

# Carmel Middle School Positive Behavior Presentation



# Today's Objectives



1. Define bullying and identify examples of bullying behavior.
2. Recognize the impact bullying can have on the lives of other people.
3. Engage in discussions about positive behaviors and solutions to reduce bullying behavior at CMS.
4. Learn at least 3 ways you can help a person dealing with a social emotional challenge.

# Presentation Details



**Active Listening** - pay attention with your eyes and ears, raise your hand, no interruptions, be respectful to one another

**3 Videos:** Watch, Listen, Learn, Reflect, and Discuss

**Group Discussions** - Your voice, thoughts, and experience are important! Please do not use the names of real people.

Please do not engage in off-topic conversations!

# Six Core Values



1. Respect
2. Kindness
3. Caring
4. Responsibility
5. Trustworthiness
6. Fairness

Discuss these values with your seat partner. What does each value mean to you? Why are they important?



Showing **respect** for people means accepting their differences and treating them with caring and kindness.

***Bullying*** is the opposite.



## 6 Main Types of Bullying & Harassment

- ▶ 1. Physical
- ▶ 2. Verbal
- ▶ 3. Social/Relational
- ▶ 4. Cyber
- ▶ 5. Prejudicial - Racial and/or Religious
- ▶ 6. Sexual Harassment

# Partner Discussion

What types of bullying do you see here?



# Be an UPSTANDER!

When it comes to bullying - Do The Right Thing!

Don't laugh or join in

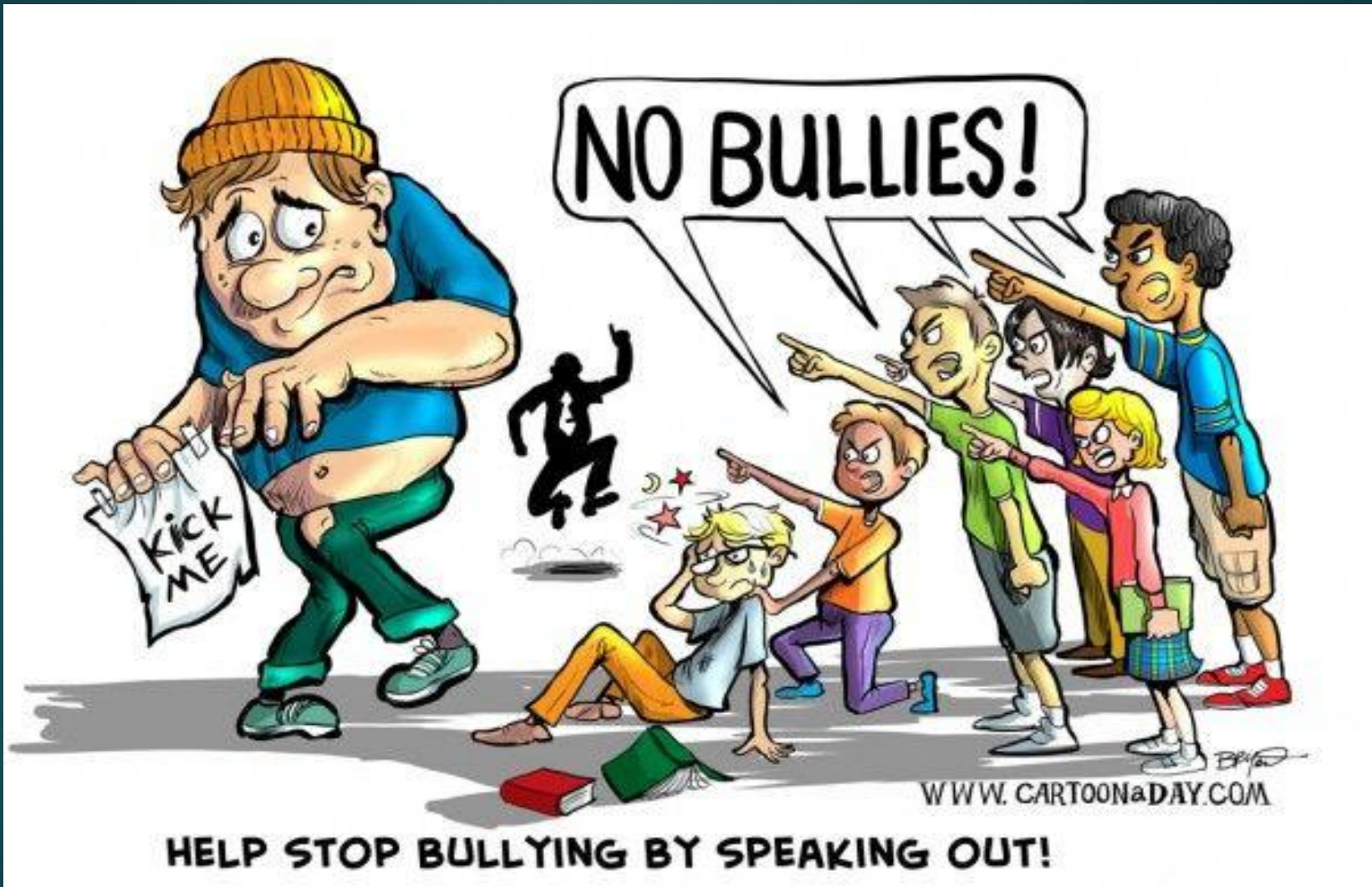
Say something... "Hey, we don't treat people like that here."

