fear  
He just closes his eyes and listens to the cheers.  
Little boy he adjusts his hat, picks up his ball, stares at his bat  
Says “I am the greatest when the game is on the line”  
And he gives his all one last time.  
And the ball goes up and the moon so bright  
Swings his bat with all his might  
The world’s as still as still can be, the baseball falls  
And that’s strike three.  
Now it’s supertime and his momma calls,  
Little boy starts home with his bat and ball.  
Says, “I am the greatest, that is a fact,  
But even I didn’t know I could pitch like that!”  
Says, “I am the greatest, that is understood,  
But even I didn’t know I could pitch that good!”

## Figurative Language

**Alliteration** is the repetition of the initial consonant sound in words.

**Assonance** is the repetition of vowel sounds.

**Consonance** is the repetition of consonant sounds in the middle or at the end of words.

**Imagery** is when the writer or speaker uses their descriptions to access the senses of the reader or listener.

**Repetition** is when the writer or speaker knowingly repeats a word or group of words for effect.

**Metaphor** is a figurative language device that represents one thing as if it were another or compares two things not normally viewed as the same.

**Simile** is similar to a metaphor in that it compares two unlike things.

**Hyperbole** is an overstatement or exaggeration of speech for an effect.

**Personification** is describing an inanimate object with human or lifelike qualities.

## Understanding Parts of a Song

**An Introduction** is the section at the beginning which leads into the song. Sometimes it might sound different from the rest of the song, might be faster or slower, or it might not exist at all. Many songs do not have an introduction, so don't feel like you have to use it.

**A Verse** is the main part of the song. It is usually 50% to twice the number of lines as the chorus but it does not have to be. What gives away a section of a song as a verse is that the melody is the same but the lyrics are different between the different verses.

**A Chorus** is the part of the song that repeats without changing: both the lyrics and melody are unchanged or nearly unchanged. This is usually where you try to fit the catchiest part of your song (usually called the hook).

**A Bridge** is a part that exists in some songs but not all. Usually coming sometime after the second chorus, the bridge is a part of the song that sounds completely different than the rest of the song. It is usually short, just a line or two of lyrics, and will sometimes lead into a key change

**Source:** [www.wikihow.com](http://www.wikihow.com)





# “We Shall Overcome”

We shall overcome  
We shall overcome  
We shall overcome some day  
Oh, deep in my heart  
I do believe  
We shall overcome some day  
We'll walk hand in hand  
We'll walk hand in hand  
We'll walk hand in hand some day  
Oh, deep in my heart  
I do believe  
We shall overcome some day  
We shall all be free  
We shall all be free  
We shall all be free some day  
Oh, deep in my heart  
I do believe  
We shall overcome some day  
We are not afraid  
We are not afraid  
We are not afraid some day  
Oh, deep in my heart  
I do believe  
We shall overcome some day  
We are not alone  
We are not alone  
We are not alone some day  
Oh, deep in my heart  
I do believe  
We shall overcome some day  
The whole wide world around  
The whole wide world around  
The whole wide world around some day  
Oh, deep in my heart  
I do believe  
We shall overcome someday





# Blowin' In The Wind

## By Bob Dylan

How many roads must a man walk down  
Before you call him a man?  
How many seas must a white dove sail  
Before she sleeps in the sand?  
How many times must the cannonballs fly  
Before they're forever banned?  
The answer, my friend, is blowing in the wind  
The answer is blowing in the wind  
How many years must a mountain exist  
Before it is washed to the sea?  
How many years can some people exist  
Before they're allowed to be free?  
How many times can a man turn his head  
And pretend that he just doesn't see?  
The answer, my friend, is blowing in the wind  
The answer is blowing in the wind  
How many times must a man look up  
Before he can see the sky?  
How many ears must one man have  
Before he can hear people cry?  
How many deaths will it take till he knows  
That too many people have died?  
The answer, my friend, is blowing in the wind  
The answer is blowing in the wind

# A Change Is Gonna Come

## By Sam Cook

I was born by the river in a little tent  
Oh, and just like the river I've been running ever since  
It's been a long, a long time coming  
But I know a change gon' come, oh yes it will  
It's been too hard living, but I'm afraid to die  
'Cause I don't know what's up there beyond the sky  
It's been a long, a long time coming  
But I know a change gon' come, oh yes it will  
I go to the movie and I go down town  
Somebody keep telling me don't hang around  
It's been a long, a long time coming  
But I know a change gon' come, oh yes it will  
Then I go to my brother  
And I say, "Brother, help me please."  
But he winds up knockin' me  
Back down on my knees  
There been times that I thought I couldn't last for long  
But now I think I'm able to carry on  
It's been a long, a long time coming  
But I know a change gonna come, oh yes it will

