

SOCIAL SKILLS



Dear Team Leader,

Thank you for your dedication to helping children learn and grow and for supporting *On Our Sleeves* in its mission to provide free educational resources to every community. We are proud to have your organization as a member of the *On Our Sleeves* Alliance to help break the silence surrounding children's mental health.

This free *On Our Sleeves* educational program provides activities for children ages 9–10 that focuses on social skills that promote mental wellness. Developed by the curriculum specialists at Young Minds Inspired, in partnership with mental health professionals from *On Our Sleeves*, this program is designed to help children understand the negative impact of bullying on emotions and give them strategies to stand up for themselves and others in empowering ways when they experience and/or witness bullying. The program also includes a take-home letter for families to reinforce these messages and promote greater awareness of social and emotional health.

We hope you will share this program with youth group leaders in your organization. Please take a moment to share your thoughts on this program at ymiclassroom.com/feedback-ooalliance. We look forward to your comments.

Sincerely,

The *On Our Sleeves* team



TARGET AUDIENCE

Children ages 9-10 and their families

PROGRAM OBJECTIVES

- Promote the mental health and well-being of children by helping them to recognize bullying and the negative impact it has on all people involved.
- Provide children with strategies that help them stand up for themselves and others in a safe and constructive way when they experience bullying.
- Provide resources and tips for talking with children about how to manage strong emotions with the help of trusted adults.

HOW TO USE THIS PROGRAM

Make copies of the reproducible activity sheet for your group and prepare any materials needed in advance. The activity should take approximately 30 to 45 minutes. Have children share the completed activity sheets with their families, along with a copy of the take-home letter. You could also email the letter to parents and caregivers.

MATERIALS NEEDED

Copies of the activity sheet for each child; pencils; whiteboard, chalk board or chart paper; sticky notes or index cards with an example of bullying written on each (for example: teasing; name-calling; embarrassing someone in front of others; leaving someone out on purpose; spreading a rumor about someone; telling other children not to be friends with someone; hitting, kicking, punching; pushing or tripping someone; taking or breaking someone's things)



About the *On Our Sleeves* Alliance

The *On Our Sleeves* Alliance represents diverse and powerful voices committed to breaking the silence surrounding children's mental health and taking action. The Alliance works together to share best practices and advance *On Our Sleeves*' mission to provide every community in the U.S. with access to free, evidence-informed resources necessary for breaking stigmas around children's mental health and educating families and advocates. Together, we empower the mental health and wellness of every child. Learn more at OnOurSleeves.org.

Activity Sheet: About Bystanders and Upstanders

1. DEFINE BULLYING

- Begin with a description of bullying so the children can recognize it when they witness or experience it. Write the definition of bullying on the board or chart paper and read it aloud.
- Explain that bullying involves one person hurting another person to make that person feel inferior or rejected. Review these three main types of bullying:
 - **Verbal bullying** is saying or writing mean things about someone else.
 - **Social bullying** involves hurting someone's reputation or relationships or excluding them.
 - **Physical bullying** involves hurting a person's body or possessions.
- Distribute the sticky notes or index cards with bullying behaviors. Have the children take turns reading their notes and ask the group to identify which type of bullying is described.

2. BYSTANDER VS. UPSTANDER

- Use the responses to guide a discussion about bullying and how it affects *all* people involved, including the person doing the bullying and those who witness it.
- **Say:** A **bystander** is someone who witnesses bullying taking place but does not speak up or act to help. An **upstander** is someone who takes positive action to support others when they are being bullied.
- Ask students for ways someone might be an upstander.
- Ask why someone might be a bystander instead of an upstander.

- Explain that it's not always easy or safe to get involved in a bullying situation, so there are times when someone may want to help but may not know how or may feel afraid.
- Distribute the activity sheet and ask the children to complete it.
- Review the upstander tips. **Ask:** *Which tips do you feel like you could use? How might someone being bullied feel if people around them are upstanders?*
- Use the students' responses to Part 2 to lead a discussion about why it's important to be an upstander.
- Discuss the role that social differences (cultural, religious, ethnic, language, physical disability, etc.) play in how people are treated. Emphasize that differences are good and provide us with the opportunity to grow and learn from each other.
- Talk about empathy in bullying situations. Explain that *empathy* means trying to understand how others feel to show that we care. We show we care by expressing kindness. Also explain the importance of showing empathy and not judging differences, but learning about and celebrating these differences instead. Those who bully need to think about the impact their actions have on others. We can express empathy and kindness to the person being bullied to support them. Also, someone bullying may be having a difficult time managing strong emotions and may need support too.
- Reinforce to the children that if they are afraid for their own safety or the safety of a person being bullied, they should tell an adult and seek out support.

