

Module 1: Starting the Conversation

Education: Bullying 101

These age-relevant classroom guides help to start the bullying prevention conversation (some slides contain group discussion questions). Educators can ask students about their own experience if they are willing to share.

- **Elementary school students — Bullying 101: The Club Crew's Guide to Bullying Prevention**
A visually friendly, age-appropriate, 16-page guide for early learners. The guide provides helpful information to use when talking with children about what bullying is and isn't, the roles of students, and tips on what students can do to address bullying situations.
- **Middle and high school students — Bullying 101: Guide for Middle and High School Students**
An age appropriate, 14-page guide with easily understood information. This guide provides the basics for talking with middle and high school students about what bullying is and isn't, the roles of students, and tips on what students can do to address bullying situations.

Interaction: Test your knowledge!

Give students the age-appropriate quiz to gauge what they know about bullying as you begin to start this 8-part module series. Ask students to complete the quiz on their own, then go over answers afterwards. Ask students why they chose certain answers and share information from the educator guide with the students.

- **Elementary school quiz**
- **Elementary school quiz – educator's guide**
- **Middle and high school quiz**
- **Middle and high school quiz – educator's guide**

Additional media activities

Elementary school – Video - **You are Braver, Stronger, and Smarter Than You Think**

Have you ever felt like the whispers, giggles, note passing, and looks were directed at you or someone you care about? Imagine if all that attention was channeled into positive action. The Walt Disney Company supported PACER's National Bullying Prevention Center with the creation of an inspiring video titled, "You are Braver, Stronger, and Smarter Than You Think."

Watch the video together, then as a follow-up activity, have students in your class write a positive digital note with encouraging messages they would like to hear (similar to the message on the note passed around the class). At the end of the activity, collect all the notes virtually and then distribute them randomly back to students in your class. Be sure to read all the notes before passing them out to ensure the messages are appropriate. This is a great way to bring joy and positivity in your students' day!

Middle and high school - Video – [Silent, An Award Winning Short Film about the Power of Kindness](#)

Lindsey Hunter is a 15-year-old freshman at Folsom High School in Folsom, CA; “Silent” is her first short film. Lindsey wanted to create a silent film about a girl living in a silent world to convey the message, “If you are going to say something mean, remain silent.” Lindsey has grown up around people with disabilities, as her father is blind. In fact, when she first showed the film to her father, Lindsey had to describe each scene to him. The story brought her dad to tears.

As a follow-up activity, use the idea below to inspire students’ creative thinking:

Ask your students to spend some time brainstorming ideas to prevent bullying in their school or community. Tell them to spend two minutes writing all the ideas that come to mind and then have them choose one of those ideas to share with the class. Afterwards, have all students share their best idea with the class – having the class give feedback and choose what ideas they would like to implement. If the ideas are realistic and suitable for your school, try incorporating them into a club activity throughout the year.