

Module 5: Being There – Show Your Support!

Education: Ways to be there as a kid or teen

Think about what it means to feel all alone, to believe that no one cares, or to think that there is no way to change what is happening when you are being bullied. That is a lonely place to be. Now imagine how all that can be different. Imagine during those times when you feel alone that someone is there for you. Consider how simple it is to tell someone you care. Your support is meaningful! This module's educational piece will teach students about how they can support a peer that is experiencing bullying, as well as action steps they can take if they experience bullying.

View the [PowerPoint presentation](#), with educator notes.

Interaction: Above the line /below the line

GOAL: To help students understand the concept of above the line versus below the line behaviors, and to make a commitment to promoting above the line behaviors. Share the activity handout with students to have them complete this activity at home.

Download the activity handout [here](#).

1. Brainstorm ideas of what behaviors might be above or below the line in a bullying situation. Answers might include:
 - a. Above the line
 - Saying something nice to the person being bullied
 - Asking the person being bullied to sit with you at lunch
 - Telling the person bullying that what they're doing is not OK
 - b. Below the line
 - Joining in the bullying
 - Laughing at the bullying
 - Saying something mean to the person being bullied
2. Write your answers and ideas on the poster in the appropriate locations
3. Once you have written your ideas for above and below the line behaviors, think about the following questions:
 - What happens at our school when students engage in above the line behaviors?
 - What happens when they engage in below the line behaviors?
4. Ask others about their ideas for above and below the line behaviors, as well as the impact these behaviors can make in the world. You could ask other people in your house or reach out to family and friends via digital communication.

Additional media activities

Elementary school – Book – *Great Things To Be* by Kenin O'Connor

Great Things To Be features upbeat rhymes and colorful, full-page illustrations that teach children positive characteristic traits that encourage and build up their self-esteem and improve their approach to life. Let's help children choose kindness over bullying and confidence over self-doubt as they embrace these easy to understand messages. [View a free PDF version of the book](#) to share with your students for at-home reading.

As a **follow-up activity**, download the teacher guide to *Great Things To Be* for additional questions to ask your students about themes within the book.

All ages - Video – *Who Will Stop the Bullying?*

This video shows a young girl getting bullied at a bus stop. Will the bystanders remain silent or will they take a stand? This video is a great digital conversation starter about the importance of supporting those who experience bullying.

As a **follow-up activity**, ask students to reflect on these additional discussion questions:

- How do you think being bullied feels?
- Do you think the bystander role is important in a bullying situation? Why or why not?
- What ideas do you have about how to support someone being bullied?
- What type of impact do you think supporting someone experiencing bullying can make?