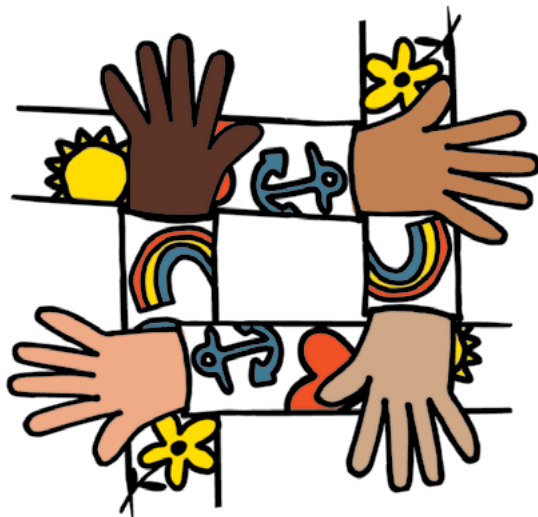
Answers – Part 1: 1. Upstander; 2. Bystander; 3. Upstander; 4. Bystander; 5. Upstander; 6. Bystander; 7. Upstander; 8. Bystander. **Part 2:** Answers will vary.

EXTENSION ACTIVITY

Ask the children to work in small groups to write their own brief scenario that depicts one or more types of bullying. Then have them role play the scenario and ask the group to discuss different ways an upstander could respond that might defuse each situation.

RESOURCES

- On Our Sleeves: [OnOurSleeves.org](https://www.OnOurSleeves.org)
- YMI microsite: ymiclassroom.com/oosalliance



ON OUR SLEEVES
The Movement for Children's Mental Health

Name _____

ABOUT BYSTANDERS AND UPSTANDERS

Bullying impacts everyone involved, including the person doing the bullying and those who witness it. A **bystander** sees bullying happening but does nothing. An **upstander** takes action to stop the bullying or protect the person being bullied when it is safe to do so. Learn how you can be an upstander.



Part 1: Read each description and decide if it describes a bystander or an upstander. Circle your response.

1. Speaks up by saying kind statements to their peer being bullied to go against the unkind words and actions made by the person doing the bullying.
 Bystander Upstander
2. Someone who witnesses bullying but does nothing to help.
 Bystander Upstander
3. Reports any bullying they witness to a trusted adult.
 Bystander Upstander
4. Feels bad for the person being bullied but is afraid to speak up.
 Bystander Upstander
5. Confronts the person doing the bullying by saying "Bullying is never okay. Please stop."
 Bystander Upstander
6. Doesn't support the person being bullied because they feel helpless.
 Bystander Upstander
7. Supports a person who is being bullied by inviting them to join their group or helps them get away from the situation by walking with them.
 Bystander Upstander
8. Witnesses bullying happening but walks away to avoid confrontation.
 Bystander Upstander

TIPS FOR BEING AN UPSTANDER

- Tell the person doing the bullying to stop.
- Help the person being bullied get away from the situation.
- Find a trusted adult to help if you feel it's not safe to intervene.
- Stand next to or walk with the person being bullied so they are not alone.
- Go with the person being bullied to report the situation to an adult.



Part 2: On the back of this sheet, write a short response to each of the following questions. Think about how bullying affects the different people involved.

1. Why might a person who is being bullied choose to hide how they really feel?
2. How would you feel if you saw a friend being purposely left out every day at recess?
3. What could you do to help someone who is being bullied?
4. Why is it important to bring bullying to the attention of a trusted adult right away?

SOCIAL SKILLS

DEAR PARENTS & CAREGIVERS,



Mental health professionals from *On Our Sleeves*, the movement for children's mental health, have teamed up with the curriculum specialists at Young Minds Inspired to create activities for schools and youth organizations to support children's mental health and wellness.

Your child has been learning about responding to bullying – including situations in which they are being bullied or see someone else being bullied. They have been introduced to the terms “upstander” and “bystander.” Upstanders help or support the child being bullied, while bystanders observe the bullying but don't get involved. Sometimes it's just not safe to get involved. In those cases, an upstander would get an adult to help. Bullying can have a lasting effect on children being bullied and witnesses. For example, they might experience anxiety. Teaching children strategies for addressing bullying to try to stop it can help children's mental wellness, support self-esteem, and promote a culture of empathy.

We hope you will find the ideas provided below helpful in supporting ongoing conversations with your child about addressing bullying. For more ideas and information on how to support your child in developing social skills that support their mental health, visit OnOurSleeves.org.

