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# *Friend2Friend: Bullying Prevention Lesson Plan Companion*

Insert your name  
and contact information here

# *Friend2Friend: Bullying Prevention*

Simulation: **20 minutes**

Lesson Plan: **Content for two complete 45-minute lessons, Part 1 and Part 2**

# *Friend2Friend: Bullying Prevention*

*Friend2Friend: Bullying Prevention* is an interactive simulation featuring lessons that teach skills to promote belonging and a strong, positive sense of identity, which are highly correlated to improved school climate and student outcomes.



# Introduction

## Learning Objectives

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- ✓ **Develop** social awareness and interpersonal skills needed to establish and maintain positive relationships
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- ✓ **Apply** communication skills to elicit the perspectives of others
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- ✓ **Maintain** constructive relationships that: share interests and activities, spend time together, give and receive help, practice apology and forgiveness
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- ✓ **Appreciate** diversity and build relationships with diverse individuals or groups
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- ✓ **Demonstrate** responsible upstander behaviors in school community contexts and personal circumstances
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- ✓ **Identify** appropriate strategies for responding to bullying while staying safe
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- ✓ **Explain** how to apply upstander strategies: Direct, Distract, Delegate
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- ✓ **Identify** positive support people to seek out during a conflict situation or crisis
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# Group Norms

1. Actively participate
2. Be respectful
3. Respect privacy
4. Do not share names or other identifying information of students or staff
5. Reach out to your teacher, school counselor or another trusted adult if you would like to talk



# Login Instruction

- [ Insert Login Instructions Here ]



# Note Taking Guide

- Key takeaway(s)
- Why is it important to know how to respond to bullying, and how can I feel comfortable and safe doing so?
- When I am in a situation and I could be an upstander, what are some feelings that I struggle with?
- What are some bullying situations during which I recently struggled to respond?
- What are some examples of ways I can feel safer and more confident when responding to bullying?
- What are some examples of ways I can help others feel confident and safe when responding to bullying?



# Applying Knowledge: “How Can I Make a Difference?”



- Make a list of direct responses you could use in a situation like this





# Applying Knowledge: “How Can I Make a Difference?”



- Make a list of distraction responses you could use in a situation like this



# Applying Knowledge: “How Can I Make a Difference?”



- Make a list of delegating responses you could use in a situation like this



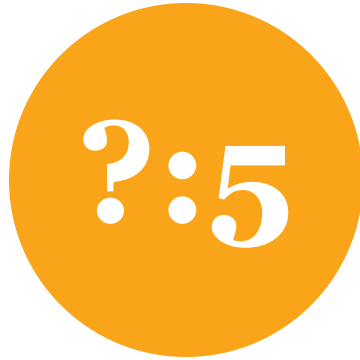
# Applying Knowledge: “How Can I Make a Difference?”



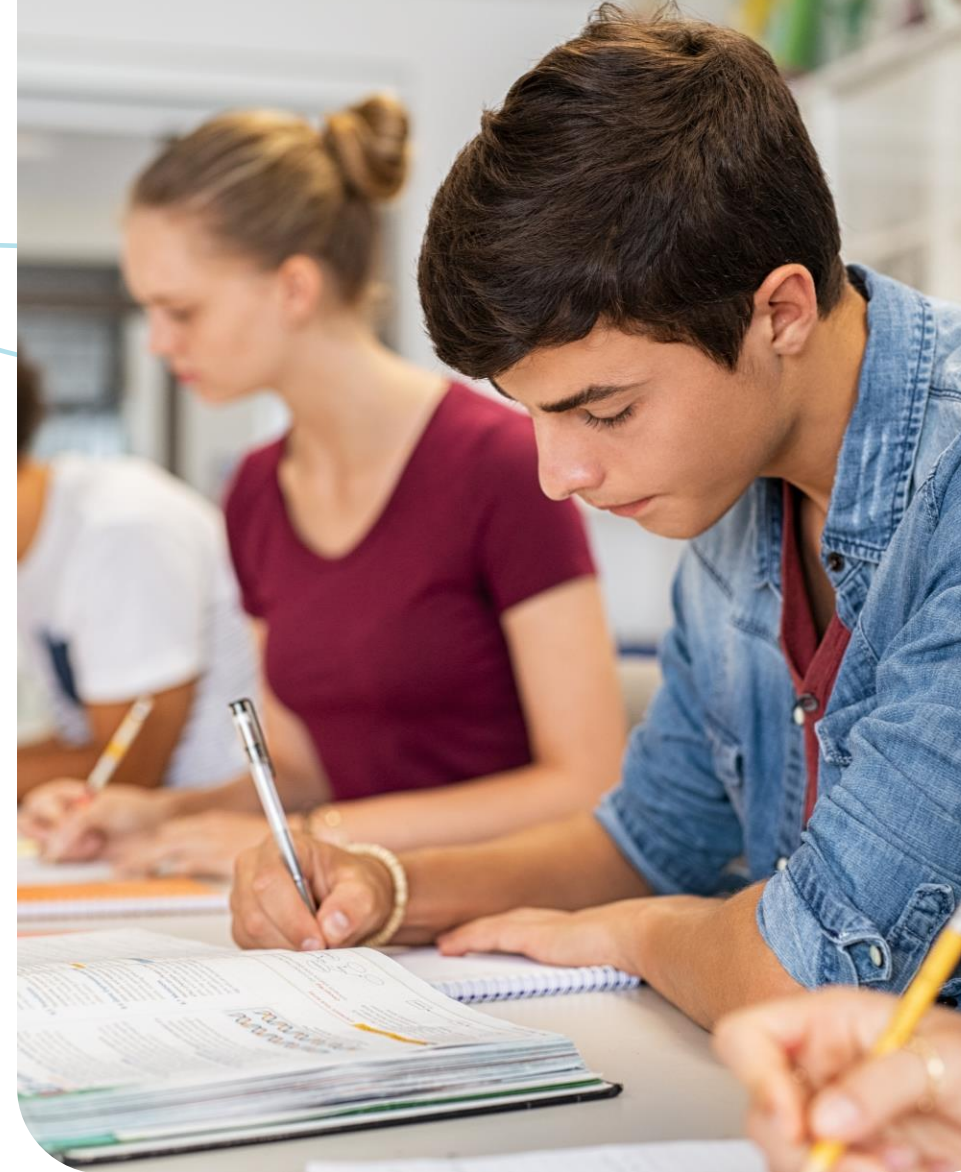
- Record some examples of ways you have responded to bullying and why they worked for you



# Applying Knowledge: “How Can I Make a Difference?”



- Brainstorm ways you might respond differently next time? **Remember:** Direct, Distract, Delegate



# Resources

- (This slide content will be added by each educator)