

3.8

Reflecting

Reflect on what you've learned in this lesson about being a helpful bystander.

WHAT?

What is a bystander in a bullying situation? What are the parts of STOP? What role does empathy play in STOP?

How do you feel when you see another person being bullied?

SO WHAT?

NOW WHAT?

How do you think STOP can help us support someone who is being bullied? How might using STOP give us the confidence to act on behalf of others in the future? How do you think you can use STOP to help a person who is being bullied?

Applying

Use the following questions to develop an anti-bullying promise.

Which behaviours would you like to develop in yourself so that you can become more helpful as an advocate for anti-bullying?

How will you use STOP to help those who are being bullied?

As part of your class promise, what are some things you will NOT do if you are trying to help a person who is being bullied?

What is your personal anti-bullying promise? How will you present yourself to others as someone who is an advocate against bullying?