

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

NEUROHEADWAY

Neuroscience Into Education

LESSON PLAN Bullying & Peer Pressure

Slide	Subject	Description	Timing
1	Introduction	Register pupils & briefly introduce today's lesson	2 min
2-4	Introduce & discuss Simon	Watch the first slides on the PowerPoint presentation. Introduce the class to 'Simon' and Identify similarities and highlight the tendency to focus on differences in people. Explain that we are looking to understand the basic concepts of bullying behaviour and understand the extent, seriousness, and dynamics of bullying.	5 min
5	Discussion	Introduce Simon's friend Ellie. Ask around the class 'What is Bullying? Give all students a chance to answer. Write answers on board.	5 min
6 - 8	Bullying	Explain what bullying is to the students – and how it is not always the obvious things we think it might be.	3 min

Powerpoint Example

NEUROHEADWAY

Neuroscience Into Education

A photograph of three children standing in front of a red brick wall. The child in the center is looking down, while the two children on either side are looking towards them. The child on the left is wearing a bright yellow-green jacket, and the child on the right is wearing a dark blue jacket. The central child is wearing a grey jacket over a red shirt. A white text box with a purple underline is superimposed over the center of the image.

NEUROHEADWAY

Neuroscience Into Education

Bullying and Peer Pressure

Meet Simon...



Hi my name is Simon. I am 8 years old and in year 3.

What is your name? How old are you?

How am I different to you?



I may have different eye and hair colour to you, and I might be younger or older than you, but there will also be similarities.

Many times people focus too much on differences, and don't see how they are alike, which can lead to bullying or other mean behaviour.

I want to tell you my story. I went to a new school. It is very difficult for me because I don't make friends easily. I am not very good at football but I swim very well. I am a kind and generous person.

One boy in my class, Andrew, does not like me very much and says mean things to me so many times, in front of other children. Some of the children around would laugh, and others look sad for me but they do not say or do anything.

This makes me feel very sad. I used to like school but I don't want to go to school anymore because I am afraid Andrew will hurt me.



WHAT IS BULLYING?



My friend Ellie, told me that I was being bullied.
Who can tell me what they know about bullying?

Teachers Worksheets and Guides

NEUROHEADWAY

Neuroscience Into Education

NEUROHEADWAY

Neuroscience Into Education

Bullying and Peer Pressure

TEACHER'S GUIDE

BACKGROUND READING MATERIAL FOR THE TEACHER

Introduction

Bullying is defined as “systematic abuse of power and is defined as aggressive behaviour or intentional harm-doing by peers that is carried out repeatedly and involves an imbalance of power” (Wolke & Lereya, 2015). The primary parties involved in bullying are the person who bullies, the person who is bullied and the bystander. Three categories of bullying are identified; *direct* (physical, verbal), *indirect* (social, relational) and *other* (social media) bullying behaviour (Kalman, 2005). The four types of bullying of focus in this module are; physical, verbal, social and cyber bullying.

How to deal with bullying:

FAST

F – Fogging: Agree with what they say- people who bully don't get satisfaction if they don't get a negative reaction. An example of this may be

A – Avoid the 'hotspots': places where bullying is likely to happen such as lonely places

S – Say "Stop it!" (with a serious face and keep your voice calm)

T – Tell an adult whom you trust about the bullying, and TALK about your feelings



Hello