

ALTERNATIVES TO BULLYING (week-long program)

Session 1

Video (Short version)

A) Discussion questions

- 1) Give examples of how you noticed others being helped in the story
- 2) Were they asked to help or did the helper notice help was needed?
- 3) How do you think Dean and JoJo felt when they were faced with a problem?
- 4) How do you think they felt when the problem was solved?
- 5) What do you think made them decide to help?

B) Create 3 drawings. They can be actual or imaginary experiences of helping a person, animal or the environment. The experience can be something they did, something they saw someone else do, or someone helping them.

- 1) FIRST PICTURE: Who are the characters in your story?
- 2) SECOND PICTURE: What was done to help?
- 3) THIRD PICTURE: How did things turn out after help was given?

C) Take turns telling the story about the pictures

D) Discussion about what has been learned

- 1) When do you know when someone or something needs help?
- 2) How does it feel to give help? (Why)
- 3) How does it feel when someone helps you? (Why)
- 4) What do we do if we notice someone or something needs help and we are afraid that we will be made fun of for helping?

Session 2

Helping behaviors and developing friendships

- A) Check in (how are we doing today) and sign in
- B) What kinds of things do we remember from last week?

VIDEO

Discussion:

- 1) How did Dean make friends with Jojo at first?
- 2) How did Dean help Jojo with his sad feelings?
- 3) How did Jojo help Dean at the beginning of their friendship?
- 4) What are things we can do to make friends?

PICTURE

- 1) What kinds of things do we do to with friends and family?
- 2) What kinds of things would we like to do with friends and family?
- 3) Picture of Dean and Jojo being friends
- 4) Picture of Jojo and Dean meeting new friends

Session 3

Friendship, tolerance, social skills

- A) Check in (how are we doing today) and sign in
- B) What kinds of things do we remember from last week?

VIDEO

Discussion

1. Have there been times where you have wondered if someone wanted to be your friend, and were embarrassed to ask to play with someone because of this?
2. Have there been any times where you have tried making a friend, and the person was shy, did not listen, or laugh at you?
3. How did you respond? How were you able to manage and tolerate the situation and what did your feelings look like?
4. Do you see yourself as someone that easily gets along with others, for example with the adults around you (caregivers), or kids in your neighborhood or at school; or with your siblings?
5. Can you name positive traits and talents about yourself?
6. Do you ever act out to get the attention from someone (caregivers, teachers, and friends)?
7. Do you ever fear not being liked by others?

Session 4

Problem Solving

- A) Check in (how are we doing today) and sign in
- B) What kinds of things do we remember from last week?

VIDEO

Discussion

CARD ACTIVITY (Problem solving cards)

1. What do you do when you are annoyed or bothered by someone?
What would be a positive way to deal with someone who bothers or annoys you?
2. How do you respond to someone who is asking you to do something that could hurt someone's feelings?
 - a. What would be a good choice to make if this happens to you?
3. When you see that something wrong is happening to someone else, how do you usually respond?
 - a. What can you do to help?
 - b. What would a friend do to help?
4. How can I be a friend to others?

Session 5

Summary (final session)

- A) Check in (how are we doing today) and sign in
- B) What kinds of things do we remember from last week?

VIDEO

Discussion

- 1) What do we say to someone if they have helped us?
- 2) What should we do if we are angry with somebody?
- 3) If you feel like teasing someone or hurting someone, how do you think they would feel?
- 4) How do you think Jojo felt when he was being hurt by boats, water skiers, or bullies?
- 5) Do you think friends and family might feel the same way Jojo felt?
- 6) If someone is being teased or bullied what do you think they might need to help them feel better or how can they act to stop the bullying from happening?