

Opening:

- Prayer: Scripture – Cain and Abel’s Story
 - Gen 4: 1-12
- Introduction of Topic
 - Share statistics of Bullying:
 - An estimated 160,000 students miss school every day due to a fear of bullying or harassment.
 - Bullying causes fear and creates a climate of disrespect in schools. It has a negative impact on student learning.
 - There appears to be a strong relationship between bullying as a youth and experiencing legal and criminal problems as an adult. One study showed 60% of those characterized as a bully in grades 6-9 had one or more criminal convictions by age 24.
 - The National Threat Assessment Center found that the attackers in more than two thirds of 37 mass school shootings felt “persecuted, bullied, threatened, attacked, or injured by others”.
 - Recent surveys show that American children eight to 15 years of age rate bullying as a greater problem than racism, sexual pressure or the use of drugs & alcohol.
 - Bullying takes place most often at school and where there is no or little adult supervision.
 - Bullying peaks in middle school and starts to decline in high school. However, it never disappears completely.
 - Boys tend to bully boys and girls. Girls tend to bully other girls.
 - In middle school, boys who are more passive or less physically mature than their peers are most often the target of bullies.
- Short Discussion: Bystanders
 - What is a bystander?
 - Do you think bystanders can be neutral when they see others being bullied?
 - How do you feel when you see others bullied? What do you usually do?
 - What are some things bystanders can do to stop bullying in schools
- Activity: Create an Anti-Bullying Hero!
 - Students are divided into groups of 3-5 people
 - Trace the silhouette of a student and create a life-size poster of a anti-bullying hero.
 - Come up with the name of this hero
 - Include at least 5 facts/things/actions of this super hero that he does to stop bullying.
 - Then we have them share
- Processing and wrap-up:
 - What did you learn in today’s activity?
 - How can you be the anti-bullying superhero?
 - What things can you do as a bystander to help reduce the bullying or what can you do if you see any bullying?
 - What would you say to someone who was bullied?
- Closing Prayer:
 - The Anti Bullying Prayer we have been praying in School:

Lord: Help us to see every person as made in your image and likeness. Help us to see you in every person’s eyes, especially in the eyes of those who suffer because of mean words and actions. Help us to remember that when we hurt another with our words or actions, we are hurting you, Lord. You love every person with all your heart. May we always use your voice to show your love and your kindness. And may we always remember that we are our brother’s keeper. We ask this in your name. Amen