

Thanks for Previewing!

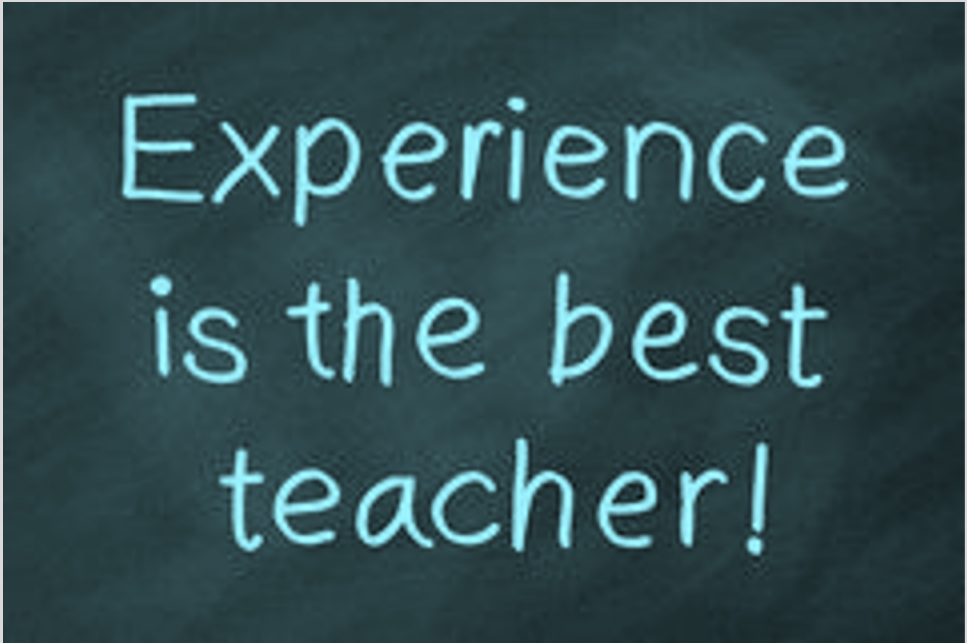


**Health
Education
Today**
Stop Bullying:
Making Your
Voice Count
for 6-12th



1. This Program's Creator is a Qualified Teacher

◆ I am a **National Board Certified Teacher** with a **Master's of Education Degree** and I have many years **of experience** teaching Health.



Experience
is the best
teacher!

2. The Program Meets Educational Health Standards:

◆ It meets **6 of 20** National Common Core Standards.

(For Technical Subjects 9/10 Grade level)



It also meets **10**
State Health
Standards

◆ It meets **6 of 8** Health Standards
detailed “Performance Indicators.”



3. NEW! Graphics teens will love:

Stop Bullying – Making Your Voice Count Lesson -1 to 3 Days -



Making Your Voice Count Worksheet.

Per: _____ Date: _____

Write the names of the people in your group:

1. _____
2. _____
3. _____
4. _____



Real Case Study: Phoebe P. was tormented for having a relationship with a popular boy.

Speaker write down the idea YOU like the best to make your voice count:

BEST IDEA: _____

5. Family of Bullied Utah Girl Who Died by Suicide Files Claim

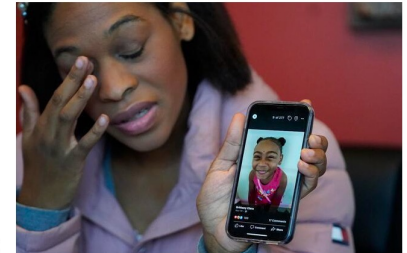
<https://www.usnews.com/news/us/articles/2022-11-02/family-of-bullied-utah-girl-who-died-by-suicide-files-claim>
By Associated Press

Nov. 2, 2022, at 5:52 p.m.

Attorneys representing the family of a Black fifth grader in Utah who died by suicide alerted a northern Utah school district on Wednesday they plan to file a lawsuit seeking damages for their inadequate response to bullying.

Brittany Tichenor-Cox, holds a photo of her daughter, Isabella "Izzy" Tichenor, during an interview during an interview on Nov. 29, 2021, in Draper, Utah.

