

NO BULLYING ALLOWED

Nobody has the right to torture, or to harm or to humiliate you, which means nobody has the right to bully you.

The Universal Declaration of Human Rights, Article 5

No child shall be subjected to torture or other cruel, inhuman or degrading treatment or punishment.

The Convention on the Rights of the Child, Article 23

★ LEARNING POINTS

1. **Bullying** is when someone does something on purpose to make you feel bad or hurts you; and they do it often, and it is hard to make the bully stop.
2. A **Bystander stands by** and watches the bullying but does nothing to stop it.
3. An **Upstander stands up** to the bully and looks for ways to stop him or her.
4. Kindness is contagious and creates more kindness.

Preparation: Cut Article 5 into 7 pieces, and put them in an envelope or container.

WELCOME

Song, “Kindness Begins with Me.” (See Lesson 4A for the words and music.)

REVIEW *(Use the Talking Stick as needed)*

- Would someone share what they remember about Ogugua and Musa?
- How do we know that Musa was a bully?
- What did Kneda do that showed she was a special friend?

Raise your hand if you can finish this sentence: “Bullying is never ...” or “No one likes a ...”

Activity: Puzzle Time, Article 5

Instructions at the end of the lesson.

INTRODUCTION

- If you accidentally trip over someone’s foot on the playground and fall down, is that bullying? Why or why not?
- What is the opposite of bullying?
- How does kindness make you feel?

DEVELOPMENT (5 minutes)

Show the picture of Kneda.

Kneda was both a **bystander** and an **upstander**.

- What does **Bystander** mean?

A **Bystander** is a person who stands by and watches the bullying but doesn’t do anything to stop it or to help the person being bullied.

- What does **Upstander** mean?

An **Upstander** is someone who knows that what is happening is wrong, and he or she stands up to the bully and tells him or her to stop it or figures out a way to stop it herself.

Show the picture: **UPSTANDER OR BYSTANDER?**

- When was Kneda an upstander, and when was she a bystander?
- Who else was an upstander?
- Why is it better and more courageous to be an upstander?
- Ask each other how you could be an upstander.

CONCLUSION

Activity: Paper Mash-Up (5 minutes)

Instructions at the end of the lesson.

Questions

- Why is it hard to take back unkind looks, words, actions or behaviors?
- What can you do if you’ve bullied someone and you’re sorry? (Apologies, acts of kindness and other positive efforts.)
- How would our school and family be different if we all did more kind things?

It’s hard to fix the hurt, but it can be done. Remember: Nobody likes a bully.


Invite students to sing again, “**Kindness Begins with Me.**”

CHALLENGE

1. Practice being an upstander
2. Practice doing kind things for someone in your family or in our class.

PUZZLE TIME, Article 5

Before class, cut up article 5, and put the pieces in an envelope or container.

Nobody has the	right to torture
or to harm	or to humiliate you
which means	nobody has the
right to bully you.	

Instructions

- Tell the children to listen carefully while you read Article 5 to the class: *Nobody has the right to torture or to harm or to humiliate you, which means nobody has the right to bully you.*
- Ask for 7 volunteers to come up and stand by you.
- Hand each child one of the pieces of paper with Article 5, out of order.
- Ask the children to arrange themselves in the proper order as quickly as they can.
- Tell the rest of the class to see if they can remember the order, so that they can help if needed.

- When they finish, everyone claps their hands. Read the Article together again.
Nobody has the right to torture or to harm or to humiliate you, which means nobody has the right to bully you.

Ask: No one has the right to do what?



Kneda

UPSTANDER OR BYSTANDER?



ARE YOU AN UPSTANDER?

You see bullying and you **stand up** to the bully by speaking out to stop it or getting help from a trusted adult.



OR ARE YOU A BYSTANDER?

You see bullying, and you **stand by** and watch, but you do not say anything and you do nothing to stop it.

PAPER MASH-UP

Have a student pass out paper and pencils to everyone.

1. Ask students to write the words “BULLYING IS” at the top of their paper.
Students take 1 minute to draw a simple picture or words about what bullying looks like to them.
BULLYING is something that somebody does on purpose to make you feel bad or hurts you, and the person does it many times. (Making fun of your clothes, or hitting or pushing, teasing or calling names, taking things without permission, saying things about you behind your back, not letting you play, or sending mean notes, emails or text-messages. etc.)
2. When finished, have students pair up. Give them 2 minutes to discuss their pictures and words.
 - Explain to each other why it is bullying.
 - Ask each other: “How would you **stop** this?”
3. Ask students to look at their own picture and follow these instructions:
 - Please crumple up your paper into a ball, nice and tight. Be careful not to rip it.
 - Now unfold your picture and smooth it out as flat as possible.
 - Look at how scarred it is even though it is flat.
 - Raise your hand if you were able to bring your paper back to its original look and feel.

Explain that this is what it’s like when one person bullies another person.

Questions

1. What can we do when someone is afraid because she or he is being bullied?
2. How can we help each other feel safe?

Remember to fill in your brief *Facilitator Notes & Reflections*. Found following Lesson 10B.