Sincerely,

The *On Our Sleeves* team

TALK OPENLY WITH YOUR CHILD ABOUT BULLYING

TALK ABOUT WHAT TO DO

- ▶ Acknowledge that bullying is tough to talk about but emphasize that it is important to ask an adult for help if they ever need advice or emotional support.
- ▶ Talk about why bullying happens. A child being bullied might think that it's only happening to them and may be reluctant to say anything. Let them know that they are not alone, and you are there to help them.
- ▶ Be proactive about sharing strategies that your child can use if they are bullied. Talk about safe and constructive things your child can do or say to stand up for themselves, including informing you or another trusted adult.
- ▶ Encourage your child to be an upstander when they witness bullying. Help them brainstorm safe ways to support the person being bullied or to seek help if it's not safe to speak up in the moment. Supporting a person being bullied could include asking the child doing the bullying to stop, or helping the child being bullied get away from the situation, walking with them, or going with them to tell a trusted adult. Emphasize the importance of getting an adult to help and when that may be needed. Also, remind your child that telling an adult to ask for help is not tattling if someone's safety is at risk.
- ▶ Know your child's school's policy on bullying, as well as any groups your child might be part of. How do they address bullying situations?

RECOGNIZE SIGNS OF BULLYING

- ▶ Children respond to bullying in different ways. A child being bullied might seem anxious, depressed, or withdrawn. They might get stomachaches. Or they might have outbursts that are not typical for them. If you see a change in your child's behavior, encourage them to talk with you.
- ▶ If your child is bullying other children, it might be because they are having difficulty managing their own feelings and are lashing out. Or they might be being bullied themselves. Talk with your child and listen. Let them know you care and want to help them.
- ▶ Check in with your child regularly and let them know that they can come talk with you any time.

As a family, have ongoing discussions about bullying and expressing feelings as your child grows and continues to develop new friendships and meets new people.



ON OUR SLEEVES
The Movement for Children's Mental Health

Nombre _____



INFORMACIÓN SOBRE ESPECTADORES Y DEFENSORES

El *bullying* afecta a todos los implicados, incluida la persona que lo hace y los que lo presencian. Un **espectador** ve que hay *bullying*, pero no hace nada. Un **defensor** toma medidas para detener el *bullying* o proteger a la persona que lo sufre cuando es seguro hacerlo. Aprende a ser un defensor.

Parte 1: Lee cada descripción y decide si describe a un espectador o a un defensor. Haz un círculo en tu respuesta.

- Dice cosas amables a sus compañeros que sufren *bullying* para ir contra las palabras y acciones poco amables de la persona que hace *bullying*.
 Espectador Defensor
- Alguien que es testigo de *bullying*, pero no hace nada para ayudar.
 Espectador Defensor
- Denuncia todo *bullying* que presencie a un adulto de confianza.
 Espectador Defensor
- Se siente mal por la persona que sufre *bullying*, pero tiene miedo de hablar.
 Espectador Defensor
- Se enfrenta a la persona que hace *bullying* diciendo: "El *bullying* nunca está bien. Por favor, detente".
 Espectador Defensor
- No ayuda a la persona que sufre *bullying* porque se siente indefensa.
 Espectador Defensor
- Apoya a una persona que es víctima de *bullying* invitándola a unirse a su grupo o la ayuda a alejarse de la situación y la acompaña.
 Espectador Defensor
- Presencia una situación de *bullying*, pero se aleja para evitar la confrontación.
 Espectador Defensor

CONSEJOS PARA SER UN DEFENSOR

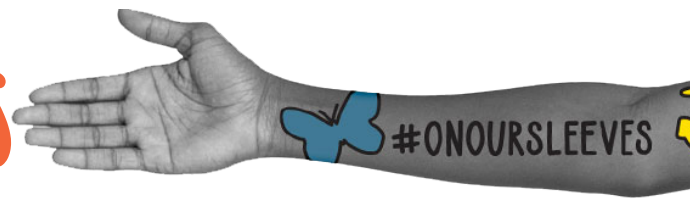
- Dile a la persona que hace *bullying* que se detenga.
- Ayuda a la persona que sufre *bullying* a alejarse de la situación.
- Busca a un adulto de confianza que te ayude si crees que no es seguro intervenir.
- Párate junto la persona que sufre *bullying* o camina con ella para no dejarla sola.
- Ve con la persona que sufre *bullying* a denunciar la situación ante un adulto.



Parte 2: En el dorso de esta hoja, escribe una breve respuesta a cada una de las siguientes preguntas. Piensa en cómo el *bullying* afecta a las diferentes personas involucradas.

1. ¿Por qué una persona que sufre *bullying* prefiere ocultar cómo se siente realmente?
2. ¿Cómo te sentirías si vieras a un amigo que lo excluyen a propósito todos los días en el recreo?
3. ¿Qué podrías hacer para ayudar a alguien que es víctima de *bullying*?
4. ¿Por qué es importante poner en conocimiento de inmediato a un adulto de confianza sobre el *bullying*?

