

## Objective

By the end of this lesson, you will be able to understand the importance of anti-bullying and develop strategies to prevent bullying.

## Materials and Prep

- No materials are needed for this lesson.
- Prior knowledge of what bullying is and basic understanding of empathy is helpful.

## Activities

- Activity 1: Role Play - Imagine you are in a situation where someone is being bullied. Act out how you would handle the situation and stand up against bullying.
- Activity 2: Create a Poster - Design a poster that promotes kindness, respect, and anti-bullying. Use bright colors and catchy phrases to grab attention.
- Activity 3: Write a Story - Write a short story about a character who experiences bullying and how they overcome it with the help of friends and support from adults.
- Activity 4: Watch a Video - Watch a child-friendly video about anti-bullying and discuss the key messages and strategies presented.

## Talking Points

- What is bullying? Bullying is when someone repeatedly hurts, threatens, or picks on another person on purpose. It can be physical, verbal, or emotional.
- Why is it important to stop bullying? Bullying can have serious negative effects on the person being bullied, including low self-esteem, anxiety, and depression. Everyone deserves to feel safe and respected.
- How can you help prevent bullying? You can help prevent bullying by being kind to others, standing up for someone who is being bullied, and reporting bullying to a trusted adult.
- What are some strategies to deal with bullying? Some strategies to deal with bullying include ignoring the bully, walking away from the situation, and seeking help from a teacher or parent.
- What is empathy? Empathy is the ability to understand and share the feelings of others. It helps us to be kind and considerate towards others and can prevent bullying.