\*Not saying anything sends the message that it is okay.

Report Bullying to an adult

Be a friend to a person being bullied





# Confessions of a Bully

10 Minute Video: follows the story of several students who engaged in bullying behavior and how they feel about it now.





# Discussion Questions

1. Which personal story had the most impact on you? Explain why.
2. Pick one of the characters who was bullied in the story and imagine that they are your friend. How would you help them?
3. Imagine you are the friend of one of the bullies. How could you get them to change their behavior?



# Pushed to the Brink: Bullycide on the Rise

13 Minute Video: detailing the most tragic consequences of bullying.

Bullycide is the act of taking one's life due to persistent, constant bullying.





# Discussion Questions


1. What is bullycide and how can we help prevent it?
2. During the video did you feel sympathy or empathy for any of the people? Discuss why their story made you feel this way.
3. Describe three ways you can help someone deal with a social emotional challenge.





# Coldplay Fix You

Anti-Bullying Video

A black and white portrait of a woman with dark hair pulled back, wearing a dark top with a white and dark plaid collar. She has a neutral expression and is looking directly at the camera. The background is a plain, light-colored wall. To the right of her head, the word "UP" is written in a bold, black, sans-serif font. The image is framed by a dark teal border with a small red rectangle in the top right corner.

UP

# Discussion Questions



1. Discuss your impressions/feelings about this video with your seat partner.
2. Which part of the video had the strongest impact on you?



# Make A Difference!

1. How you can and why you should
2. Did we meet our lesson objectives?

# Can you...

1. Recognize bullying behaviors and the impact they can have on the lives of other people.
2. Engage in discussions about positive behaviors and solutions to help reduce bullying behavior at CMS.
3. Name 3 ways you can help a person dealing with a social emotional challenge.

**If you answered yes, you're ready to make a positive difference by becoming an upstander!**

# Carmel Middle School

## Bully Free School Pledge

By signing this, I pledge....

- to help make Carmel Middle School an enjoyable and safe place to be
- to NOT tease other students in a hurtful way
- to NOT be physically aggressive towards other students
- to NOT sexually harass other students through my actions or words
- that if someone asks me to stop saying or doing something that they feel is hurtful, I will listen and stop immediately without getting mad
- to stand up for myself and others being bullied or harassed by...
  - telling the bully to stop
  - helping the target get away from the situation
  - refusing to spread mean notes
  - refusing to spread rumors
  - telling an adult about the bullying to keep a person safe

**Finally, I pledge to be a part of the  
CARING MAJORITY  
who helps all students feel like they belong to CMS!**

\_\_\_\_\_ Date: \_\_\_\_\_

(Sign your name)

# Make a positive impact at CMS.