The family of a Black fifth grader in Utah who died by suicide said the school district's inaction led to her death by suicide.



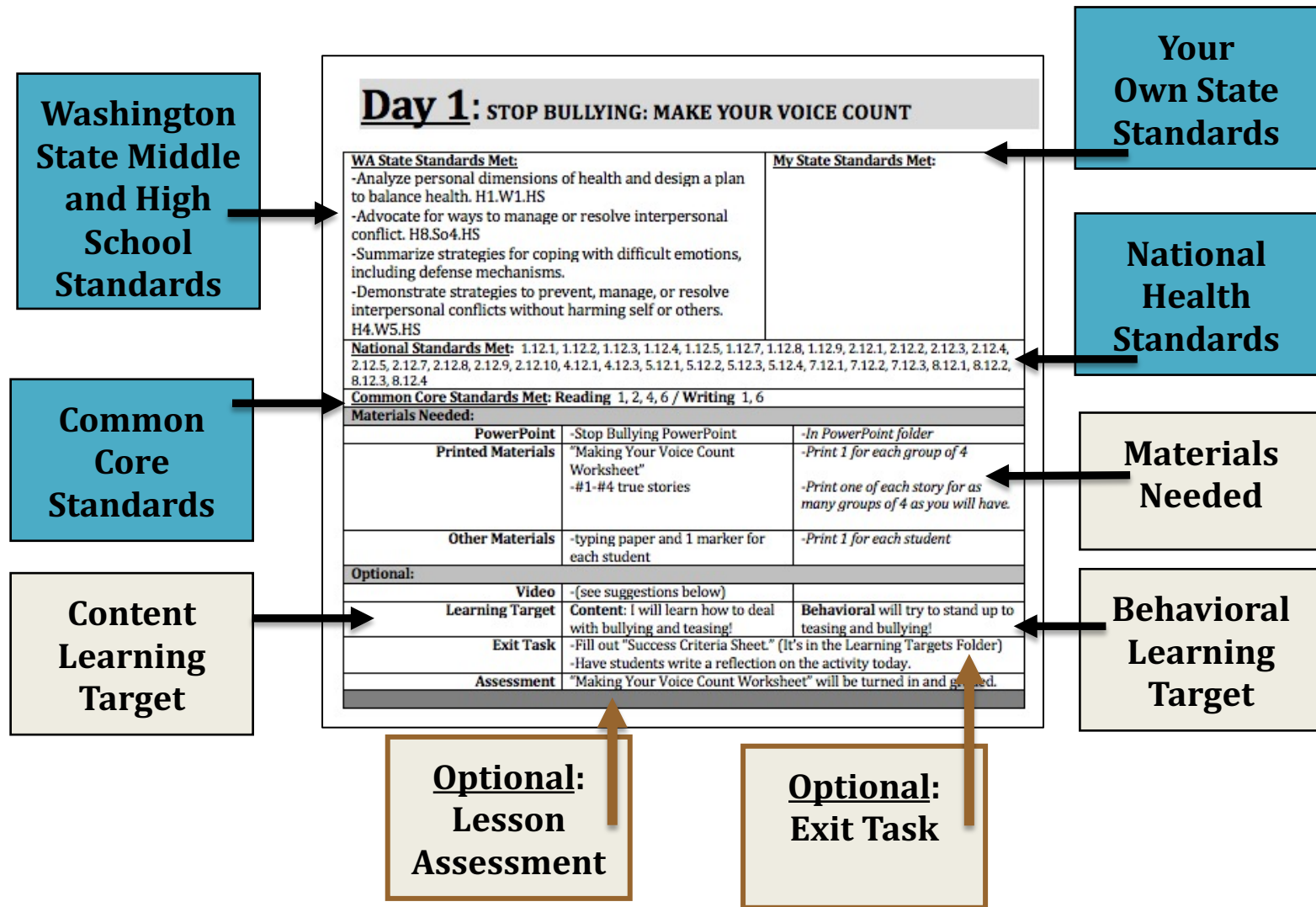
...said they would seek damages for the 2021 death of her daughter, ...y said the school had violated state and federal laws, including nt, provide educational opportunity and protect students

sue government entities and the family's claim said that the hool district did not immediately respond to request for



Docs in this Unit are *Editable* in Word!!

