

Stop Bullying, Start Kindness



Lesson Plan

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Title of Learning Activity: Stop Bullying, Start Kindness	Subject area: Social education/ Citizenship
Grade Level(s): 12+ ages	Duration: 15 minutes

Learning objectives:

At the end of the activity, students are expected to:

- Define what bullying and cyberbullying mean.
- Identify examples of bullying and cyberbullying behaviors.
- Suggest positive actions to prevent or stop bullying.
- Reflect on how to show kindness and respect online and offline

Teaching Approaches / Techniques:

Cooperative learning
Guided discussion
Watching short videos
Group reflection.

Materials / Resources / Technology use:

- ✓ PC or tablet, headphones
- ✓ PowerPoint presentation
- ✓ Videos:
 - <https://www.youtube.com/watch?v=E8eVDcT9d4c> — What is Bullying? (Cartoon)
 - <https://www.youtube.com/watch?v=vmQ8nM7b6XQ> Cyberbullying: Be Kind Online.
- ✓ Online Padlet or paper worksheet for reflection

Activity Description:

This 15-minute learning activity introduces students (age 12) to bullying and cyberbullying.

Introduction: Begin with a short brainstorming task: students write three words that come to mind when they hear “bullying.”

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Step 1: Watch a short cartoon video explaining what bullying is and how it feels to be bullied.

Step 2: Teacher asks guiding questions: What types of bullying can you identify? What could you do if you see someone being bullied?

Step 3: Students watch a short video about cyberbullying and discuss how online actions can hurt others.

Step 4: In small groups, students create one short slogan or poster idea to promote kindness and respect online or at school.

Closure: End with a quick reflection: Each student shares one action they can take to make their school a kinder and safer place.

Assessment:

Students will complete a short reflection (paper or online form) with open questions such as:

- What did you learn today?
- What will you do if you see bullying?
- How will you use kindness online?

References:

- UNICEF. 2022. What is bullying and how can we stop it? <https://www.unicef.org/end-bullying> StopBullying.gov. (n.d.).
- Cyberbullying: What is it and how to prevent it. <https://stopbullying.gov>