****LESSON: *Am I a Bully?***

**OUTLINE:**

1. Introduce topic to students. Remind them that they’ve already had a lesson on being bullied and what to do about it. **This lesson is about being the bully**. Ask students to define “bully” in their own words. Read definition of ‘bully’ on slide.
2. Talk about the different types of bullying (i.e. name calling, laughing at someone, leaving someone out, ignoring someone, tripping someone, unfriendly teasing, etc.)
3. Introduce the idea that students might not realize that they’re bullying someone. Talk about how hard it can be to think about how someone else might feel. Also talk about how some people just say or do whatever pops into their head.
4. Take the quick bully quiz with the students.
5. Introduce the **3 Steps to Take to Stop Being a Bully:**
6. **Close your eyes and think back to when someone hurt you. How did it feel?**
7. **Now think about your behavior towards someone else (what you did, who you hurt, why it hurt – was it helpful or harmful?)**
8. **Ask an adult to help you**
9. Go through each step and discuss with students
10. Review 3 Steps with students
11. So…what do YOU think? discussion question
12. Give out magnet cards

**MATERIALS NEEDED:**

* **Facilitator’s guide**
* **Computer and projector**
* **Activity sheet(s) and materials**
* **Magnet cards**