

Bullying- Mental/ Emotional Health

Summary

Understand what bullying is, how to help a peer or yourself. Understand some of the consequences that come with bullying.

Main Core Tie

Health Education I (7-8)

[Strand 2: MENTAL AND EMOTIONAL HEALTH \(MEH\)](#)

Time Frame

2 class periods of 45 minutes each

Group Size

Small Groups

Life Skills

Thinking & Reasoning, Communication, Character, Social & Civic Responsibility

Materials

Journals
video
role play cards

Background for Teachers

Need to know students who have been bullied or that this is a very touch subject for many students.

Student Prior Knowledge

vocabulary for unit

Intended Learning Outcomes

Who students can go to if they are being bullied, or if students witness another person being bullied. Also, what you can say to a bully or how help someone who is being bullied

Instructional Procedures

Start with a Journal question about bullying (essential question).
Review vocabulary words from day before.
Have students share with one person there response.
Ask the class to mention different scenarios that could be viewed as bullying.
Watch a short video about bullying, how it can affect people, how YOU can help and stop bullying, also what you can say.
Talk about role playing for next class. Think about the video and how you can respond.

Assessment Plan

Here is my assessment. This is not a traditional test because I want to know if students learned any behaviors that can help with bullying besides a multiple choice test.

Authors

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