

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

*The Universal Declaration of Human Rights, Article 5*

Government should protect you from all forms of violence, abuse or neglect by your parents or anyone else who looks after you.

*The Convention on the Rights of the Child, Article 19*

### ★ Learning Points

1. Bullying occurs when someone purposely does something to hurt or to make you feel bad and does it more than once.
2. It is difficult to stop the bully.
3. A **Bystander stands by** and watches the bullying but does nothing to stop it.
4. An **Upstander stands up** to the bully and looks for ways to stop him or her.

### WELCOME (5 minutes)

**Song: “Kindness Begins with Me”** (from the previous lesson), or a song or poem of your own choice with the same message.

### REVIEW Questions

- What is the message from the song?
- Why is kindness always the right thing to do?

### Activity: Kindness Circle

- Sit in a circle. Starting with one student, take turns saying something she/he likes about each person.
- When finished: Would someone please share how that made you feel?

With a large group, create more than one circle by counting off (1, 2, 3, 4). Tell all the “ones” to make a circle, all the “twos” to make another circle, and so on. Each circle follows the instructions above.



### INTRODUCTION (10 minutes)

**Ask 2 students to read UDHR Article 5 and CRC Article 19. Questions:**

- What are the Important words?
- What is different about these two articles?

### Activity: “Nikola and the Bullies”

*Story and instructions, at the end of the lesson.* Tell students to think about the words from the UDHR and CRC Articles above as they listen to the story.

### DISCUSSION (5 minutes)

#### Questions

- How might this story have ended differently?
- How was Stefan stopped?
- What was so remarkable about Nikola?
- How are Dragana and Vera **Upstanders**?

An **UPSTANDER** is a person who sees bullying, and **STANDS UP** to the bully by speaking out to stop it or getting help from a trusted adult.

- If they just stood there and watched what was happening, what would you call them?
- Have you ever heard of a **BYSTANDER**? What do you think a bystander is?

A **BYSTANDER** sees bullying, and **STANDS BY** and watches, doing nothing to stop it.

### CONCLUSION (5 minutes)

- What part of the story shows that sometimes adults need to step in? (The security guards.)
- Who would like to remind us of some of the phrases we shared last time that could help to stop a bully? (See previous lesson.)

Show the **Bullying** mini-poster from the previous lesson, and **read Article 5 together as a class.**

### CHALLENGE

1. Be an Upstander. Decide right now not to be a bystander the next time you see someone being bullied.
2. Kindness is always the right thing to do. Think how you can share it. For one whole day, treat everyone you meet with kindness and respect.

It is important to coach our youth to use powerful, assertive phrases to respond to inappropriate behavior from others. **It is never acceptable for any young person to be bullied. Ultimately, it is up to adults to STOP the bullying.**



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**OPTIONAL CONCLUSION REMINDERS**

- Were we able to get rid of the scars or lines on our crumpled papers in our last lesson?
- What did the lines represent?
  - It is very difficult to take back unkind words, actions or behaviors.
  - It takes only a few seconds to hurt someone.
  - It is hard to fix the hurt but, it can be done.
- How would our world, school and family be different if everyone did more kind things?
- What is the opposite of kindness that we discussed last time?
- Who would like to share or demonstrate what you practiced for stopping a bully?

Remember to fill in your brief *Facilitator Notes & Reflections*.



## NIKOLA AND THE BULLIES

Most days Nikola was at the park shooting his basketball with a few friends. The girls from school enjoyed watching them play. One day as the boys were shooting baskets, Stefan and his buddies appeared, and began chanting and calling Nikola and his friends ugly names.

***Ask: What do you think is going to happen?***

*After allowing for responses, continue the story.*



Back to the story:  
As he had done on other occasions, Stefan swaggered up to Nikola and demanded the ball. "You can play with us if you want, but it's my ball," responded the younger boy, as Stefan began shoving him.

When the girls at the fence saw the pushing and shoving, they sprang into action, especially when they saw Stefan pushing hard enough that Nikola fell backwards to the ground.

***Ask: Who is the bully and who is the victim? Why do you think that?***

“Come on, Vera!” called Dragana as she turned to run back toward the school. “We can’t just stand here and watch them bully Nikola!” As they reached the school, the girls began screaming. “Please help! Nikola needs help, now!”

Students and security guards went rushing back to the park with them, where they found Nikola still lying flat on his back. Helping him to his feet, Nikola’s friends quickly turned around and headed toward the basketball court, ready to take on the bullies.

“Wait!” yelled Nikola. He stepped forward and began walking slowly toward Stefan and his buddies. A hush fell over the crowd. “Give me the ball,” Nicola said quietly, stretching out his hand. Glancing quickly around at the growing crowd, Stefan reluctantly gave up the ball, and began backing away. Much to his surprise, Nikola leaned forward and thrust out his hand in a gesture of friendship. Stefan immediately grabbed it, and the two boys shook hands followed by a fist bump.

With a huge smile, Nikola tossed the ball to Stefan and motioned everyone else to join in a friendly game of basketball before returning to class.