4. Standards are at the Beginning of Each Lesson:



6. PowerPoints Lead You Through the Lessons...

Day 1: STOP BULLYING: MAKE YOUR VOICE COUNT

WA State Standards Met:

-Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS
-Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS
-Summarize strategies for coping with difficult emotions, including defense mechanisms.
-Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

My State Standards Met:

National Standards Met: 1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 4.12.1, 4.12.3, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 7.12.1, 7.12.2, 7.12.3, 8.12.1, 8.12.2, 8.12.3, 8.12.4

Common Core Standards Met: Reading 1, 2, 4, 6 / Writing 1, 6

Materials Needed:

PowerPoint	Printed Materials	Other Materials
-Stop Bullying PowerPoint	"Making Your Voice Count Worksheet"	-typing paper and 1 marker for each student
	-#1-#4 true stories	
		-Print 1 for each student

Optional:

Video	Learning Target	Exit Task
-(see suggestions below)	Content: I will learn how to deal with bullying and teasing!	Behavioral will try to stand up to teasing and bullying!
	Assessment "Making Your Voice Count Worksheet" will be turned in and graded.	

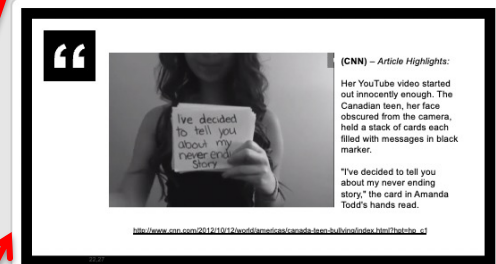
1. **ARIAL FONT MESSAGE** and **TITLE SLIDE-STOP BULLYING:** Font message is informational for teacher. Have the "Stop Bullying" slide up as students come in.

2. **DAY 1** and **AMANDA'S PICTURES** x 6 next slides: Day 1 slide is informational. Then read **Amanda's Story** from the slides:

3. **TWO MORE STORIES:** next 2 slides if you want to look these stories up and read them to your class.

4. **VIDEO:** Show this powerful video that was made by a senior high school girl for her senior project: "Think Before You Speak" (If you didn't already show it) (4 min.)

5. **IS BULLYING HAPPENING AT OUR SCHOOL?:** Ask students this question. If not very many of your students think bullying is happening, you can change the question to "Are kids at our school saying cruel things that hurt others?" This they will most likely agree with.



7.

Here is the resource presentation:



“ Stop Bullying- Making Your Voice Count: (The Power of Words) Day 1

1

★



“ (CNN) – Article Highlights: Her YouTube video started out innocently enough. The Canadian teen, her face obscured from the camera, held a stack of cards each filled with messages in black marker. “I’ve decided to tell you about my never ending story,” the card in Amanda Todd’s hands read.

http://www.cnn.com/2012/12/07/you/teenagecanada.bullying/index.html?hpid=hp_hp-top-table-main-bullying_01/12/12

2

★



The silent majority needs to speak up! 85 %

3

★



You may never be able to change the bully, but You CAN change YOU!

the victim can get protective factors in his/her life

and those who know about it can make their voice count!

HELP-get it or give it

4

★



Making Your Voice Count Activity:

HELP: get it write it or give it

do it

post it repeat it have a friend do it

say it

5

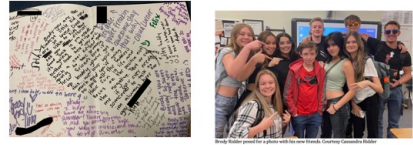
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“ Stop Bullying- Making Your Voice Count: (The Power of Words) Day 2

6

★



Bystanders and others can make a difference!

<https://www.today.com/parents/parents/peerbook-signed-bulled-boy-rcna31696>

7

★



“ Celebrities who were bullied!

