



Dear Parents,

We are happy to inform you that your child's school will be utilizing *the K-5 Bullying and Cyberbullying Curriculum*, provided to all Massachusetts schools by the Massachusetts Aggression Reduction Center at Bridgewater State University. Schools in the Commonwealth do not pay anything for the Curriculum.

Please note that many schools utilize more than one resource in their quest to educate children about bullying and cyberbullying, and your child's school may be using other programs in addition to this Curriculum. The Curriculum is specifically designed to dovetail with, and not to contradict, current best practices in the field. It is a new Curriculum and is currently being field-tested.

The Curriculum is based on best practices identified through decades of research on bullying prevention, age-appropriate teaching methodologies, and recent research about the roots of cyberbullying that can be addressed during elementary school. Although most cyberbullying occurs during middle and high school, elementary-aged students are increasingly involved and the Curriculum is designed to help prevent these problems.

On the next page, we have provided basic information about the Massachusetts Aggression Reduction Center and the curriculum that your child's class will be utilizing. You will also find a Parent's Guide with a sample Lesson Plan and suggestions for family discussions about the relevant topics. We strongly encourage all parents to consider discussing some of these issues with their child. For more free resources for parents, visit our webpage at <http://www.MARCCenter.org> and click on PARENTS.

Sincerely,

A handwritten signature in black ink that reads "Elizabeth K. Englander". The signature is fluid and cursive, with a long horizontal flourish at the end.

Elizabeth K. Englander, Ph.D.
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The Massachusetts Aggression Reduction Center and The K-5 Bullying & Cyberbullying Curriculum

What is MARC?

The Massachusetts Aggression Reduction Center is an academic Center located on the campus of Bridgewater State University in Bridgewater, Massachusetts. Our goal is to bring low- or no-cost services to K-12 education, law enforcement, and other professional caregivers for children in the Commonwealth of Massachusetts. Our services include school programs, conferences, workshops, consultation, and research, in the area of bullying prevention, cyberbullying education and prevention, and violence prevention. Most of our programs are available at no cost to schools in the Commonwealth.

MARC was founded and is directed by Dr. Elizabeth Englander, a professor of Psychology at the University, and an expert in the field of bullying and cyberbullying. MARC also benefits from the services of other academics and faculty members, graduate students, undergraduate students, and other support staff.

About This Curriculum

The goal of this curriculum is to educate children in grades K-5 about bullying and cyberbullying, raise their awareness about how these behaviors impact children, help children identify the adults in the school they can feel safe to go to for help and support, and help children develop additional strategies to deal with all aspects of bullying. It utilizes both Teacher-As-Educator and Peer Learning Models. Interactions between grades, intended to dispel stereotypes and promote social pressures to model appropriate behaviors, occur in the curriculum in kindergarten, first grade, fourth grade, and fifth grade. The curriculum also teaches about bystander behaviors and how these can unwittingly contribute to bullying in school and how online bullying feels and can lead to more problems in school as well. Bullying and cyberbullying are not treated separately or even as though they are significantly different. In fact, one of the goals of the curriculum is to underscore the idea that positive social behavior is important in *all* realms – online and offline.

For more information about the Massachusetts Aggression Reduction Center, please visit our website at www.MARCCenter.org.



Curriculum Objectives for Second Grade

Curriculum Objectives

- Learn about the protective role of friendships, and about initiating online and offline friendships.
- Characteristics of healthy friendships.
- Conflict with friends, and how online conflict or anger differs from off-line conflict.
- Ways that children bully each other.
- Roles that children play in bullying situations, including bystanders and eggheads.
- How bystanders of bullying perceive and feel about what they see.
- Encouragement to assist targets of bullying and cyberbullying, and discussion about why and how that is a challenging goal.
- Discussion of talking to adults about bullying – telling versus tattling.

2nd Grade Lessons include the following:

- Helping Children understand friendship by reading *How to be a Friend: A Guide to Making Friends and Keeping Them* By Laurie Krasny Brown
- Discussing Good Friend Behavior – Rereading *How to be a Friend: A Guide to Making Friends and Keeping Them*
- PowerPoint slide discussing Bullying and the different roles they play (bully, bystander, egger, target, friend).
- Discussion about what we can do and say about bullying
- Discussion about cyberbullying and ways to respond
- The power of Bystanders – reading *The Bully Blockers Club*, by Teresa Bateman
- Help the class start their own “bully blockers” club
- How to talk to adults about bullying



Sample Lesson Plan and Parent Discussion Guide Second Grade Bullying & Cyberbullying Curriculum

***SAMPLE LESSON:* Making Your Own “Bully Blockers Club”**

Goal: The goal of this activity is to help the class start their own “bully blockers” club. This club is designed to promote bystander action when witnessing bullying.

Activity #1: Introduction

Address the class: **Do you remember the book we read about Lottie and her bully blockers club?** Have them tell you a little about the story, make sure they remember. If necessary and if you have time, you could re-read the book.

Activity #2: Club Activity

Because you all know so much now about bullies, I thought we could start our own bully blockers club. The first thing we need to do is come up with a name. Ask the class for their ideas. If necessary, use a show of hands to pick between a few options.

Now we are going to make badges to show that we are part of the - _____ club. We need a symbol to put on our badges. Allow the class to come up with a symbol to use.

Give the class about 15 minutes to decorate their badges. Let dry if necessary and every day the students should wear their badges (it is a good idea to have them keep the badges at school but encourage them to tell their family and friends about what they are doing.

Now that we have our name and our badges, what will be the rules of our Club? These should be rules about bullying that we all stick to and that we think other kids should stick to as well. Can anyone think of a good rule? (If necessary cue them with ideas like: when someone wants to play we’ll always let them; if we see bullying we won’t just watch, we’ll try to help the target OR go tell an adult; etc.)

Discussions to have at home:

- Would you like to read *How to be a Friend: A Guide to Making Friends and Keeping Them* with us at home? You can tell us what you learned from reading it with your class.
- Who do you feel is your favorite friend? Or perhaps you have several friends who are your favorites?
- How could you help protect your friends, if you saw them being bullied in school? What would you like your friends to do if *you* were being bullied?
- At your school, who the adults you would go to for help and support?
- How do you feel when you see someone be mean to someone else?
 - It's fine to discuss how YOU (the parent) feel when you see your children argue or be mean to each other (if that happens).
- Have you ever seen someone in a computer game say something mean to someone else? Let's talk about how to handle that.
 - Most games have REPORT buttons. Show your child how to click on that button if they see someone being mean.
 - Discuss how you really want your child to talk to you if this ever happens to them.
- I know it's sometimes very hard for kids to talk to grownups about bullying and cyberbullying. Do you think it's sometimes hard to do that? Why?