

Austin ISD Human Sexuality and Responsibility

Grade Level: 3

Unit: Human Sexuality and Responsibility

Ground Rules

Classroom safety is crucial. Children feel safer and more at ease when they know the ground rules and see that they are enforced. Just as you set rules for your class at the beginning of the school year, we encourage you to set ground rules, or review ground rules at the onset of this curriculum.

Students will describe or identify:

1. Two classroom ground rules;
2. Two ways rules are kept;
3. A parent(s) or trusted adult to talk to about today's lesson.

Teacher Tip: Review "Guidelines for Discussion" to ensure a safe climate for the discussion of sensitive topics. For questions that teachers don't feel comfortable answering, please refer that student to a trusted adult.

Use equity practices to solicit responses from all students such as: popsicle sticks, randomizing apps, Think-Pair-Share, talking chips, etc.

Lesson 3: Personal Safety

LESSON SUMMARY

Students learn about the need for a growing awareness, creation, and maintenance of personal safety.

NSES

PS.5.CC.1 Define teasing, harassment and bullying and explain why they are wrong.

PS.5.AI.1 Identify parents and other trusted adults they can tell if they are being teased, harassed or bullied.

PS.5.IC.1 Demonstrate ways to communicate about how one is being treated.

PS.5.IC.2 Demonstrate refusal skills (e.g. clear "no" statement, walk away, repeat refusal).

LESSON OBJECTIVES

Have students discuss why teasing, harassment, and bullying are wrong;

Have students identify trusted adults to talk to about teasing or bullying;

Demonstrate communication skills;

Demonstrate refusal skills.

MATERIALS

"Bullying" and "NOT Bullying" signs for corners of room

Set of "Is it bullying?" scenario sheets

Student Sheet: Bullying Quiz

Student Sheet: Anti-Bully Bug

VOCABULARY

Teasing: intended to provoke or make fun of someone in a playful way.

Harassment: aggressive pressure or intimidation.

Bullying: seeking to harm, intimidate, or coerce (someone perceived as vulnerable).

BEGINNING: Engage

Activity: **Which is it? “NOT bullying” or bullying?”** (adapted from KidsHealth in the Classroom; <https://classroom.kidshealth.org>)

Directions:

Teasing can be a way of communicating. How we tease with our friends can be friendly and positive or hurtful and negative. When done in the right spirit, teasing is a way for friends to exchange harmless back-and-forth joking around. Teasing can be a fun way to share your similar sense of humor with others.

When it is friendly teasing you can decide whether it continues or ends. If you get upset, tell your friend using an “I statement...” that the teasing should stop because it hurts your feelings.

However, if the teasing is one-sided, mean, or hurtful it is no longer teasing—it’s bullying.

Bullying is when one or more kids are mean or hurtful to another kid over and over intentionally and to a vulnerable individual. Kids who are being bullied might not be that good at standing up for themselves. Bullying affects lots of people. It affects the kids who are bullied, family members of the kids who are bullied, the kids who see the bullying, and the bullies themselves. Bullies try to hurt people and make them feel bad. Bullies like it when they get reactions from the people they are bullying. But not all mean behavior is bullying. Sometimes people have disagreements or arguments, and that’s normal. But when a person is mean on purpose over and over and knows that the people he or she is hurting can’t defend themselves, the mean behavior is considered bullying.

Put up a sign “NOT bullying” in one corner of the room and “bullying” in the other corner of the room. Display the “Is It Bullying?” handouts on a smartboard or overhead projector and discuss each scenario with your student.

Say: “Let’s look at a few situations in which someone is being mean. If you think that it is bullying, go to the corner of the room that says “bullying.” If you think it is not bullying, go to the corner of the room that says “NOT bullying.”

After each scenario is presented and the students have found their corner, talk about the situation and decide if it’s bullying. **If the person in the story is being bullied, we’ll also think about what the person or a bystander—someone who sees the bullying—should do.**

Distribute the Bullying Quiz and have students answer the questions.