Rihanna Justin Timberlake

https://cafeonom.com/entertainment/171767-12_hot_celebrities_who_were/115238-rihanna

8

★



Making Your Voice Count Activity Wrap Up:

Raise your hand if your group wrote or discussed this.

- tell a teacher, parent, or another adult
- tell another friend
- tell a counselor
- tell a cop
- anonymously turn it in
- say positive things to the victim
- post positive messages to the person online
- write the victim a letter
- tell your friends to also support the victim
- ask the victim to join you in something
- post flyers around campus to stop the mean words
- get community support
- support the person being bullied-your voice can matter
- Speak up by saying something to the person saying it

9

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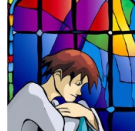
“ Choosing Forgiveness: Day 3



Write a letter to someone who has hurt you or made you mad

Say what they have done and how it's made you feel





“ You can never change them, You can only change YOU!

8. Here are some Examples From the Lessons:

Day 1:



This Heartbreaking Story Will Remind You Just How Much Kindness Really Matters
Her moving story will stay with you long after you finish reading.

Jacki James, Courtesy Jacki

Peyton was an amazing boy.

He had beautiful red hair, piercing hazel eyes that changed from green to blue, and a quirky sense of humor. He loved animals, road trips, Minecraft, Legos and chocolate ice cream. He was my Angel-Face and now he is my angel in heaven.

He was born in 2001, was nine weeks early and weighed only 2.52 lbs. He spent 35 days in the NICU before being able to come home. While in the hospital, he spent three weeks on pure oxygen and was fed through a tube. What wasn't known then was that the oxygen and liquid nutrition was causing a discoloration in the enamel of his permanent teeth—a problem that we wouldn't see for several years.

In second grade, the teasing began.

"Why don't you brush your teeth? Why are your teeth so nasty?"



Seventh-graders who bullied bus monitor, 68, suspended from school for a YEAR



The boys, who have not been identified, will receive education at a private school for a year.

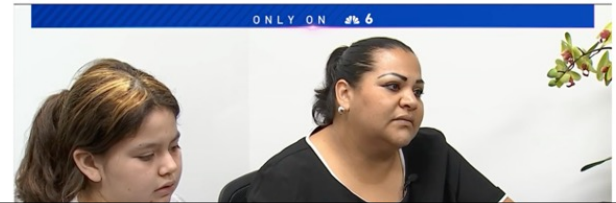
Karen 68, was taunted and tormented by the middle school students in Greece. She was away her tears in the footage. At one point, Ms K. turns to the teens and says 'anything at all.' One of the kids responds: 'Shut the f*** up,' and then asks 'No, I'm crying,' Ms K. says. The video shows the teenagers getting more and more crude. At one point, a student says: 'You're so ugly, your kids should kill themselves.' One of her sons had committed suicide 10 years ago, [msnbc.com](https://www.msnbc.com/news/education/seventh-graders-bullied-bus-monitor) reported. At one point, a student says: 'If I stabbed you in the stomach, I would be happy.'

4. Devastated: Mom Says 11-Year-Old Daughter Bullied, Attacked at Margate Middle School

<https://www.nbcmiami.com/news/local/devastated-mother-says-11-year-old-daughter-bullied-attacked-at-margate-middle-school/2893132/>

By Alyssa Hyman • Updated on October 29, 2022 at 10:11 pm

An 11-year-old girl is afraid to go back to her Broward County school after he mother said weeks of bullying by other students turned violent. Valentina was a new student at Margate Middle School this year after having recently moved to the United States from Bolivia.

