

Bullying and Violence Prevention K-8

Lesson Title: *Brianna's Story*

Grade Level: Elementary and Middle School

Main Character: Brianna

SEL Competencies: Social Awareness, Self-management

Introduction

Brianna has been a bullying victim for much of her time in school. The film covers several interviews and is designed to help students develop empathy with Brianna, who despite receiving some support, continues to be bullied.

Activity 1

Watch the video: *Brianna's Story*

Watch additional support video featuring Laurie Grossman

Watch additional support video featuring Jeff Sprague

Activity 2

If you are working with a team each person should take time to reflect individually before discussing with a partner or the group.

Almost everyone who watches the film on Brianna feels empathy. But think for a moment about the effects of these experiences on Brianna.

Using your experience, in a few sentences describe a student you know who has had similar experiences to Brianna. What emotions do you think this student feels regularly? How do these feelings impact this student's school experience? How do these emotions impact the relationships that this student is able to develop with peers?

Watch the video of Laurie Grossman again.

What are the types of support this student needs? Why are these supports essential? What resources are needed for this student?

Activity 3

Watch the video of Jeff Sprague again.

Think about your student from Activity 2. How do the bystanders in the situations you are thinking affect the actions of the bully or bullies?

Do you believe the bystanders in the situation you are thinking of are actively supporting the bully or bullies? What is motivating the bystanders (for example, do you believe the bystanders think the bully has status or are the bystanders motivated by fear of the bully)? What strategies are needed to empower the bystanders in the case you are reflecting on?

Develop an action plan for improving your professional practice to support bullying victims and bystanders that you are reflecting upon.

Activity 4

Consider your school context.

Brianna talks about how she tries not to fight back against students who have bullied her and how she actually got in trouble one time when she did try to fight back. Assess the bullying prevention program at your school. Do you believe the program you have in place would help Brianna? Why do you believe as you do?

How well does the bullying prevention program at your school support bystanders to support the victims of bullying? What evidence supports your contention?

Assess your school's bullying prevention program in terms of teaching students who bully others to change how they relate to others. What additional action steps are needed (if any)?

What is your plan for working to make changes you have identified? What action team at your school could provide support? How should you proceed?

Additional Resources for Growth

National Center for Safe and Supportive Learning Environments

<https://safesupportivelearning.ed.gov/>

<https://www.stopbullying.gov/>