

Reflecting

Reflect on what you've learned about identifying bullying behaviour and why the skill is important.

What?

What are the ways to spot bullying behaviour? What does HARM stand for?

Why do you think it's important to understand whether or not a situation is really bullying? How do you feel about the new information you have learned?

**So
What?**

**Now
What?**

How do you think you can use what you've learned about spotting bullying behaviours to help you in your daily situations? How do you think you might use this information with family members?

Applying

Think about the different types of behaviours you learned that might seem like bullying but really are not. Answer the questions to help you think about which situations are bullying and which are not.

Think about the last time you accidentally bumped into another student at school. How did you feel? Did you think it was an accident? Do you think the other person was upset?

Have you ever been upset with a friend and stopped talking to them to show you were upset? How did it end up working out? Did you and your friend discuss the problem? Did you feel like you were using bullying behaviours?

What skills do you think will help you work through a conflict that might not be bullying?

3.7

Reflecting

Reflect on what you've learned in this lesson about responding to bullying.

What?

What are some good ways to respond to a situation where you are feeling threatened or afraid? When is the only time that a What, Why, and How Message is appropriate?

So What?

Why do you think it's important to learn how to respond to bullying? What have you learned today that might have been helpful to you in the past?

Now What?

In what other kinds of situations might the five responses be helpful?

Applying

Use the What, Why, and How Messages and what you learned in this lesson to plan a Bullying Prevention Campaign.

What will your campaign be called?

What lessons will the campaign teach?

What kinds of materials will you create for your campaign?