MIDDLE: Explore

Activity: What if you are being bullied?

Directions:

Show “Bullying Advice from a 3rd Grader” <https://www.youtube.com/embed/ggH0YkpYbRE>.

(Make sure you are logged in to your Google account. Click on the blue button- "Sign in".)

Make sure to pause the video and read the notes on the screen to the students.

Discuss the different ways that the boy was bullying this girl and how it made her feel. Ask: “Was she the only student being bullied by this other student?” (In the video she will talk about the school meeting and says the other girl being bullied was there.)

Review the steps that students should take when they are being bullied.

Create a class poster while sharing out the steps.

1. Hold your head up so you appear more confident.
2. Look at the kid bullying you.
3. Tell them to stop in a calm, clear voice.
(Examples you may practice with the students: "Stop bothering me!" or "I'm not going to play with you if you act mean." or "No, stop! I'm playing with that!")
If they don't stop...
4. Walk away (especially if speaking up seems too hard or not safe; walk away and stay away).
5. Find an adult.

If the bullying continues after you ask the person to stop and an adult has spoken with them, this is known as harassment.

There are things you can do to stay safe in the future:

1. Talk to an adult you trust. Don't keep your feelings inside; the adult can help you make a plan to stop the bullying.
2. Stay away from places where bullying happens.
3. Stay near adults and other kids. Most bullying happens when adults or others aren't around.

END: Evaluate

Activities about **Personal Safety** have a purpose that may not be apparent to third graders. It is important that you provide closure through questioning skills to assess if your students understand the lesson: How can you stand up to a bully? What can you do if you feel you are being bullied? What should you do if a friend confides in you that they are being bullied?

Directions:

One way to keep bullies away or help a person who is being bullied is to be friendly. Friendships help prevent bullying because bullies are less likely to pick on kids who they are friends with. And if a kid is being bullied, your friendship helps that kid feel included. For the next month, we're going to practice being kind to each other to create a safe, respectful, and friendly classroom.

Brainstorm a list of friendly acts kids can make toward each other (and their teacher!) and think about the qualities of a good friend.

EXTENSION: Home Connection

Activity: **Anti-Bully Bug**

Directions:

Handout the bug template.

