Bystanders…Become Upstanders

K-2 Lesson Plan

Intro (5min) Ask the kids about what a bully is. Make sure that they know that a bully is someone who is mean with their words or actions repeatedly, not just once or twice. Ask the students to raise their hands if they have ever been bullied? Ask students to raise their hands if they have ever seen bullying? Ask them what bullying looks like.

(10min) Read the book: The Recess Queen

(10min) Discussion

Ask kids if they know what a bystander is. Explain that bystanders are kids and adults who witness bullying (see it with their own eyes) and stand by and watch without saying anything. They don’t stop the bullying from happening, or tell an adult, they just watch and say nothing.

Tell kids that when you are being a bystander and watching bullying happen without doing anything, you are showing the bully that they can keep getting away with their mean behavior. We don’t want bullies to keep bullying though right? We want to stop it! It can be scary sometimes to stand up to bullies but we need to stand up for our friends who are getting hurt and picked on.

Do you guys want to know how to stop bullying? Okay well here are some different things you can do to stop bullying when you see it:

* Don’t laugh
* Don’t encourage the bully in any way
* Stay at a safe distance and help the kid being bullied to get away
* Don’t become an audience for the bully
* Reach out in friendship
* Help the victim of the bullying in any way you can
* Support the victim in private
* If you notice someone that doesn’t have anyone to play with or talk to, maybe sitting alone, invite them to play or hang out with you!
* Include the victim in your own activities
* Tell an adult

It is important to be a part of the solution to bullying and not a part of the problem of bullying. There is strength in numbers, so having friends to go to when you are being bullied or need to help someone being bullied it makes it a lot easier!

When you see someone being bullied, stand up for them! Then you won’t be a bystander but you will be an upstander! Can you say upstander with me? Upstander! Being an upstander means that you stand up for others! It’s up to us to stop bullies and stand up for others who are getting bullied!

(10 min) Activity Sheet

K: Mean Jean Feels (Draw Picture)

1: Mean Jean Feels (Draw Picture)

2: Upstander/Bystander Sheet (Color/Label/and Speech Bubble)