



Say Something

Yom HaShoah program for Pre-Kindergarten to 2nd Grade

This lesson plan was developed for Congregation Kol Ami by Violet Neff-Helms.

Objective: Each student will think about what they can do when they observe an incident of name-calling or bullying, but are not being called names or bullied themselves. Students will learn that adults can be bullied also.

Estimated time: 30-45 minutes including craft extension

Essential lessons

- Students will understand what it means to be a bystander to bullying or name-calling.
- Students will think about how one might act as a bystander to bullying, and learn to differentiate between times when a student can “take a stand” and times when a student needs to ask an adult for help.
- Students will listen to a variety of bullying scenarios via demonstrations by the teachers, and decide how they might act in order to interrupt the bullying behavior.

Materials:

- *Say Something* by Peggy Moss
- Bully Illustrations: before you begin, draw two examples of what students might predict a bully to look like on the board, one mean-looking and one normal-looking.
- Scenarios: cut out the cards at the end of this plan for adults to role-play
- *For craft extension.*
 - Paper
 - Crayons
 - Tape

Procedure:

- Read *Say Something* to the students.
- Have students respond to these questions:
 - What is a bully?
 - Have you ever been bullied? Have you ever witnessed someone being bullied?
 - What did you do? Why?
- Bully illustrations:
 - Ask the students, “What does a bully look like?”
 - Show the two Bully Illustrations. Ask which they think looks like a bully.
 - Discuss their responses.
 - Many students will choose the meaner-looking student. Discuss as a class that a bully can look like anyone.



- Responding to scenarios:
 - Explain that even adults can be bullied.
 - Have two adults role-play the bullying scenarios on the Scenario Cards.
 - *There are two types of scenarios: "bully directly" and "bully to 3rd person"*
 - *"Bully directly" scenarios are words or actions from the bully directly to the adult responder. These scenarios are playing out what the adult should do when bullied.*
 - *"Bully to 3rd person" scenarios are words or actions from the bully to a 3rd adult. The responding adult is a bystander deciding what to do when observing the bullying.*
 - For each scenario,
 - Have the adult playing the bully say the bully's line
 - Have the students discuss what the other adult should say and do. A suggested response is on the bottom of the card.
 - Have the adults play out the agreed-on response.
 - The adult playing the bully should continue to say things along the same lines as the original line.
 - The adult(s) playing the responder should play out the response.
 - If there is disagreement about what should be done, try out several different responses and see how they feel.

Craft extension:

- Students create a chain of the names of their living Jewish relatives.
 - As you have explained that adults too can be bullied, tell them, "A long time ago, in another country, adults were bullied because they were Jews. The bullies tried to make us all go away, but we did not."
 - The paper chain serves as a tangible proof of our survival.
- Hang the chain in the classroom or in the hall for other classes to see.



SCENARIO CARDS

Bully Directly Scenarios

Bully directly:

I think you are such a stupid person. You do stupid things!

Suggested response:

"Everyone has bad days." Responder turns and walks away, and does not answer, no matter what the bully continues to say.

Bully directly:

Why do you wear your hair like that? Girls/boys aren't supposed to wear their hair that way!

Suggested response:

"Wow! Thanks for taking such an interest in me. You are so thoughtful." Then walk away and ignore any further comments.

Bully directly:

Takes your property

Suggested response:

Say, "you know that's not right." Walk away, do not stop, tell an authority.

Bully directly:

Your shoes are ugly. Why do you wear such ugly shoes?

Suggested response:

Laughing, "They are ugly, aren't they! Ha!" Responder turns and walks away, no matter what the bully continues to say.



SCENARIO CARDS

Bully to 3rd person Scenarios

Bully to 3^d person:

You shouldn't be here. You don't belong with us.

Suggested responses (options):

- (1) Just walk up to and stand beside them (this can make them feel stronger).
- (2) Take their hand (to let them know they are not alone).
- (3) Ask them to come with you. Walk away from the bully.
- Ignore whatever else the bully says.

Bully to 3^d person:

Why do you wear such stupid clothes? Normal people don't wear clothes like that.

Suggested responses (options):

- (1) Just walk up to and stand beside them.
- (2) Say, "Well, I like her/his outfit"
- (3) Ask them to come with you. Walk away from the bully. Ignore whatever else the bully says.
- (4) Talk to an adult/authority figure.