Lesson 4A - No Bullying Allowed

Freedom from Bullying

Nobody has the right to torture, harm or humiliate you.

The Universal Declaration of Human Rights (Child Friendly Version), Article 5

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 person stop.
2. **Torture** means to cause terrible pain to the victim.
3. **Harm** means to hurt someone.
4. **Humiliate** means to embarrass or take away someone's dignity or make him or her feel ashamed.

1. WELCOME

Song, "I'll Walk with You" (page 14)

2. REVIEW

Would someone like to tell us about making a new friend or not discriminating this week?

3. INTRODUCTION

Questions

- Who can tell me what kindness feels like?
- How does it feel when someone is mean?
- Did you know that we have a right that protects us from that kind of behavior?

Ask a student to hold the **mini poster** (page 21). Read and have the class repeat **Article 5** (page 22).

Questions

- What words did you hear that we don't always talk about?
- What does **torture** mean? *To cause terrible pain to someone.*
- What about the word **harm**? *To hurt someone.*
- What does **humiliate** mean? *To embarrass or take away someone's dignity or make them feel ashamed.*

4. DEVELOPMENT

Question

What is bullying? *Bullying is when someone does something on purpose to embarrass you and make you feel bad or hurts you; and they do it often, and it is hard to make the person stop.*

Activity: Story, "Ogugua and the Bully" (page 23)

Questions

- Who was kind in the story?
- What does kindness look like in this story?
- Who was hurtful and what did he do?
- If we don't want bullying in our community, what can we do to stop it?

Have the students turn to their neighbor and say something to make Ogugua feel better.

Discuss why one of the most important things that we must do is to make sure that we don't bully other people. No bullying allowed! Let's say that together: **No bullying allowed!**

5. CONCLUSION

Question

What did we learn from the story of Ogugua and Kneda and Musa? Guide the students to recognize that it is **never** okay to be a bully.

Activity: Song, "Kindness Begins with Me" (page 22)

Let's sing a song that reminds us to be kind.

Questions

- Where does kindness begin?
- What is kindness?
- How does kindness make other people feel?
- We can help people who get picked on or bullied by being kind to them.

6. CHALLENGE

- Share the story of "Ogugua and the Bully" with your family or friends.
- Be careful that you don't bully other people.
- Let's all say and do things that will make other people feel good.

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The Right to Protection from Torture, Harm or Humiliation

UDHR 5 (Child Friendly Version)

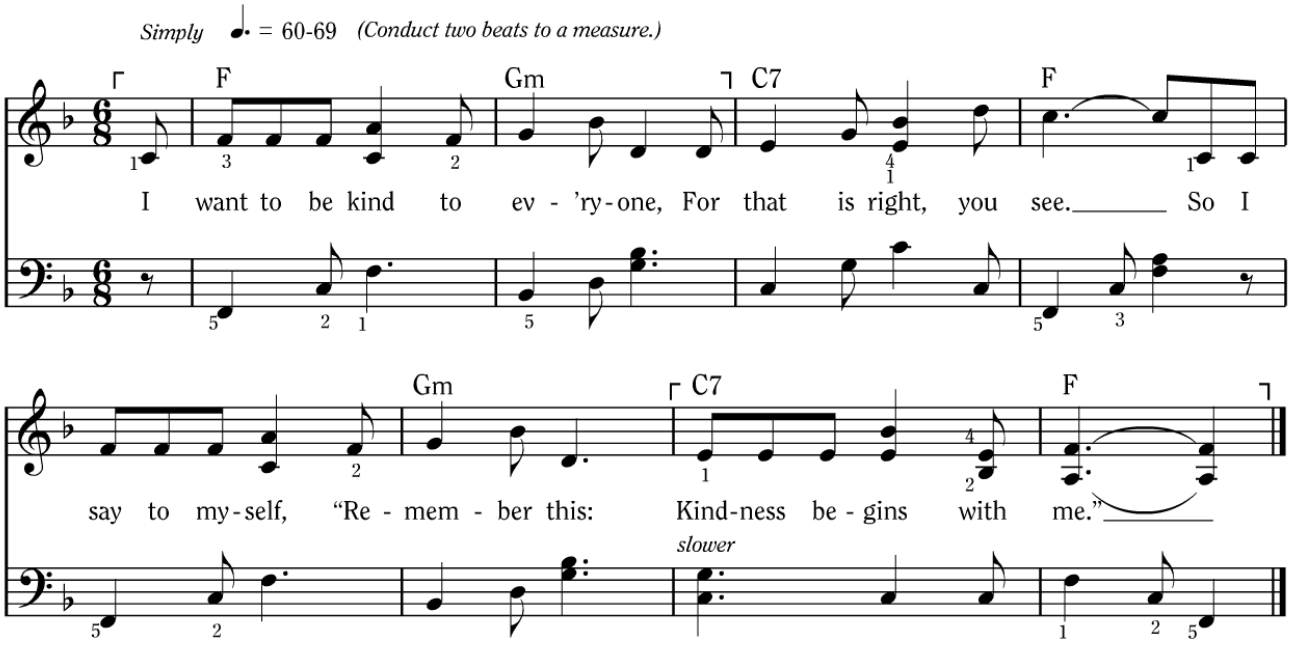
Article 5

Nobody has the right to torture, harm or humiliate you.

The Universal Declaration of Human Rights (Child Friendly Version)

Kindness Begins with Me

Words and music: Clara W. McMaster



I want to be kind to everyone,

For that is right, you see.

So I say to myself, "Remember this:

Kindness begins with me."