HABILIDADES SOCIALES



ESTIMADOS PADRES Y REPRESENTANTES:

Los profesionales de salud mental de *On Our Sleeves*, el movimiento para la salud mental de los niños, se han unido a los especialistas en planes de estudio de *Young Minds Inspired* con el propósito de crear actividades para escuelas y organizaciones juveniles a fin de apoyar la salud mental y el bienestar de los niños.

Su hijo/a está aprendiendo sobre cómo responder al *bullying*, incluidas las situaciones en las que es víctima de *bullying* o ve que otra persona lo es. Se le enseñó los términos “defensor” y “espectador”. Los defensores ayudan o apoyan al/a la niño/a que sufre *bullying*, mientras que los espectadores observan el *bullying*, pero no se involucran. A veces, no es seguro involucrarse. En esos casos, un defensor conseguiría que un adulto le ayude. El *bullying* puede tener un efecto duradero en los niños que son víctimas y en quienes lo presencian. Por ejemplo, pueden experimentar ansiedad. Enseñar a los niños estrategias para abordar el *bullying* a fin de detenerlo puede ayudar a su bienestar mental, favorecer la autoestima y promover una cultura de empatía.

Esperamos que las ideas que se proporcionan a continuación le resulten útiles para mantener conversaciones constantes con su hijo/a sobre cómo abordar el *bullying*. Para obtener más ideas e información sobre cómo ayudar a su hijo/a a desarrollar habilidades sociales que favorezcan su salud mental, visite OnOurSleeves.org.

Atentamente,

El equipo de *On Our Sleeves*

HABLE ABIERTAMENTE CON SU HIJO/A ACERCA DEL BULLYING

HABLE SOBRE QUÉ HACER

- ▶ Reconozca que es difícil hablar sobre el *bullying*, pero destaque que es importante pedir ayuda a un adulto si alguna vez su hijo/a necesita consejo o apoyo emocional.
- ▶ Hable sobre por qué ocurre el *bullying*. Un/a niño/a que sufre *bullying* podría pensar que solo le está pasando a él/ella y puede que se rehúse a decir algo. Hágale saber que no está solo/a y que usted está allí para ayudar.
- ▶ Sea proactivo/a al compartir estrategias que su hijo/a pueda utilizar si sufre *bullying*. Hable sobre cosas seguras y constructivas que su hijo/a puede hacer o decir para defenderse por sí mismo/a, lo que incluye informarle a usted o a otro adulto de confianza.
- ▶ Aliente a su hijo/a a ser un/a defensor/a cuando sea testigo de *bullying*. Ayúdele a intercambiar ideas sobre formas seguras de apoyar a la persona que sufre *bullying* o de buscar ayuda si no es seguro expresarse en el momento. Defender a una persona que sufre *bullying* podría incluir pedirle al/a la niño/a que está haciendo *bullying* que deje de hacerlo, o ayudar al/a la niño/a que lo sufre a alejarse de la situación, caminar con él/ella o acompañarlo/a para decírselo a un adulto de confianza. Enfaticé la importancia de buscar a un adulto para que ayude y cuándo puede ser necesario. Además, recuérdale a su hijo/a que decirle a un adulto que pida ayuda no es delatar a nadie si la seguridad de alguien está en riesgo.
- ▶ Conozca la política de la escuela de su hijo/a sobre el *bullying*, así como de cualquier grupo del que su hijo/a pueda formar parte. ¿Cómo abordan las situaciones de *bullying*?

RECONOZCA LAS SEÑALES DE BULLYING

- ▶ Los niños responden al *bullying* de diferentes maneras. Un/a niño/a que sufre *bullying* puede parecer ansioso/a, deprimido/a o retraído/a. Puede sufrir dolores de estómago. O puede tener arrebatos que no son habituales. Si observa un cambio en el comportamiento de su hijo/a, anímelo/a a hablar con usted.
- ▶ Si su hijo/a está haciendo *bullying* a otros niños, puede ser porque tiene dificultades para manejar sus propios sentimientos y es su forma de desahogarse. O puede estar sufriendo *bullying*. Hable con su hijo/a y escuche. Hágale saber que le importa y que quiere ayudarlo.
- ▶ Esté atento/a a su hijo/a regularmente y dígame que puede hablar con usted en cualquier momento.

Como familia, mantenga conversaciones continuas sobre el *bullying* y la expresión de sentimientos a medida que su hijo/a crece y continúa desarrollando nuevas amistades y conociendo a nuevas personas.



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