



**STOP PICKING ON ME**

TEACHER'S GUIDE



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STOP PICKING ON ME

## **Introduction**

The objective of this program is to demonstrate effective strategies kids can use to protect themselves against teasing, harassment and bullying. Several vignettes show situations in which kids are being teased. Peer actors then model ways to resolve the situation in a safe and positive way. By viewing this program, children will also come to understand that teasing is not fun for everyone, especially for the child being teased. Children who don't have an available repertoire of social and coping skills can easily turn to violence, anger or self-harm when they face an upsetting or vulnerable situation. Conversely, when we help kids learn and develop positive social and coping skills, we provide them with alternatives that can help turn problem situations into positive outcomes. Get-Along-Monsters is an entertaining and engaging children's DVD series designed to teach children, grades K-4, important skills necessary for successful social interaction and emotional management. Each episode combines humorous, animated segments and age-appropriate, live-action scenarios to demonstrate easy-to-understand skills.

## **Learning Objectives**

- Ignoring and walking away is a safe way to deal with bullies
- Tell the bully stop and say it with confidence
- Stand up to bullies together
- Victims of bullying need to think about their safety first
- Sometimes you need to ask a grown up for help to stop bullying



## **Program Summary**

### **IGNORE THE BULLY AND WALK AWAY**

Tony is a bully and enjoys bullying Andrew. When Andrew fights back, they both get hurt and in trouble. The scene is replayed and this time Andrew ignores the bullying, doesn't fight, and then walks away from the situation.

### **USE YOUR WORDS**

Working on a project together, Susan begins to pick on Kelsey and call her names. Kelsey stands up for herself, acts confident, and tells Susan to stop picking on her.

### **STAND UP TOGETHER**

You're clumsy. You stink. Karen constantly teases Linda and makes fun of others on the team when they make mistakes. The girls talk together about how Karen is ruining their fun. They decide to stand up to Karen together and tell her to stop.

### **ASK FOR HELP**

Older kids bully Jeremy, and they take his new toy. He fights back and gets hurt. When the scene is replayed, Jeremy thinks about his safety first and walks away from the situation. Jeremy gets help from an adult and gets his toy back.



## **Send-Home Letter**

Dear Family Member:

Your child has seen a program called, "Stop Picking On Me." The objective of this program is to demonstrate effective strategies kids can use to protect themselves against teasing, harassment and bullying. Several vignettes show situations in which kids are being teased. Peer actors then model ways to resolve the situation in a safe and positive way. By viewing this program, children will also come to understand that teasing is not fun for everyone, especially for the child being teased. Children who don't have an available repertoire of social and coping skills can easily turn to violence, anger or self-harm when they face an upsetting or vulnerable situation. Conversely, when we help kids learn and develop positive social and coping skills, we provide them with alternatives that can help turn problem situations into positive outcomes.

Through the fictionalized stories of four young children, this program is designed to help students understand:

- Bullying is hurtful
- Fighting doesn't solve problems and it's not safe
- Walking away is one strategy to stop bullying
- Victims need to think about their safety first
- Acting confident can help you stand up to a bully
- You can always ask a grown up for help

Talk with your child about what he or she learned from the program. Discuss if they have been bullied or seen anyone being bullied. Ask your children what they would do if they were being bullied. Talk about ways to deal with bullying that aligns with your family's values.



## Guidelines for Group Discussion

Group discussion is an invaluable way to explore ideas and issues, foster creativity, and build communication and social skills in young students. The following guidelines can help you maintain a “discussion-friendly” classroom:

- **Create a climate of openness and acceptance.** Encourage students to show respect for the opinions of others and model this behavior yourself.
- **Establish ground rules.** Students can participate in formulating the rules for discussion. Rules will vary, but should include some of these general principles: No putdowns, ridicule or sarcasm. Everyone may speak without interruption. Everyone has the right to pass.
- **Guard against inappropriate self-disclosure.** An intense discussion may lead students to reveal inappropriate information about themselves or others. Sensitivity and vigilance can help you head off such revelations.
- **Probe behind the neat and tidy answers.** Children are good at telling adults what they think adults want to hear. To find out what students really think, it is often helpful to prolong discussion time and encourage greater depth. Offer a “What if...?”; bring out issues such as fairness, justice, intent or lack of it, and so on. Children have a remarkable capacity to discern complexities and subtleties, and their discussions can be very rich.



## **Questions for Discussion**

1. How do you think Andrew felt when he was being bullied? Was getting into a fight with Bill a good way to solve the problem?
2. What did Kelsey do to get Susan to stop picking on her? Why did it work?
3. What works better to stop the teasing- getting mad and screaming or getting calm and speaking with confidence? Explain your answer.
4. Why is a bully more likely to listen and to stop his or her hurtful behavior when a group of people ask him or her to stop?
5. Name the grown ups you think you would ask for help if you were being bullied. Why did you pick them?
6. Have you ever been bullied? What did you do about it? Did it stop the problem?

