

Intended for Grades: 6-8 **Estimated Time:** 45-90 min.

Lesson Title: I AM PONO!

Lesson Purpose: Students will:

- * Review current information about bullying behaviors, roles, and impact on people
- * Become familiar with appropriate ways to respond to bullying experiences
- * Discuss scenarios to help students discern teasing from bullying (gr. 6)
- * Review current & create new scenarios regarding 'ole pono (not pono) behaviors (gr. 7)
- * Develop a project/activity promoting pono within their school community (gr. 8)

Materials & Preparation:

- * I AM PONO! PowerPoint Resource and tools to project PPT
- * Chart paper/pens or Smart-board
- * Suggested: Review the PPT information and revise as appropriate with updated facts

Background Information:

Harassment and bullying on and off school campuses has impacted too many students, causing them to struggle instead of thrive. Youth who are emotionally upset are not in a space to learn easily or well.

People want to be accepted and connected. In stories about historical days in Hawai'i, being banished from the *ahupua'a* and family was the most powerful punishment. Any kind of bullying or harassment makes victims feel alienated and separated.

It's critical we help our youth grow a deeper acceptance of individual differences and really know the importance of treating all life with respect and aloha, which is genuine care and concern. In Hawaiian thinking, we are all connected to everyone and everything. This historical teaching parable from *Tales from the Night Rainbow* (Koko Willis and Pali Jae Lee) shares this traditional Hawaiian belief about relationships:

“Aloha is being a part of all and all being a part of me.
When there is pain - it is my pain.
When there is joy - it is mine, also.
I respect all that is as part of the Creator and part of me.
I will not willfully harm anyone or anything.
When food is needed I will take only my need and explain why it is being taken.
The earth, the sky, the sea are mine to care for, to cherish, and to protect.
This is Hawaiian - This is *Aloha!*”

Steps:

1. Introduce the purpose of the lesson - to talk about bullying, a serious problem for some people and a concern that impacts more than just the target (person being harassed). Ask students how they define bullying. Create and post a brief, agreed upon definition. An example: *“Bullying happens when someone keeps doing or saying things to hurt another person or to have power over them.”*

2. Reflect with students upon any personal understandings and feelings you have about bullying, and any experiences you feel appropriate to share. Discuss intention of a bully.

3. Use the *I Am Pono!* PowerPoint to foster discussion with your group. See the Slide Show Descriptions Chart below as an overview. Encourage sharing from all participants.

4. Provide a solid closure to this activity by reviewing the content (final slides) and making sure that students all feel the *kuleana* (responsibility and privilege) of making their school a safe and inviting place for everyone.

NOTE: To repeat this presentation each year in Middle School, you can differentiate as follows or in any appropriate way:

GRADE SIX: Focus on understanding terms and protocols

* Begin with Prior Knowledge about bullying. Review all slides, spending extended time to clarify the following and then discuss the three scenarios in depth:

***Types of bullying:**

A. Physical Aggression:

Physical violence
Pushing, kicking, tripping, or any unwanted touch
Physical acts that are demeaning or humiliating
Threatening with weapon
Stealing

B. Verbal Aggression:

Mocking; name-calling
Teasing about clothes/things
Verbal threats of violence or bodily harm
Teasing about appearance, race, religion, sexual orientation
Verbal threats of aggression against things/possessions

C. Social Alienation:

Gossiping
Spreading rumors
Public humiliation
Malicious exclusion (*Keeping someone from being part of a group*)
Threatening with isolation from total peer group

GRADE 7: Review of terms and create new scenarios

* Elicit a definition of bullying and come to some kind of agreement on a brief answer. Review the quiz if desired (slides 2-3). Discuss Hawaiian concept of interconnectedness, eliciting any understandings they have gained through Gr. 7 Social Studies-Hawaiian Studies.