To hear the music, go to the **COUNTRIES menu tab, select GHANA, and click on the button that says Music.**
https://go-hre.org/resources/music-english/

Activity: Story, “Ogugua and The Bully”



It was Ogugua’s first day at the new school. “Please welcome our newest friend,” the teacher said.

But when it was break time, the children ran outside, forgetting all about Ogugua. She sat down by herself as she watched the other kids play.

After school as Ogugua walked home alone, she heard a gruff voice yell, “Hey, you! Stupid! You sure are ugly,” just as a rock barely missed her!





She turned to see an angry, red-faced, big boy named Musa bellowing, “Get outta my way! I hate you!”

Terrified, Ogugua ran the rest of the way home, wondering what she had done. Then it happened again the next day.

On the third day, she heard, “Hey, Stupid! Go back where you came from!”

Tears ran down Ogugua’s face as she rushed home.

But this time, Kneda had seen the whole thing. It made her sad. She told her friend Jamal about it, and it made him sad, too.

“Let’s do something!” he said.

So they talked and came up with a plan. The next morning, while Kneda walked to Ogugua’s house, Jamal quickly ran ahead to tell his classmates their plan.

“We need to help Ogugua!” he said.







Soon Jamal came running back to join Kneda and Ogugua. “Everyone wants to walk with you,” he told Ogugua. By the time they got to school, they were happily walking and talking together. All except frowny-faced Musa. “I don’t want to play with you anyway,” he said loudly as he went off to be by himself.

However, Jamal and Kneda had another idea. “Hey, Musa,” Jamal called out. “We need you to play on our team.” Musa couldn’t help smiling. “Sorry I was such a bully,” he said, “Let’s all be friends!”

Lesson 4B - No Bullying Allowed

Freedom from Bullying

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The Universal Declaration of Human Rights (Child Friendly Version), Article 5

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 creates more kindness.

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

1. WELCOME

Song, "Kindness Begins with Me" (page 22)

2. REVIEW

Questions

- Would someone share what they remember about the story of 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 these sentences:
"Bullying is never . . . "
"No one likes a . . . "

Activity: Puzzle Time, Article 5 (page 25)
Refer to the instructions and play the game.

3. INTRODUCTION

Questions

- 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?

4. DEVELOPMENT

In the story of "Ogugua and the Bully", Kneda was both a **Bystander** and an **Upstander**.

Questions

- What does **Bystander** mean? *A Bystander is a person who stands by and watches the bullying but doesn't 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.*

Show the pictures Upstander or Bystander (page 26)

Questions

- When was Kenda an **Upstander** and when was she a **Bystander**?
- Who else was an **Upstander**?
- Why is it better and more courageous to be an **Upstander**?
- Discuss how you could be an **Upstander**?

5. CONCLUSION

Activity: Paper Mash-Up (page 26)

Questions

- Why is it hard to take back unkind looks, words, actions or behaviors?
- What can you do if you have bullied someone and you are 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 is hard to fix the hurt, but it can be done. Remember: **Nobody likes a bully.**

6. CHALLENGE

- Practice being an **Upstander** with your friends.
- Tell your family what you will do if you see someone being bullied.
- Practice doing kind things for someone in your family or in our class.

Activity: Puzzle Time, Article 5

Before class, cut up the puzzle pieces, and put them 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!	

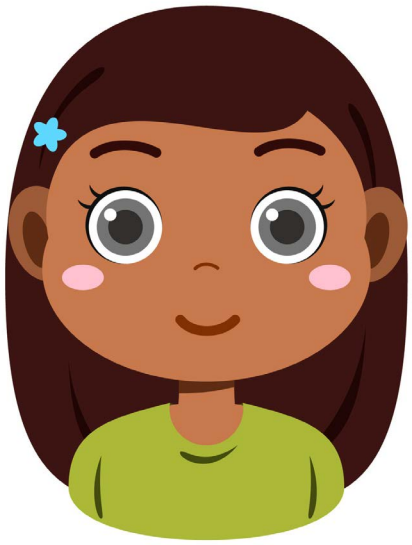
***Instructions*:**

- Ask seven volunteers to come up and stand by you.
- Hand each student one of the pieces of paper from the puzzle. Make sure they're out of order.
- Ask the students 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 puzzle together again. **Nobody has the right to torture or to harm or to humiliate you, which means nobody has the right to bully you.**

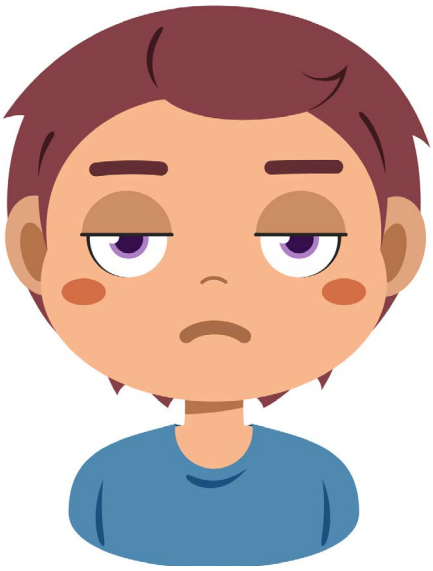
Ask: No one has the right to do what? *Bully you!*

Lesson 4B - No Bullying Allowed

Upstander or Bystander?



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Are you an Upstander?

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

Are you a Bystander?

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

Activity: 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 one 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. For example: 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 two minutes to discuss their pictures and words and how they would stop the bullying.

3. Ask students to look at their own picture and follow these instructions:

- Crumple up your paper into a ball. Be careful not to rip it.
- 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.
- This is what it's like when one person bullies another person, we can't undo it.

Questions

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