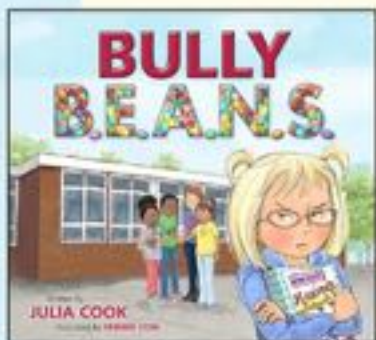


The perfect companion to *Bully B.E.A.N.S.*

The purpose of this book is to offer teachers and students “hands on” activities that explore the dynamics of bullying and teach them how to prevent it from happening. Through discussion questions and exercises, you'll be able to help your students fully understand and identify the three parties involved in bullying: the Bully, the Bystander(s), and the Target.



FOR USE WITH
Bully B.E.A.N.S.
By Julia Cook
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Julia Cook, M.S. is a national award-winning children's author, counselor, and parenting expert.

She has presented in thousands of schools nationally and internationally, regularly speaks at education and counseling conferences, and has published children's books on a wide range of character and social development topics. The goal behind Cook's work is to actively involve young people in fun, memorable stories and teach them to become lifelong problem solvers. Inspiration for her books comes from working with children and carefully listening to counselors, parents, and teachers, in order to stay on top of needs in the classroom and at home. Cook has the innate ability to enter the worldview of a child through storybooks, giving children both the “what to say” and the “how to say it.”

JULIA COOK
Because Kids Don't Come With Instructions


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YOUTH ISSUES

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Bully-Free School Zone

Make your school a "Bully-Free Zone." Conduct a Bully-Free campaign schoolwide that is student generated!!! Make big signs and banners and display them throughout your school. Create stickers for students to wear and stick on their notebooks. Have students read and sign a contract promising to support the Bully-Free Zone Policy.



Mean Eyes



Materials Needed:

- Magazines
- Paper
- Glue

Sometimes people don't even realize it when they are giving you their mean eyes. This activity may teach them what to "look" for!

Look through magazines and cut out 10-15 pair of eyes. Try to get as many different eye expressions as you can. Be careful to only include the eyes, not the mouth or the hair in each picture. Glue the eyes to your paper and write what you think the person is saying or thinking with their eyes underneath each pair. Share your eyes and emotions with the rest of the class. This can be an "eye-opening" experience!!!

Bully Awareness Chart

Purpose: Create bully awareness and teach effective interventions over a period of one month.

- After each recess, have students report any and all bullying behaviors they see either on the playground or inside the school.
- Chart each bullying behavior as they are stated. Make sure kids do not use any names when reporting. Have them tell what is happening, not who it is happening to.
- Discuss each situation and brainstorm effective interventions that can take place for each bully behavior.
- Repeat this activity for four weeks. At the end of week four, compare your chart for week one with your chart for week four. If your interventions are working, your bully behavior chart should be getting smaller by the week.

Learning From the Past

Interview 10 of your adult relatives and ask them the following questions:

1. When you were a kid, were you a bully, a target, or a bystander?

2. Can you remember the name of a person who bullied you when you were growing up?

3. What mean things did the bully do to you and others?

4. What did you do about the bully?

5. How do you feel about the bully today?

6. If you could speak to the bully right now, what would you say to them?

Compile and organize your data and present it to the class, along with your answers to the following questions:

What is the most interesting thing you learned by conducting these interviews?

Do you know more about bullying now than your relatives knew when they were young? Explain.