* List the three Types of Bullying (Physical, Social, & Verbal) on the board and ask partners or small student groups to think of examples of these forms of harassment (What they remember from gr. 6). (See above)

* Ask student groups to draft a new scenario, providing a 1-3 paragraph story of an example of one of these three types of alienation. (Assign A-C if desired). Encourage creative thinking, no use of names of real people, and to also consider and include a solution to this situation. Tell them they have about 7-10 minutes to finish drafting an idea.

* After completing their initial drafts, save these ideas and facilitate a time to return to revise and edit one or more stories. Use them to help students at their school make good communication choices and “grow *pono*” in their actions.

GRADE 8: Teaching and impacting others

* Do a quick review of this slide show, inviting students to share what they remember. Use the Slide description chart below to formulate questions before you come to the next slide: For example, ask before showing:

- Slide 1. *What does it mean to live pono?*
- Slide 5: *What are types of bullying behavior?*
- Slide 6: *What are the different roles of people involved in bullying?*

* As leaders in the school, invite 8th graders to figure out how they can promote living *pono* and eliminate bullying from their school. Depending on available time, you can:

- Ask students to create a project or activity that will promote *pono* with everyone (i.e.: *signs that promote aloha around campus; positive morning announcements, finding relevant Ōlelo No’eau, etc.*)
- Teach about living *pono* and bullying to someone else in the community
- Take a pledge to do one action that supports “growing *pono*” on their campus: (i.e.: Make friends with 1 new 6th grader each week; Pick up rubbish when I see it; Think before teasing ~ Will we ALL laugh?; Don’t call people names, etc.)

Reflection Questions:

- What did you learn about the importance of respect and pono communication?
- How can we help each other remember to speak and act with respect to everyone?

Resources:

Aloha Poster - See below

- <http://www.bullyingstatistics.org/content/prevent-bullying.html>
- <http://www.hsta.org/index.php/news/doe-chips-away-at-bullying-issue>

I AM PONO! PowerPoint Slide Descriptions

SLIDE #	DESCRIPTION
1	Title Page: I AM PONO!
2	“Bulling at School” Quiz - Agree/Disagree questions
3	“Bullying at School” Quiz answers
4	“Because we are all interconnected...” - The impact of bullying on community
5	Types of Bullying Behavior
6	Roles of Bullying
7	Bystanders: Innocent or Involved?
8	Good natured Teasing/Joking... or Bullying?
9	Teasing or Bullying Scenario #1
10	Teasing or Bullying Scenario #2
11	Teasing or Bullying Scenario #3
12	<i>Involved in Bullying?</i> You Can Do Something To Hel.
13	What Can You Do Every Day?
14	What Can You Do If You Are Being Bullied?
15	I AM PONO! Review Questions
16	“STAY HAPPY ~ STAY PONO!” Affirmation



"Aloha is being a part of all and all being a part of me.
When there is pain - it is my pain.
When there is joy - it is mine, also.
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I will not willfully harm anyone or anything.
When food is needed I will take only my need
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The earth, the sky, the sea are mine to care for,
to cherish, and to protect.
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-Tales from the Night Rainbow (page 19)
By Koko Willis and Pali Jae Lee

I AM PONO!!

Respecting Each Other Each Day

Bullying at School Quiz: TRUE OR FALSE?

1. Bullying happens to just a few people.
2. Bullying is a natural part of childhood.
3. Say this and you'll be OK:
*“Sticks & stones will break my bones
but words will never hurt me.”*
4. Most bullies are boys.
5. Bystanders are present 20% of the time.