# There is Power In a Union

## By Billy Bragg

There is power in a factory, power in the land  
Power in the hands of a worker  
But it all amounts to nothing if together we don't stand  
There is power in a union  
Now the lessons of the past were all learned with workers blood  
The mistakes of the bosses we must pay for  
From the cities and the farmlands to trenches full of mud  
War has always been the bosses way, sir  
The union forever defending our rights  
Down with the blackleg, all workers unite  
With our brothers and our sisters from many far off lands  
There is power in a union  
Now I long for the morning that they realize  
Brutality and unjust laws can not defeat us  
But who'll defend the workers, who cannot organize  
When the bosses send their lackies out to cheat us?  
Money speaks for money, the devil for his own  
Who comes to speak for the skin and the bone  
What a comfort to the widow, a light to the child  
There is power in a union  
The union forever defending our rights  
Down with the blackleg, all workers unite  
With our brothers and our sisters, together we will stand  
There is power in a union

























# Wade in the Water

Wade in the water  
Wade in the water, children,  
Wade in the water  
God's a-going to trouble the water  
See that host all dressed in white  
God's a-going to trouble the water  
The leader looks like the Israelite  
God's a-going to trouble the water  
See that band all dressed in red  
God's a-going to trouble the water  
Looks like the band that Moses led  
God's a-going to trouble the water  
Look over yonder, what do you see?  
God's a-going to trouble the water  
The Holy Ghost a-coming on me  
God's a-going to trouble the water  
If you don't believe I've been redeemed  
God's a-going to trouble the water  
Just follow me down to the Jordan's stream  
God's a-going to trouble the water







# Baseball Cap

by Rollo Armstrong, Sister Bliss, Maxi Jazz

Oh, smack, there goes my baseball cap I'm on the floor,  
I think I took a burse to my jaw,  
Jumped me from behind at least three, maybe four,  
I never see my hat no more.

Oh, smash. There goes my baseball cap,  
It's gone, gone, gone, gone,  
I can't get it back.

Oh, smash, there goes my baseball cap,  
It's gone, gone, gone, gone,  
I can't get it back.

14 years old and hard to the core,  
I'm walking home making plans for war,  
My hands was cut, my uncle says 'what's up?'  
Let me guess, your clothes are in a mess, you're in distress,  
Sit down, take five and let me look at your knees,  
Your still alive son, please take it easy  
Sometimes you have to let the world know you're not bluffing,  
But enough is enough, don't loose your life over nothing,  
Scuffling in the street is no way to die,  
And I don't want to have to meet your mama's eye,  
So try and listen hard before you fall into the trap  
Of making war over a baseball cap.

Oh, smash, there goes my baseball cap,  
It's gone, gone, gone, gone,  
I can't get it back.

Oh, smash, there goes my baseball cap,  
It's gone, gone, gone, gone,  
I can't get it back.







# Stand Up

## By Sugarland

All the lonely people crying  
It could change if we just get started  
Lift the darkness, light a fire  
For the silent and the broken hearted

Won't you stand up, stand up, stand up?  
Won't you stand up, you girls and boys?  
Won't you stand up, stand up, stand up?  
Won't you stand up and use your voice?

There's a comfort, there's a healing  
High above the pain and sorrow  
Change is coming, can you feel it  
Calling us into a new tomorrow?

Won't you stand up, stand up, stand up?  
Won't you stand up, you girls and boys?  
Won't you stand up, stand up, stand up?  
Won't you stand up and use your voice?

When the walls fall all around you  
When your hope has turned to dust  
Let the sound of love surround you  
Beat like a heart in each of us

Won't you stand up, stand up, stand up?  
Won't you stand up, you girls and boys?  
Won't you stand up, stand up, stand up?  
Won't you stand up and use your voice?

Won't you stand up, stand up, stand up?  
Won't you stand up, you girls and boys?  
Won't you stand up, stand up, stand up?  
Won't you stand up and use your voice?

Won't you stand up?  
Won't you stand up, stand up, stand up?  
Won't you stand up and use your voice?





