



THE ALL IN GENERATION TEAM

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OVERVIEW & PURPOSE

Since bullying seems to be everywhere in our schools, students must be taught how to recognize who and what a bully is. Many times students refuse to recognize behaviors as bullying and instead brush it off because they don't want to get in trouble for telling on the bully, and also they often don't know how to respond to the bully. That's why it's crucial for students to be made aware of who could be classified as a bully.

MATERIALS NEEDED

1. Computer and Projection Screen
2. Access to YouTube
3. Diary Page Re-Write Worksheet

STARTER

1. Please show the video clip [Voiceless](https://www.youtube.com/watch?v=JZlY4o5L6rQ) (2:06)
<https://www.youtube.com/watch?v=JZlY4o5L6rQ>
2. Share with the students the **4 Markers of Bullying** from *The Bully, the Bullied and the Bystander* by Barbara Coloroso.
 - Imbalance of Power: The bully always has certain advantages over the bullied.
 - Intent to Harm: The bully intends to inflict emotional and/or physical pain and takes pleasure in witnessing the hurt.
 - Bullying is never meant to be a one-time event.
 - Bullying is systematic violence meant to intimidate and maintain dominance.
3. Now share these facts from *Bullies are a Pain in the Brain* by Trevor Pomain:
 - Bullies are self-esteem vampires
 - Bullies are competitive. They hate to lose at anything.
 - Bullies do not like groups of happy, smiling people.
 - Many bullies have high self-esteem.
 - Bullies who feel cornered or provoked will come after you again.

4. Share these facts from the *Bureau of Justice Statistics*:

Factors That Can Make a Child Become a Bully

- Teasing at an Early Age
- Desire to be Popular
- Revenge from being Bullied
- Revenge from being Abused
- Jealousy (Not having favoritism from parents/teachers)
- Media Influences



5. Share these statistics from *Family First Aid*:

- Physical bullying is more common among boys. Rumors and sexual gossip top girl bullying tactics.
- 5.7 million U.S. teens are estimated to be involved in school bullying either as a bully or a target or both (NEARLY 25%).
- In a national survey of students grades 6-10, 13% report bullying others; 11% report being bullied and 6% claimed they both bullied and were bullied.
- Teenage boys bully more than girls. Boys target both boys and girls while girls mostly target other girls.

REAL WORLD EXAMPLE

1. Read the following to the class:

What I am about to read to you is the final diary page of 13 year old Vijay Singh and it was also the subject of the short video I showed you earlier. Vijay was from Manchester, England, which proves that bullying is taking place all across the globe. Vijay was the victim of repeated vicious physical and emotional attacks from schoolmates. Vijay was found hanging from the banister rail in his home where he concluded that suicide would offer him the freedom from the torment he was enduring. Here is his last diary entry:

Little flowers

I shall remember and never forget

Monday: my money was taken

Tuesday: names called

Wednesday: my uniform torn

Thursday: my body pouring with blood

Friday: it's ended

Saturday: freedom

(Poem pulled from *The Bully, the Bullied and the Bystander* by Barbara Coloroso)

2. Now ask students to rewrite the poem that Vijay wrote revealing instead the hope we can have if we partner together. (*Student worksheet on page 5*).



FOLLOW-UP

In today's follow-up, students could share their poems with the class or with a partner.

QUOTE OF THE DAY/SOCIAL MEDIA SEND OUT

Once again, encourage students to either record the quote of the day in the classroom, in a notebook, or post it on social media. This helps promote accountability with the students concerning the topics we cover.

“Pulling someone down will never help you reach the top.”

- KushandWizdom



Diary Page Re-Write

STUDENT WORKSHEET

Name _____

Hour _____

***Directions:** Take Vijay Singh's last diary page and re-work it into a statement of hope. There are no wrong answers if your entry is hopeful.

I shall remember and never forget

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____