

Four Types of Bullying: Physical, Verbal, Social/Emotional, & Cyber



Essential Questions

- What is bullying?
- What are the types of bullying?
- How do I change the bullying behavior?

Learning Intention / Overview

Bullying has become a very popular word amongst school age children. However, this word is often misunderstood. Bullying is action(s) repeated over and over again by an individual or group of people with the intent to harm either physically, verbally, socially (emotionally), or through cyber sources. This lesson will discuss and explore the different types of bullying and provide students with the opportunity to identify the various types.

Methods / Teaching Strategies

- Group work
- Poster Project
- Personalized Learning

Assessment of Learning

- Bully Worksheet (provided)
- Poster Project created by student
- Demonstrated an understanding of the four types of bullying.

How might you customize or alter this lesson?

Key Learning Areas

Bullying

Concepts Taught

Types of Bullying

Target Age

9 – 12 Year Olds

Duration

3x 60 minute Session

You will need:

Types of Bullying

Definitions

Bullying Sheet

Poster Board

Art Supplies



Online Resources:

- <http://edgalaxy.com/education-quotes>
- <http://edgalaxy.com/classroom-posters-charts/2013/9/10/14-educational-quotes-posters>
- <http://www.youtube.com/watch?v=iPnYfwLOW84>

Teaching Instructions

Activity 1:

1. Begin by showing students the meaning for the four types of bullying. Discuss each type and provide a few examples of each. (definition sheet included) Teachers can also utilize online resources to show types of bullying and how to change the behavior(s).
2. Distribute “The Four Types of Bullying” worksheet for students to complete independently. Read and discuss the directions for the sheet.
3. If time allows take up worksheet and begin Activity 2.

Activity 2:(This activity will take more than one day.)

Review with students the four types of bullying.

Students will choose a type of bullying to illustrate in a poster. The poster should clearly depict ONE of the four types of bullying through pictures, text, etc.

Activity 3: On the back of the poster list 3 positive ways to change the bullying that is being displayed on the poster. (tell adult, walk away, speak up and defend yourself, stick with a buddy, etc.)

Activity 4: Students will present posters to a younger group of children and explain what is happening in their individual poster. Emphasize the type of bullying occurring in the poster and how to change that behavior.

TYPES OF BULLYING	DEFINITION	EXAMPLES
VERBAL	USING WORDS, PHRASES, OR VERBAL CLUES THAT EMBARRASS, HARASS, OR INTIMIDATE OTHERS	NAME CALLING TEASING RACIAL COMMENTS SARCASM RUMORS MEAN SPIRITED COMMENTS INTIMIDATING WORDS
SOCIAL	INTIMIDATING, CONTROLLING, OR HARMFUL ACTIONS THAT ARE DONE MAINLY IN GROUPS	HUMILIATING IN FRONT OF OTHERS USING GRAFFITI ABOUT OTHERS PUTDOWNS EXCLUSIONS MOBBING
PHYSICAL	USING YOUR BODY PARTS SUCH AS HANDS AND FEET TO HARM, CONTROL, OR INTIMIDATE	UNWANTED TOUCH HITTING SPITTING TRIPPING PUSHING SHOVING AGGRESSIVENESS
CYBER	SEE VERBAL AND SOCIAL DEFINITIONS BUT THIS IS DONE THROUGH MEDIA (COMPUTER) SOURCES	POSTING PICTURES WITHOUT PERMISSION HARMFUL TEXTS INAPPROPRIATE MESSAGES ABOUT OTHERS (SEE VERBAL)

Read each situation below and determine which type of bullying is occurring. Write your answer on the line provided. (Verbal, Social, Physical, Cyber)

Jennifer sits behind Ashley in Math. Every day she pokes her in the back of the head with her pencil lead.

“You better not tell or else,” said Jim.

A group of students refuse to allow another student to sit with them at lunch.

As John walks across the room he spits on Omar’s shoes.

Emily pulls up her face book page and notices that someone has posted “no one likes Emily, she’s smelly and ugly.”

In the girls’ bathroom someone holds the stall door on Kim and will not let her out.

Walking home you notice that your name is on the side of a building with rude words.



Four Types of Bullying Answer Key

Read each situation below and determine which type of bullying is occurring. Write your answer on the line provided. (Verbal, Social, Physical, Cyber)

Jennifer sits behind Ashley in Math. Every day she pokes her in the back of the head with her pencil lead.

Physical

“You better not tell or else,” said Jim.

verbal

A group of students refuse to allow another student to sit with them at lunch.

social

As John walks across the room he spits on Omar’s shoes.

Physical

Emily pulls up her face book page and notices that someone has posted “no one likes Emily, she’s smelly and ugly.”

Cyber

In the girls’ bathroom someone holds the stall door on Kim and will not let her out.

Physical

Walking home you notice that your name is on the side of a building with rude words.

social