## Handout #1

Read the sentences below. If you agree, color the thumbs up sign. If you disagree, color the thumbs down sign.

1. Ignoring a bully is not a good way to deal with a bully.



2. If an older and bigger kid grabs your hat and begins to run away with it, you should run after him or her and fight for it.



3. It is okay to tell someone to stop picking on you.



4. If you're scared of a bully and don't feel safe, it's important to tell a grown up you trust for help.



5. It is safe and appropriate to physically attack a bully who is teasing your best friend.



6. You should show a bully you're angry and scared by calling him or her names and then stepping on his or her foot.







STOP PICKING ON ME

## **Handout #2**

Read each sentence. Draw a picture or write a sentence to tell what you would do in the situation.

At the bus stop, Dan takes something from everybody's lunch bag and eats it. If you don't bring lunch, he takes your money.

Zach thinks it's funny to knock books out of people's hands and then kick them down the hallway.

Susan threatens younger kids on the playground and makes them cry.



### **Handout #3**

Imagine you're watching a friend being teased by a bully. Draw a face that matches the emotion written below.

**Scared**

**Worried**

**Sad**

**Angry**



STOP PICKING ON ME

## Handout #4

### Journal Entry

Draw a picture and write a sentence about a time you were bullied. What did you do?

-----

-----



Script: STOP PICKING ON ME

ORANGE MONSTER

Ahh!

BLUE MONSTER

Uh uh.

ORANGE MONSTER

Hey, that's mine!

BLUE MONSTER

Now it's mine!

ORANGE MONSTER

Whaa!

BLUE MONSTER

(chuckle)

HOST (VO)

Bullies can be found just about everywhere. Bullies are people, or little monsters, who like to tease or hurt others. What can you do when a bully tries to pick on you? Do you know how to make a bully stop picking on you? Well, there are lots of things you can do to tell a bully, "Stop Picking on me!"



## **IGNORE THE BULLY AND WALK AWAY**

GREEN MONSTER

Don't do that.

PURPLE MONSTER

No.

GREEN MONSTER

Ouch. Stop.

PURPLE MONSTER

Make me.

GREEN MONSTER

That hurts.

HOST OC

So what do you do when a bully won't stop picking on you? That's something ANDREW learned.

HOST VO

Everyday at recess, ANDREW would get picked on by TONI.



HOST VO

You see, TONI was a bully.

ANDREW

Hey, that's my ball. Give it back!

TONI

No.

TONI

What are you going to do?

ANDREW

C'mon. Give me the ball back.

HOST

It's important to know that Bullies enjoy seeing the kids they pick on get angry and upset and cry. Like all bullies, TONI enjoyed seeing ANDREW get upset. It's a shame ANDREW didn't know that. Because the more upset ANDREW got, the more TONI teased him.

HOST

One day, while in the boy's room, TONI played a mean trick on ANDREW. TONI threw water on ANDREW's pants.

TONI



STOP PICKING ON ME

You need a diaper. (laughs) I'm going to tell everyone you wet your pants.

HOST

ANDREW was so angry that he pushed TONI. TONI pushed him back. They began to fight.

HOST

They both got hurt. ANDREW had a black eye and TONI a bloody nose. Both of them were also punished. TONI didn't mind because he was happy to see ANDREW get so angry and upset.

HOST

What else do you think ANDREW could have done? Well, what if ANDREW just ignored TONI and pretended that his teasing and bullying didn't bother him, and he just walked away. Let's see how that could work.

HOST

Instead of letting ANDREW showing TONI how upset he is...ANDREW just ignores him, turns around and walks away. Ignoring and walking away is a good and safe way to handle a bully.

HOST

If a bully picks on you, ignore the bully, don't fight, then walk away.

HOST

When you walk away, the bully can't pick on you anymore.



## **USE YOUR WORDS**

HOST

We've learned that ignoring a bully and walking away are two ways you can deal with a bully. But sometimes you have to stand up for yourself. Now that doesn't mean fighting. How do you stand up for yourself? That's something KELSEY learned in school.

HOST

You see, KELSEY and several of her classmates were asked to work together to help put up a new bulletin board about the four seasons, spring, summer, fall and winter. KELSEY was having fun...until Susan began to pick on her.

SUSAN

The flowers you made look stupid. All the stuff you made looks stupid.

HOST

What could KELSEY do? She couldn't ignore Susan, or walk away because she had to work on the bulletin board.

KELSEY

But I like it.

SUSAN (mimicking)





STOP PICKING ON ME

But I like it.