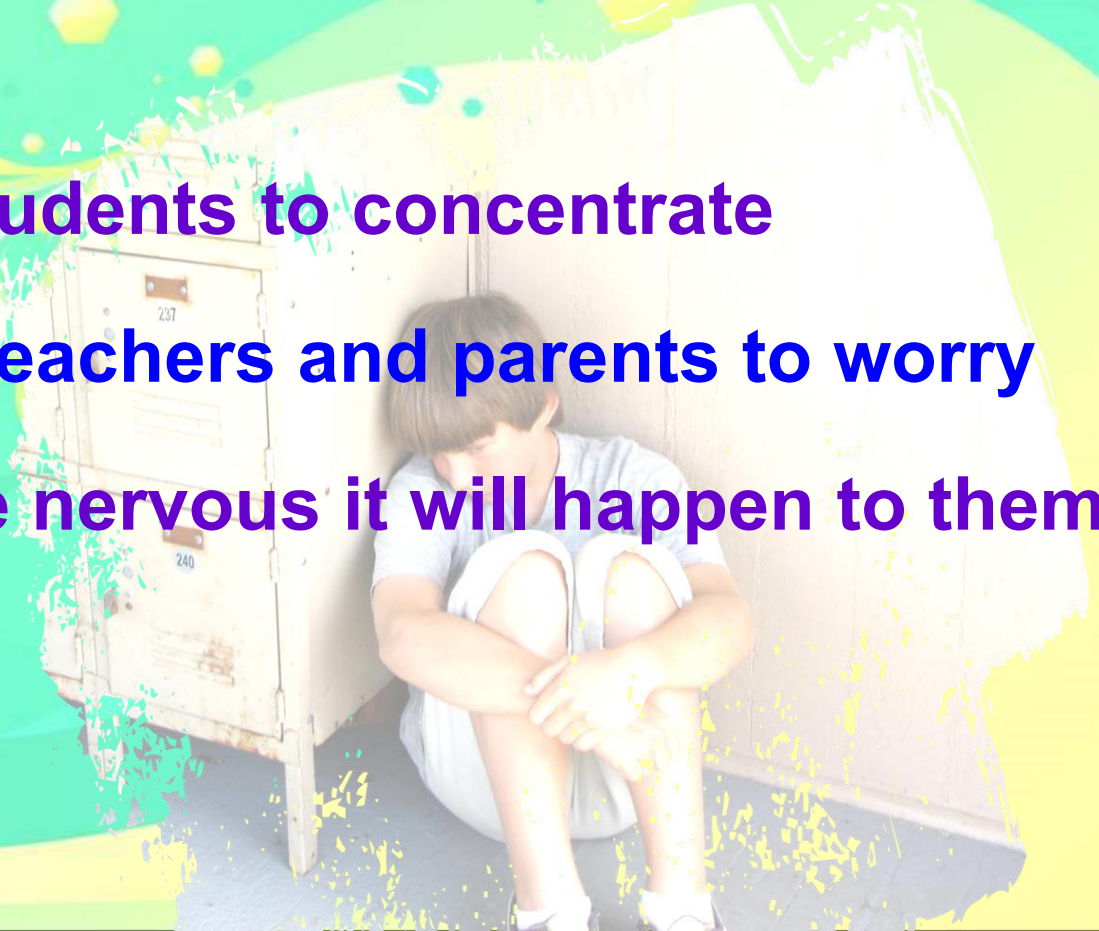
Bullying at School Quiz Answers:

1. FALSE: 70% youth nationwide report being bullied in school (15% regularly).
2. FALSE: Bullying is mean and cruel.... It is not natural.
* Most physical bullying: 3rd - 8th grade *Verbal thru 12th
- 3.FALSE: Bullying can cause loss of self esteem & ability to focus. Hawaiians understood the power of words:
I Ka 'Ōlelo No Ke Ola, I Ka 'Ōlelo No Ka Make.
Translation: *In Speech Is Life, In Speech Is Death.*
Words can be positive, kind, helpful....or they can destroy.
4. FALSE: *Boys=Physical *Girls=Verbal & Excluding
5. FALSE: Bystanders are present 70% of the time.

***Because we are all interconnected,
any bullying impacts everyone.***

It can cause...