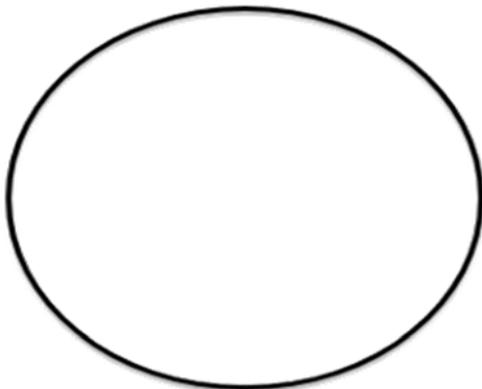
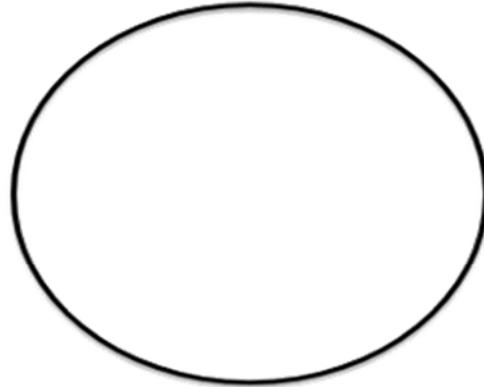
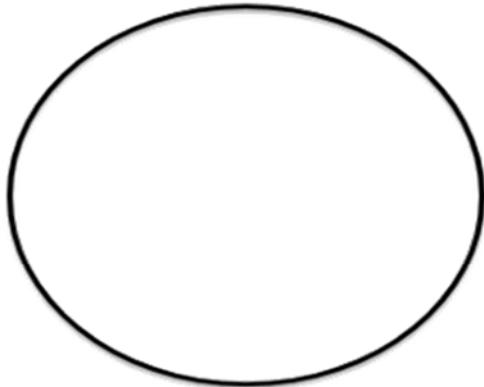
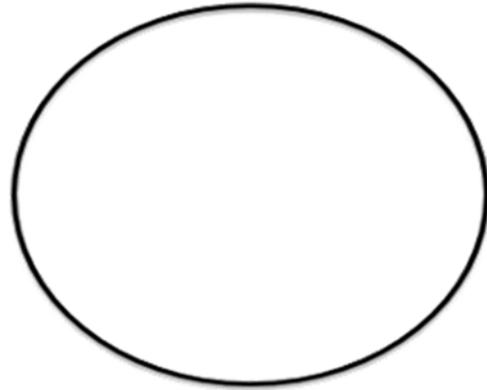
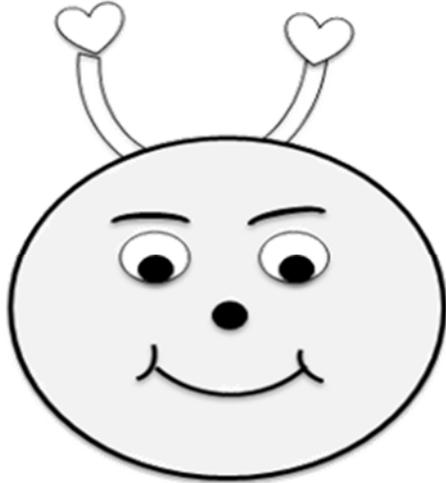
Instruct students to work with their parent(s) to fill in the circles with two ways they can stay away from bullies or stop bullying from happening to them and two ways they can help someone who is being bullied.

Bring "Bully Bug" back to discuss in class.

In two of the circles write or draw ways you can stay away from or stop bullying from happening to you.
In two of the circles write or draw one way you can help a person who is being bullied.
Identify a trusted adult you can talk to about bullying in the last section.

