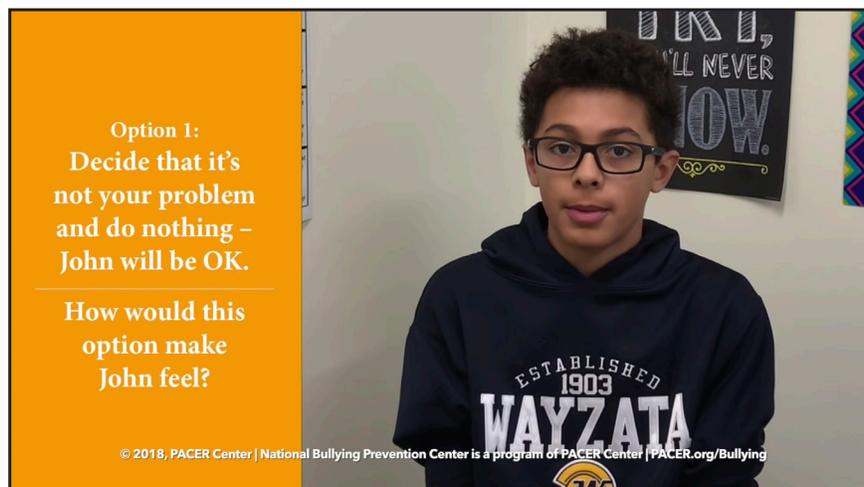


“What Should You Do?”

Student Handout

Elementary School Students: How should you handle these bullying situations?

1. Watch “What Should You Do?” Inclusion video from the PACERTalks About Bullying series



2a. Video scenarios: Record your response

Scenario summary: *Imagine this, in the middle of the school year, a new student named John joins your class. After a few days it's obvious your classmates aren't being very nice to him. One day during group activities, you see that John is being left out on purpose. One student is even going up to your other classmates to say, “Hey, don't let John join your group.” This really bothers you and you want to invite John to join your group, but you're worried that other classmates may exclude you as well. What should you do?*

- a. As you watch the video, pause at the beginning of each of the four options
 - Each option is listed on the screens with orange text and white font
 - The “time stamp” indicating when to pause the video is also provided
- b. Record your response about the possible impact of that option
- c. Press play to hear what other students think, as well as the example adult response
- d. Continue this process for the other prompts in the video

Option 1 @ 1:10 in video: Decide it's not your problem and do nothing — John will be OK.

How would this option make John feel? Record your response.

Option 2 @ 1:40 in video: Talk privately with your teacher and explain how John is being left out on purpose.

How would this option help John? Record your response.

Option 3 @ 2:25 in video: Decide that even though it bothers you, it's just easier to go along with everyone else. You tell others not to let John join their group.

How would this option make you feel? Record your response.

Option 4 @ 3:32 in video: Even though some kids might make fun of you or try to leave John out, invite John to be in your group.

How would this option make you feel? Record your response.

2b. Video scenarios: Which one would you choose?

Decide which option from the video best aligns with how you would respond and why.

- Option 1 @ 1:10 in video:** Decide it's not your problem and do nothing — John will be OK
- Option 2 @ 1:40 in video:** Talk privately with your teacher and explain how John is being left out on purpose
- Option 3 @ 2:25 in video:** Decide that even though it bothers you, it's just easier to go along with everyone else. You tell others not to let John join their group.
- Option 4 @ 3:32 in video:** Even though some kids might make fun of you or try to leave John out, invite John to be in your group

Why did you choose this option? Or would you do something else?

3. Written scenarios: Decide how you would respond

After watching the videos, read the two scenarios that are focused on cyberbullying. Decide how you would respond, as well as how you think this response would impact everyone involved.

Scenario one: Being cyberbullied

Scenario summary: You are playing your favorite computer game and receive a message from someone you go to school with, but who is not your friend. The message says, "Seriously, what makes you think you should be on this game, why do you even bother playing?" You're not sure if the person is joking or sent the message to the wrong person, so you don't say anything back and sign off. While you're playing the game the next day, the same person sends you another message saying, "You're the worst player. You should delete your account."

Which option would you choose?

- Option 1:** Ignore the messages and hope that it stops
- Option 2:** Respond to the message by saying, "You're the one no one wants to play with. You'd better back off or else."
- Option 3:** Try to avoid the person at school
- Option 4:** Block the person. Talk with your parents or a trusted adult to get their advice about how to handle the situation.
- Option 5:** Other—please include additional ideas about how to respond

Share why you would choose that option and include how it would make you feel.

Scenario two: Witnessing cyberbullying

Scenario summary: You and your friends are in a group chat about a show that you all really like. Another kid from your school, who you are not close with, was also invited to join. Your friends start sending mean comments to the other kid and it makes you feel bad. You like your friends, but you also don't want to see them being mean to others.

Which option would you choose?

- Option 1:** Ignore the mean comments. Your friends will probably stop soon.
- Option 2:** You really like your friends, so you reply to the mean comments saying, "Haha, LOL!"
- Option 3:** Send the kid being hurt a kind, private message
- Option 4:** If you are comfortable with it, reply to your friends' comments saying, "I think [the person] knows a lot about the show and has great things to say"
- Option 5:** Other—please include additional ideas about how to respond

Share why you would choose that option and include how it would make you and those involved feel.
