

Through the use of real-life stories, students will learn how bullying, both online and offline, impacts everyone. They will learn and practice specific strategies to stand up for themselves and others, tools to calm themselves and control their actions, and techniques to protect themselves emotionally from hurting words.

- How to stay in charge of your body and your words when you are frustrated
- How to use the internet in a safe and responsible manner

Focus is on face to face bullying with an introduction to cyberbullying.

Introduce my friends-Bubba, AP and Minnie to share their story (Teddy bears I bring along)

- Specific ways Bubba has been bullying AP
- How it has affected the way AP feels
- Audience helps teach AP ways to stand up for himself
- Audience learns how they (the bystanders) can stand up for AP
- Minnie's personal story about her cyberbullying experience
- Audience actively helps Minnie to figure out what she should do
- Learn responsible technology use
- Importance of being open with your parents about online activities
- Learn and practice specific techniques to control our behavior
- Bullying pledge

The story telling of AP, Bubba, and Minnie's bullying experiences, along with the active participation of the audience in helping to teach AP and Minnie what to do, engage the students in the presentation.

Elementary presentations include pre and post activities.

- Five lesson plans to be used one each day in the week previous to presentation
- Follow up discussions/activities from information included in presentation

I will encourage and motivate your students to:

- Work together to protect each other
- Understand that actions can have serious consequences
- Learn the importance of their self talk (bullying themselves)
- Think twice about their behavior
- Realize how painful comments add up over time
- Develop empathy and compassion for others
- Open up conversations about bullying
- Think twice about what they write on Facebook
- Make an effort to be kind to one another