- * ... A climate of fear**
- * ... Challenges for students to concentrate**
- * ... Grades to drop; teachers and parents to worry**
- * ... Students who are nervous it will happen to them**



Types of Bullying Behavior:

What do these look like?

- Physical Aggression
- Verbal Aggression
- Social Alienation
- Intimidation
- Cyber-Bullying



The Roles of Bullying

Bystanders

Bully

Target



Bystanders: Innocent or Involved??

Their Actions Can:

- * Encourage bullying (i.e.: laugh, cheer, clap).
- * Be seen as giving permission by doing nothing.

Bystanders May Feel:

- * Fearful or powerless to act
- * Guilty for not acting
- * Tempted to participate

Is It Good-Natured Teasing/Joking Or Is It Bullying?

Bullying

- Hurts or humiliates
- Uses angry or sarcastic tone
- Intimidating body language
- Continues to upset someone
- Accompanied by “showing off” actions

Good-Natured

Joking or Teasing

- Playful for **ALL** people
- Uses a friendly tone
- Encourages friendships
- Doesn't lead to physical confrontations



1. *Bullying or Good-Natured Teasing?*

For years, Kevin has made fun of his best friend, Dave's, peanut butter obsession. "You'd eat my gym sock if it was covered in peanut butter," he told Dave.

One day in science lab, the students designed mazes to test the intelligence of white mice. When the teacher told the class that they would be baiting the mazes with peanut butter, Kevin called out, "Better be careful - Dave might get to the end of the maze before the mice!" Dave and the other students broke out in laughter.

2. *Bullying or Good-Natured Teasing?*

On Monday afternoon, Rob used his recess time to hang campaign posters around the school, which read, “Vote Rob for Student Council President.”

On Tuesday morning in homeroom, Rob found one of his posters taped to the blackboard in the front of the classroom. Someone had crossed out the word, “President,” and replaced it with “First Lady.”

One of Rob’s classmates pointed to a girl in the first row, indicating that Maria had altered the poster.

Rob glared at her as he tore down the poster. “It’s just a joke,” Maria laughed. “Lighten up. I’m gonna vote for you.”

3. *Bullying or Good-Natured Teasing?*

Maile recently moved to Honolulu and just finished her first week at the local middle school. At 5' 8" tall, she towered over most in her 7th grade class.

While looking for a place to sit, another student called to her, "Hey, Shorty, there's a spot over here!"

Maile paused for a moment and turned red. Another girl from the group waved her over and stated, "Don't pay attention to her," she told Maile. "That's just the way we talk to each other. They call me Einstein because I got all C's on my last report card."

Involved in Bullying?

You can do something to help:

- * Stop it if you safely can
- * Go get help
- * Distract the bully
- *Become a friend to the victim/target.*
- *Help the victim move away from a bully.*
- *Encourage telling a trusted adult; volunteer to go with them.*
- *Urge the person not to retaliate.*
- *Remind the person it's not their fault.*

*What can you do every day to
prevent bullying?*

SPREAD KINDNESS!!

*We underestimate the power of kindness
in creating a safe and friendly school.*

- ★ SMILE
- ★ SAY HELLO
- ★ COMPLIMENT OTHERS
- ★ Say kind words
- ★ Do small acts of kindness
- ★ LISTEN TO OTHERS
- ★ INCLUDE OTHERS

What Can You Do If You Are Being Bullied?

- Break the silence... **SPEAK OUT!!**
- Tell an adult you trust.
- Remain calm; try to not show you are upset.
- Have a sense of humor.
- Try to avoid the person doing the bullying.
- Keep a friend with you.
- Do not seek revenge as it makes it worse.
- Remember it's not your fault!

I AM PONO! Review

- What is bullying?
- What are some of the negative effects of bullying?
- What are the types of bullying behavior?
- What is the difference between playful teasing or joking and bullying?
- What are the roles in bullying?
- What can you do if you see someone being bullied?
- What can you do if you are being bullied?



Stay Happy

Stay Pono!!