MARC K-12
Bullying and Cyberbullying Assemblies

Massachusetts Aggression Reduction Center
Bridgewater State University
Descriptions: MARC K-12

Student Assembly Programs

Programs below are listed by age group.

We offer programs for all grades, K through 12.

**Bullying Basics Assembly & Contract (Grades K-1).** An interactive group presentation designed to help children develop the appropriate vocabulary to understand and deal with bullying issues in schools. Children are introduced to roles and emotional responses associated with bullying. Appropriate ways to deal with bullying are discussed and there is also a discussion of the difference between accidents that may happen and bullying. The presentation ends with an art project in which students color and decorate a personal contract that they then share with their peers. Contracts should be displayed in their classrooms and utilized as behavioral cues (not sent home as completed projects). MARC supplies blank contracts and decorative stickers; the school needs to supply markers, desks or tables for students and faculty members to help supervise students as they complete their contracts.

All programs utilize up-to-date research findings to maximize their effectiveness.
**Bullying Basics Assembly (Grade 2).** During this interactive group assembly, students are introduced to key concepts and terms used in discussing bullying. There is a discussion about the difference between conflict and bullying and students are presented with different scenarios and they are asked to identify whether those scenarios are depicting conflict or bullying. The presentation also encourages students to support their peers and also introduces different ways for students to combat bullying. Students are encouraged, throughout the presentation, to talk about bullying with others and not to keep it a secret.

**Bullying & Cyberbullying Basics (Grades 3-4).** At this interactive assembly we begin to introduce the components of bullying which are further explained using age appropriate examples. Students are introduced to the concepts and roles associated with bullying. The differences between conflict and bullying are illustrated to underscore how hurtful and damaging bullying behaviors can be. Several conflict scenarios and bullying scenarios are presented to students to help them identify future conflict or bullying situations. Some very basic and neutral information about cyberbullying is presented, such as the concept that using disrespectful language toward others online can be very damaging and hurtful. We talk about how to cope with different types of bullies and cyberbullies, and how to be a good friend and classmate. The importance of talking to adults about bullying and cyberbullying is emphasized. Students are encouraged to practice safe behaviors online, such as keeping passwords to themselves and talking to parents, teachers, or other trusted adults about the activities they are taking part in online.
Bullying and Cyberbullying: What you need to know (Grades 5-6).

This assembly is designed to help students define and understand bullying, cyberbullying, and relational aggression. Students will gain a clearer understanding of the difference between fighting or conflict and bullying. Online safety is discussed and real-life examples are presented to help illustrate the consequences of inappropriate online actions. Students are educated about the dangers of disclosing too much online, such as sending or posting inappropriate photos. Students will gain a sense of awareness about how serious and hurtful words and actions online can be and that what happens online may be there forever. The presentation leaves students with some practical internet safety advice as well as concrete ideas of the best way to with bullies in school and online.
This assembly approaches issues of bullying, cyber-bullying, relational aggression, and Internet the potential dangers of disclosing too much online. Real life examples are discussed in greater detail, as we have found these to be particularly effective with this age group. It is intended to raise student awareness about the possible consequences of bullying and cyber bullying for oneself, one’s family, and one’s community. Students learn that a “private” online profile is never truly private. In addition, students will gain awareness of the seriousness of sexting. We will discuss how something that might just seem like a “joke” online could have very serious consequences. This presentation leaves students with realistic internet safety tips and concrete ideas of how to best deal with bullying and cyberbullying situations.
Assemblies for High School Students

*High School Bullying & Cyberbullying Assembly (Grades 9-12).*

This assembly discusses cyberbullying and the safe use of technology in greater detail than the other student assemblies. There is a growing trend among older students to use technology as a way to bully. The assembly is designed to educate students about the potential consequences of their online behavior on themselves, their families, and their communities. Students are asked to begin thinking about the impression they leave with others based on their profiles, words, and behavior online. An especially important point for this age group is to discuss how their online choices can impact their future (i.e. college acceptance, job opportunities) and their friendships. To emphasize the seriousness of these cyber issues we present real life examples that the students can relate to throughout the presentation. There are many misconceptions among this age group about online “privacy.” Privacy issues are explored in detail, with an emphasis on social networking sites and sexting. Students are offered advice on how to handle bullying and cyberbullying situations for themselves, their friends, and their classmates.

*Girls & Cyberbullying Assembly (Grades 6-12).*

This assembly focuses on the ways that girls use cyberspace to facilitate relational aggression and other cyber-problems. Many conflicts that girls are involved in stem from current or former friendships. The focus of this program is to help girls cope more effectively in future bullying or cyberbullying situations as well as general conflict. A female facilitator leads a *girls-only* audience (no boys please) in an interactive presentation and discussion about how cyber behaviors are changing friendships. We discuss and offer healthy ways to handle conflict and disagreements between friends. The female facilitator involves the audience in discussing current issues regarding bullying and cyberbullying. Special attention is given in regards to how to handle friendship fights or friendship breakups, in particular not reacting when you are angry or upset. This program covers current issues that girls are dealing with as well as providing the audience with more effective ways to cope and deal with these types of situations. The assembly draws from the MARC research on girls and cyberbullying.
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