KELSEY

James? Don't you like it?

SUSAN (mimicking)

See. No one likes it.

KELSEY

You're mean!

SUSAN (mimicking)

Boo-hoo. KELSEY's going to cry.

HOST

KELSEY was getting more and more upset—she even began to get tears in her eyes. Like all bullies, Susan was happy to see KELSEY get so upset. And the other kids were making things worse by laughing.

HOST

KELSEY was hurt and angry that Susan was picking on her. She didn't hit or fight Susan and that's a good thing. What could KELSEY do to stand up to Susan? Well... she could use her words. She could say "stop teasing me" or "stop saying mean things." KELSEY needs to use her words to tell Susan to stop. Let's see how KELSEY can stand up to Susan by using her words.

SUSAN

The flowers you made look stupid. All the stuff you made looks stupid.



KELSEY

But I like it.

SUSAN (mimicking)

But I like it.

KELSEY

James? Don't you like it?

SUSAN (mimicking)

See. No one likes it.

KELSEY (confident, not mean)

But I like it. So stop teasing me.

SUSAN

What are you going to do?

KELSEY (confident, not mean)

Listen Susan. I want you to stop making fun of me. We have to finish the bulletin board. Let's get to work.

SUSAN

Okay. Okay.



HOST

KELSEY was able to stand up to Susan by using her words and telling Susan to stop teasing her. And she said the words with confidence. KELSEY learned how to handle a bully. You can, too.

HOST

Don't let a bully push you around, stand up for yourself, use your words, say it with confidence.

HOST

Stand up to a bully by using your words.

## **STAND UP TOGETHER**

HOST

Some people like to push people around and make them feel bad about themselves. Linda knew a bully like that, she was on her basketball team. KAREN would always make fun of something Linda was wearing.

KAREN

Ooh. Your socks are ugly.

LINDA

Stop making fun of my socks.

KAREN (mimicking)



STOP PICKING ON ME

Stop making fun of my socks.

HOST

She would also make fun of people if they messed up.

KAREN

You stink.

SALLY

No I don't.

KAREN

Yes you do! You stink!

KAREN

Oops! You're clumsy.

JEN

Stop pushing me.

KAREN

No!

HOST

Sometimes during practice, when the coach wasn't looking, she'd knock someone over on purpose.



HOST

The kids didn't know what to do about KAREN. She was bullying everyone and spoiling all of their fun. They each asked her to stop picking on them. But she wouldn't.

HOST

So, what else could they do? Well...they could all get together and tell her to stop. Let's see how that could work.

JEN

She won't stop picking on me.

LINDA

She always teases me.

SALLY

Me, too.

LINDA

Then, let's tell her together.

LINDA

KAREN, we want to talk to you.

KAREN

What?



STOP PICKING ON ME

LINDA

We want you to stop picking on us.

SALLY

Yeah.

KAREN

I'm just having fun.

JEN

It's not fun for us.

KAREN

I was just kidding.

LINDA

And we want you to stop.

SALLY

Yeah. Stop.

KAREN

Okay. Okay.

HOST

Working together, Linda, Jen and SALLY did what one person couldn't do.



STOP PICKING ON ME

The girls learned how they could handle a bully in a safe way. You can, too.

HOST

Stand up to bullies together, use your words, don't fight.

## **ASK FOR HELP**

HOST

Sometimes bullies can be bigger than you. What can you do to stay safe?  
That's what Jeremy learned.

HOST

Jeremy was playing at the park with his new toy helicopter. When he wasn't looking, Adam, an older and bigger kid took the toy right out of his hands.

ADAM

You're going to let me try it.

JEREMY

No, it's mine.

ADAM

What are you going to do about it?

HOST

What should Jeremy do about it? What could happen if Jeremy tried to take the helicopter away from Adam? Let's see?



ADAM

You're going to let me try it. Right!

JEREMY

No, it's mine.

ADAM

What are you going to do about it?

ADAM

I told you I'm going to try it.

HOST

That wasn't a good thing to do. What should Jeremy do? The most important thing is that Jeremy keep himself safe. In this situation, standing up to the bully is too dangerous. He should ask for help. Let's see how that could work.

ADAM

You're going to let me try it. Right?

JEREMY

No, it's mine.

ADAM

What are you going to do about it?





ADAM

You better run. You little baby!

HOST

Jeremy didn't want to let Adam play with his toy. But standing up to Adam was dangerous. Getting help is the safe thing to do.

HOST

When a bully wants something you have, and the bully is bigger or older than you are, the most important thing to do is to stay away from danger. Keep yourself safe. Ask for help from a grown up you know and trust. Let the grown up deal with the bully. To keep yourself safe, don't fight for the thing he wants. Protect yourself first. Ask a grown up for help.

END