



CALL A KAB! A REALISTIC APPROACH TO BULLYING

(Ages 7-12)

*Note: A similar program for middle school ages is available, focusing on active bystander intervention and developing healthy relationships.

*Note: This program utilizes resources from PACER's National Bullying Prevention Center.

Goal: Develop practical skills to deal with bullying by developing active bystander skills.

Learners will be able to:

- Identify bullying behaviors, both physical and psychological.
- Understand how it feels to be the object of bullying.
- Understand the options to deal with bullying.
- Develop skills to become active bystanders.
- Develop pro-active skills to develop inclusivity as the social norm.
- Utilize new skills to stop bullying effectively and build healthy relationships.

Possible Activities:

- Skills building exercises to practice dealing with bullying.
- Sign pledge to never bully and to join the Kids Against Bullies Team.
- Teachers engaged to provide a bully-free classroom.
- Story about bullying, the feelings it creates, and how to stop it.
- Video clips and discussion.

PDE Standards Addressed:

Section 10 (3.3.A; 3.3.C)

Life Behaviors Developed:

- Critically examine the world around them for biases based on gender, sexual orientation, culture, ethnicity, and race.
- Avoid behaviors that exhibit prejudice and bigotry.