



Character Development & ANTI BULLYING

A Leadership & SEL Curriculum

Week 1: Introduction and Building a Positive Classroom Culture Objective: Establish a safe and inclusive learning environment.

1. Opening Discussion: Define bullying and its impact on individuals and the community.
2. Group Activity: Create a class agreement or charter that promotes kindness, respect, and empathy.
3. Read-Aloud: Share a story that highlights the importance of treating others with kindness.
4. Journaling: Have students reflect on a time when they felt excluded or bullied and how it made them feel.
5. Role-Play: Engage in role-playing scenarios that demonstrate different types of positive social interactions.
6. Homework: Encourage students to perform acts of kindness at home and share their experiences the following week.

Week 2: Recognizing Bullying Behaviors Objective: Develop the ability to identify different forms of bullying.

1. Review: Recap the class agreement and discuss the acts of kindness performed by students.
2. Interactive Presentation: Explain the different types of bullying (physical, verbal, social, and cyber) and provide examples.
3. Video Discussion: Watch a video that portrays bullying situations and ask students to identify the behaviors displayed.
4. Class Activity: Brainstorm a list of warning signs and red flags that indicate bullying is taking place.
5. Group Discussion: Share personal experiences or observations of bullying and discuss the impact on individuals involved.
6. Homework: Students create posters or drawings representing positive ways to address bullying.

Week 3: Empathy and Perspective-Taking Objective: Foster empathy and encourage students to understand others' feelings.

1. Review: Display the posters or drawings from the previous week's homework and discuss them as a class.
2. Empathy Building Activity: Have students work in pairs to share personal experiences and practice active listening.

3. Role-Play: Divide students into groups and assign them different roles in a bullying scenario. Encourage them to consider how each person feels.
4. Discussion: Reflect on the role-plays and ask students how understanding different perspectives can help prevent bullying.
5. Creative Expression: Provide art supplies for students to create empathy-themed artwork.
6. Homework: Students interview a family member or friend about a time they felt empathy or helped someone in need.

Week 4: Building Healthy Relationships Objective: Promote positive communication and relationship-building skills.

1. Review: Share the empathy-themed artwork created by students and discuss the emotions portrayed.
2. Active Listening Exercise: Engage in an activity where students practice active listening and summarize their partner's thoughts.
3. Communication Skills: Teach and practice effective communication techniques, such as "I" statements and assertive communication.
4. Problem-Solving Strategies: Introduce problem-solving techniques and encourage students to brainstorm positive solutions to common conflicts.
5. Group Activity: Divide students into pairs or small groups and provide them with conflict scenarios. Have them practice problem-solving and assertive communication.
6. Homework: Students create a list of positive affirmations or compliments to share with their peers the next week.

Week 5: Assertiveness and Self-Advocacy Objective: Develop skills to stand up for oneself and others in bullying situations.

1. Review: Share the positive affirmations or compliments created by students and encourage them to share them with their peers.
2. Assertiveness Training: Teach students how to express their feelings and needs assertively in different situations.
3. Role-Play: Divide students into groups and assign them roles in assertiveness scenarios. Encourage them to practice using assertive communication.
4. Bystander Intervention: Discuss the role of bystanders in bullying situations and teach strategies for safely intervening and supporting the victim.
5. Empowering Discussion: Facilitate a conversation on ways students can support one another and create a supportive community.

6. Homework: Students create posters or skits that promote standing up against bullying.

Week 6: Online Safety and Cyberbullying Awareness Objective: Raise awareness about cyberbullying and promote responsible online behavior.

1. Review: Display the posters or perform the skits created by students and discuss their messages.
2. Cyberbullying Discussion: Explain the concept of cyberbullying and its potential consequences.
3. Online Safety Tips: Teach students how to protect their personal information online and navigate safely in digital spaces.
4. Group Activity: Have students create online safety pledges or develop scenarios depicting responsible online behavior.
5. Guest Speaker or Video: Invite an expert or show a video that addresses the topic of cyberbullying and responsible online behavior.
6. Homework: Students write a short story or create a comic strip that portrays a positive online interaction.

Week 7: Review and Community Action Objective: Reinforce the lessons learned and encourage students to take action against bullying.

1. Review: Summarize the key points from the previous weeks' lessons and engage students in a reflection discussion.
2. Community Action Project: Brainstorm ideas for an anti-bullying initiative within the school or local community.
3. Action Planning: Divide students into groups and assign each group a specific task to contribute to the community action project.
4. Presentation Preparation: Each group prepares a short presentation outlining their plan for the community action project.
5. Community Presentation: Students present their community action project plans to their peers, teachers, and school administrators.
6. Conclusion: Celebrate the completion of the curriculum and emphasize the importance of continuing to stand up against bullying.

Note: This curriculum provides a general framework for a seven-week anti-bullying program. Feel free to adapt or modify the activities and topics to suit the specific needs and characteristics of your students and school community.