Feel free to color
your Anti-Bully Bug

Anti-Bully Bug

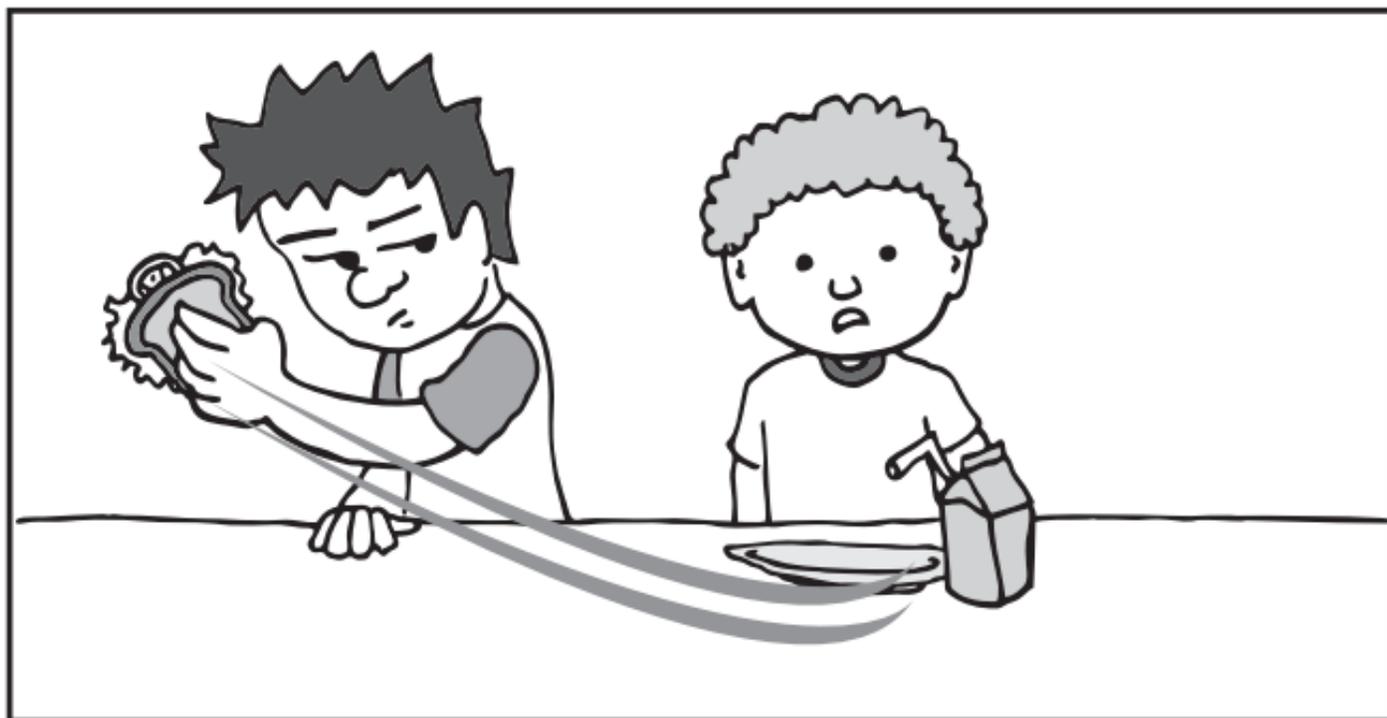




Name: _____

Date: _____

Is It Bullying?



Every day, you see a kid at lunch taking your friend's snack. Your friend is afraid to tell on the kid because your friend is scared.



Name: _____

Date: _____

Is It Bullying?



A new girl in your class is from a different country. Your friends say rude things to her, make fun of her English, and tell her to go back home. Now she sits alone at lunch.



Name: _____

Date: _____

Is It Bullying?



A friend starts teasing you because you have a reading problem. Every time you read aloud, he laughs and makes fun of you.



Name: _____

Date: _____

Is It Bullying?



Your older brother has been trying to wrestle you and get into tickle fights lately.



Name: _____

Date: _____

Is It Bullying?



At the bus stop, some kids have been teasing a boy about how he looks. Now you notice that boy no longer rides the bus.



Name: _____

Date: _____

Is It Bullying?



Your sister called you a mean name because you took something of hers without asking. Later she apologized. You apologized, too, and promised not to take her stuff without asking.



Name: _____

Date: _____

Quiz

Instructions: Circle true or false after reading each statement:

1. True or false: Bullies are mean to kids on purpose.
2. True or false: Bullying can make kids who are bullied feel physically sick.
3. True or false: If someone bullies you, you should bully that person back.
4. True or false: Ignoring a bully and not reacting to the bullying can help sometimes.
5. True or false: If you or someone you know is being bullied, you should tell an adult you trust.

Fill in the blanks with words from the word box below:

6. Being a good _____ can help you keep bullies away.
7. Standing up for _____ is one way to deal with bullies.
8. It's bullying when someone _____ another person many times.
9. A good friend is _____ to you and others.
10. If you see someone being bullied, you should tell an _____ as soon as possible.

adult

friend

kind

teases

yourself



Quiz Answer Key

Instructions: Circle true or false after reading each statement:

1. True or false: Bullies are mean to kids on purpose.
2. True or false: Bullying can make kids who are bullied feel physically sick.
3. True or false: If someone bullies you, you should bully that person back.
4. True or false: Ignoring a bully and not reacting to the bullying can help sometimes.
5. True or false: If you or someone you know is being bullied, you should tell an adult you trust.

Fill in the blanks with words from the word box below:

6. Being a good friend can help you keep bullies away.
7. Standing up for yourself is one way to deal with bullies.
8. It's bullying when someone teases another person many times.
9. A good friend is kind to you and others.
10. If you see someone being bullied, you should tell an adult as soon as possible.

adult

friend

kind

teases

yourself