



Bullying Prevention Workshop

Program Synopsis

This Bullying Prevention Workshop for middle schoolers includes a short puppet skit, group presentation/discussion, videos, and activities. Students learn the definitions of bullying and harassment, and compare it to conflict, and rude/mean behavior; discuss their rights as students; highlight cyberbullying; role play strategies; take questions and provide resources.

Key Program Points

- There is a difference between bullying, harassment, conflict, and rude or mean behavior.
- You have rights to be safe from bullying or harassment.
- Strategies could include:
 - Walking away (or leaving a digital space)
 - Being assertive
 - Boring the bully
 - Repeating yourself
 - Use humor
 - Block, report and take screenshots
 - Be an upstander!
- There are adults in your school and life who you can talk to.

Program Info

Type of Program: Workshop
Suggested grades: 5-8
Suggested # of Students: 50 max
Program Length: 60 minutes

Resources

[Vermont Definition of Bullying and Harassment](#)
[Pacer.org](#)
[StompOutBullying.org](#)
[StopBullying.gov](#)
[American Academy of Child & Adolescent Psychiatry](#)
[Edutopica.org](#)

Videos from Workshop:
[Cyberbullying](#)
[Conflict vs Bullying](#)
[Upstander](#)

Vermont Family Network

We empower and support all Vermont families of children with special needs. If you want to know more about how we can support *your* family, please reach out to us at info@vtfn.org