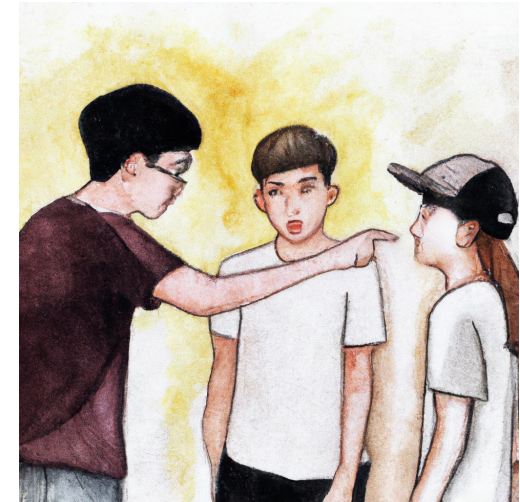
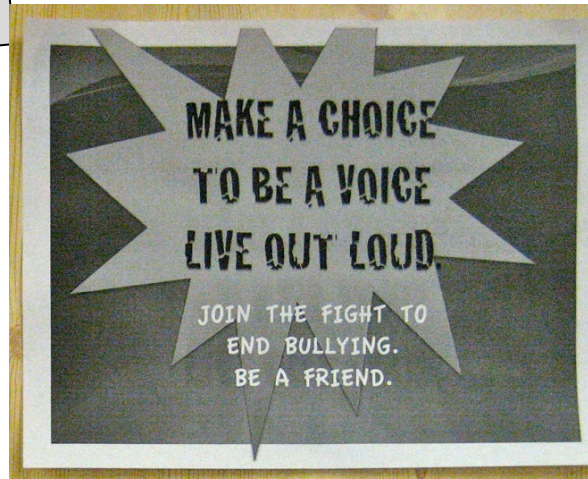


-The lesson teaches students ways to respond to bullying and to help the victim such as: get an adult if they're needed, tell the office, support the victim, appeal to the bully, write a letter to the victim, post a kind message to the victim, invite the victim to join them, sit by the victim, rally the help of their friends, and more.

-First, after reading true story articles of 4 others, students discuss in small groups and think of different ways to use their voices to support the victim and to help stop bullying.

8. Here are some Examples From the Lessons:

Day 2:



-Next, they choose one of their ideas and make a page which will be part of a "Making Your Voice Count Quilt."

-Teacher is encouraged to print the student art and the articles and post it in your school where other students can read the true story articles, and see the positive ideas in how to deal with bullying!

Day 3:

Forgive



If you don't forgive people who have hurt you and leave it in the past and **heal** from it, they (or the scars of the situation) continue to

fear
rejection

HURT YOU

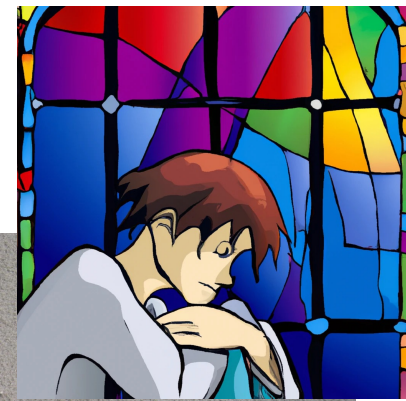
fear
closeness

From video: "80% of abused children grow up and become involved in violence."

don't trust
others

fear being
hurt

cycle of abuse-
you turn out like
them!



-There is also an optional follow-up lesson on finding a way to forgive someone who has been hurt by another person! It involves a letter and a paper shredder! Very powerful!

-This lesson helps students realize their voice does matter and it's not that difficult to help a victim. They see that you never know the impact a small gesture might make!

9. This Program is all About the Students...

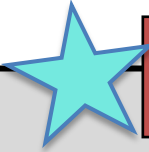
◆ The program is classroom and “**kid-tested,**” teacher-approved, and full of real student examples and responses.

◆ It promotes **high student engagement and interaction!**

◆ This lesson **challenges and touches the lives and wellness of teens!**



10. Buy it Today, Teach it Tomorrow!



Here is what makes this program unique!!

- ◆ This program features highly organized step-by-step teacher directions follow daily PowerPoints, and the directions tell you exactly to say!!
- ◆ **Documents and PowerPoints are editable** and docs are included in both Word and PDF formats.
- ◆ PowerPoints are full of what's trending, photos, and video links teens will appreciate.



About the Author:

◆ I am a certified K-12 Physical Education and Language Arts teacher (19 of those years also include my Health certification). Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.

◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.



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NYC Standards From:

<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealtheeducation/healthPEFACSLearningStandards.pdf>

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