

## EFFECTS OF BULLYING *Lesson Plan*

Subject(s): Health; Psychology; Social Studies

Grade(s): 8

Standards: GPSs –

### 8<sup>th</sup> Grade Health Education

**HE8.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**HE8.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Objectives: Students will be able to identify the negative physical and psychological impact that bullying has on individuals.

Students will be able to relate empathetically to the perspective of the bully and the victim.

Students will be able to identify various types of bullying, including bullying based on race, social status, gender, sexuality, and special needs.

Materials: 21 skits – each script will include a short skit where 3 students play the role of the school bully, while the remaining student plays the role of the victim. The scripts will also represent different types of bullying (i.e., bullying based on race, social status, gender, sexuality, and special needs.)

1 video camera

Props (as needed)

Questionnaires for students to complete (these will include questions that ask students to identify

specific types of bullying they witnessed and to describe the effects bullying would have on a student experiencing such treatment on a daily basis. The questionnaires will also ask students how they felt depending on which role they were playing).

**Description:** Students will be divided into five groups (four students per group). Each group will be given four different scripts or skits to be acted out, and each student will be given an opportunity to play the role of the victim. After enacting the skits in groups, 4 students will volunteer to enact one final skit, and another student volunteer will video record the enactment. The final skit will be shown to a separate class of students. These students will subsequently discuss and answer questions via questionnaire pertaining to the role of the bystander.

**Assessment:** Students will be assessed through class discussion and answers to the questionnaires filled out after completion of the activities.

### Resources

Georgia Department of Education. (2010). Georgia Performance Standards. Retrieved March 27, 2011, from [https://www.georgiastandards.org/Standards/Georgia%20Performance%20Standards/8\\_Health\\_Education.pdf](https://www.georgiastandards.org/Standards/Georgia%20Performance%20Standards/8_Health_Education.pdf)