***HS Civil Rights and Me Cover Page Lesson 2: Bullying***

***Overview/Summary***

Washoe County School District follows policies stating that students will receive annual training on identifying bullying in person and online, learn ways to report incidents at school and online and recognize forms of sexual and racial harassment. Every student is entitled to learn in an environment that is free of harassment, bullying, and discrimination. In Lesson 2, students will define bullying, identify bullying, recognize the harm that bullying causes and provide strategies on how to address bullying with positive outcomes. Students will work in small groups to develop an understanding of the components of bullying and how expressing empathy toward a victim of bullying can help the victim. Students will collaborate and value the differences that exist between them and their peers.

***Connection to SEL Competencies and Indicators***

* SEL Standards and Indicators- ENG
* [SEL Standards and Indicators- SP](https://www.washoeschools.net/cms/lib/NV01912265/Centricity/Domain/202/Social%20Emotional%20Learning/SEL%20Standards%20English%20and%20Spanish/SEL_Standards_Spanish.New%20Logo.pdf)

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| **SEL Connections:**  ***Develop Self-Awareness skills to:***  *Demonstrate knowledge of one’s emotions, personal strengths, challenges, potential, and self-efficacy as well as m*aintain an accurate and positive self-concept.  ***Develop Self-Management skills to:***  Monitor and achieve behaviors related to school and life success.  ***Develop Social-Awareness competencies to:***  *Exhibit empathy, appreciate diversity, understand social and ethical norms for behavior, and*  recognize family, school and community supports.  ***Develop Relationship Skills to:***  *Build and maintain relationships with diverse groups and individuals and communicate clearly to express needs and resolve conflict.*  **Develop Responsible Decision-Making skills to:**  Consider ethical and societal factors with making decisions and maintain accountable behaviors in school, personal and community contexts. |

***Supporting School-Connect Lessons for HS***

* + **2.8 Recognizing Character Strengths**: Identifies character strengths and explains why character is important.
  + **3.2 Standing in the Other Person’s Shoes:** Identifies the feelings, experiences, needs and beliefs that make up a person’s perspective.
  + **3.3 Empathizing with Others:** Identifies ways to enhance empathy inside and outside of school.
  + **3.12 Dealing with Gossip**: Identifies consequences of negative gossip. Practices using guidelines to filter the information we pass on to others.
  + **3.13 Addressing and Preventing Bullying:** Identifies strategies to prevent bullying and demonstrate prosocial responses to bullying.
  + **3.14 Managing Social Media and Cyberbullying**: Identifies positive and negative effects of social media; describes ways to intervene in and reduce cyberbullying.

***Supporting EQ @ Home and School Lessons for HS***

* + ***DS6.1 Understanding Empathy for Others***
  + ***DS6.2 Appreciating Diversity***
  + ***DS6.3 Standing Up for Others***
  + ***DS6.4 Skill-building for Challenging Conversations***
  + ***DS6.5 Apologizing and Forgiving***

***Additional Resources:***

* + *Facing History and Ourselves:* [Bullying, Cyberbully and Online Safety](https://www.facinghistory.org/resource-library?search=bullying%20and%20cyberbullying)
  + [NDOE Bullying Resources](https://www.washoeschools.net/cms/lib/NV01912265/Centricity/Domain/173/Safe%20Drug%20Free%20Folders/Safe%20Drug%20Free%20Documents/Bullying/NDOEBullyingResourcesFinal.pdf)
  + [NDOE Bullying Law](https://www.washoeschools.net/cms/lib/NV01912265/Centricity/Domain/173/Safe%20Drug%20Free%20Folders/Safe%20Drug%20Free%20Documents/Bullying/NDOEBullyingLawFinal.pdf)