

## Objective

By the end of this lesson, you will have a better understanding of anti-bullying and how to prevent it.

## Materials and Prep

- Paper and pen or pencil
- Internet access (optional)

No prior knowledge is required for this lesson.

## Activities

- Activity 1: Role-Play

Imagine different bullying scenarios and act them out with a friend or family member. Practice how to respond assertively and confidently to bullies.

- Activity 2: Create an Anti-Bullying Poster

Design a poster that promotes kindness, respect, and standing up against bullying. Use colors, images, and slogans to convey your message.

- Activity 3: Research Famous Anti-Bullying Campaigns

Explore the internet or library to find examples of successful anti-bullying campaigns. Learn about their impact and share your findings with a short presentation.

## Talking Points

- What is bullying?

"Bullying is when someone repeatedly hurts, threatens, or picks on another person on purpose."

- Types of bullying

"Bullying can be physical (hitting, pushing), verbal (name-calling, teasing), or relational (spreading rumors, excluding someone from a group)."

- Effects of bullying

"Bullying can cause emotional distress, low self-esteem, and even physical harm to the victim."

- Why is it important to stand up against bullying?

"By standing up against bullying, we create a safe and inclusive environment where everyone feels respected and valued."

- Tips for preventing bullying

"- Treat others with kindness and respect."

- Stand up for yourself and others when you witness bullying.
- Report bullying incidents to a trusted adult.
- Be a good friend and include everyone."