

Stand up as One: Lesson Summaries

Lesson 1: 26 April 2017

Lesson one covers the class meetings format. Each lesson will take place in homeroom and is guided by norms and rules which will be established by the groups during this lesson. The definition of what bullying is and how bullying happens will also be included. The 4 “Stand up as One” rules will also be covered, followed by a discussion of bullying and its impact on our school now and in the past.

Lesson 2: 5 May 2017

Lesson two covers the topic of empathy. Students work to come up with a definition of empathy and how it interacts in their lives. By the end of this lesson, students will be able to define empathy, describe the role empathy plays in bullying situations, and identify ways they can show empathy toward others. Students will also run through different scenarios and be asked to choose whether it is easy to show empathy, whether they are unsure if they could show empathy, and whether it is hard to show empathy. Discussion will follow regarding empathy’s role in bullying and how students can show empathy toward others.