



BEFORE YOU BEGIN



Welcome

Welcome to Heroes In Waiting! You're about to start on an epic journey to learn about bullying behavior, how to spot it and prevent it, and how to go from a hero in waiting to a hero for life.

TAKE OUR SURVEY

Before you begin the first lesson, please follow your teacher's instructions or scan the QR code to take a short survey.

It's not a test! It's just six short questions, and we won't even ask for your name.

Scan this QR code

[Or click here](#)



YOU'RE OUR HERO

Thank you for taking the time to take this survey. We can't wait for you to start on your hero's journey!



BECOMING A HERO

LESSON ONE

Summary

In this lesson, you learned how to spot the different types of bullying behavior, and some of the actions you can take to help stop bullying behavior. You also learned what it means to be a “hero” and make a difference!

DISCUSSION QUESTIONS

How did the video define bullying behavior?

What are the four types of bullying behavior?

If you witness bullying behavior, what are some things you can do?

What does it take to become a hero?



BECOMING A HERO

CLASS ACTIVITY 1:

Is it Bullying?

LESSON ONE

Read each example and decide as a group whether it represents bullying behavior. Why or why not? If the group decides that it is bullying behavior, identify which of the four types it is.

EXAMPLE 1

Lexi and Elena were best friends in 4th grade. Now that they are in 5th grade, Elena is acting different, hanging out with other girls and ignoring Lexi.

Is this bullying behavior? ☐ Yes ☐ No

If yes, what type? ☐ Verbal ☐ Social ☐ Physical ☐ Cyberbullying

EXAMPLE 2

Jake has the best grades in his class. Olivia tries to take his homework to copy from it, but Jake refuses. Olivia starts calling Jake a "selfish loser," grabbing his things, and shoving him whenever he walks by.

Is this bullying behavior? ☐ Yes ☐ No

If yes, what type? ☐ Verbal ☐ Social ☐ Physical ☐ Cyberbullying

EXAMPLE 3

Ben isn't very enthusiastic in gym class and does the bare minimum. Some of the athletic students in his class start to pick on him, pranking him and pulling his shirt over his head. After several weeks of this behavior, Ben starts going home early, pretending to be sick to avoid going to gym. Meanwhile on Snapchat, someone posts a meme of his head on a baby's body with the caption "Cry-Baby Ben."

Is this bullying behavior? ☐ Yes ☐ No

If yes, what type? ☐ Verbal ☐ Social ☐ Physical ☐ Cyberbullying



BECOMING A HERO

CLASS ACTIVITY 2:

The Heroes Pledge

LESSON ONE

Read The Heroes Pledge out loud as a class. Go over it a few times together to begin to memorize it. You will memorize this pledge by the end of this program.

THE HEROES PLEDGE

I have all I need to be
a hero who can change a life,
to see a need and do what's right.

My age and size don't matter.
It's my choices that decide
if I'm a hero in this life.

When I see a chance to act
and help another in some way,
I step up as a hero on that day.



BECOMING A HERO

LESSON ONE

Home Activity

WHAT IS BULLYING BEHAVIOR?

Sometimes people do or say mean things. That doesn't necessarily mean it's bullying behavior. So when is it bullying?

- **RUDE BEHAVIOR** – When someone acts in a way that is selfish and doesn't think about others' feelings. This is not necessarily bullying unless it is a repeated behavior.
- **MEAN BEHAVIOR** – Sometimes when a person is angry or sad they will say or do something mean. They are not trying to display power over someone else, they're just being thoughtless and inconsiderate. This is not necessarily bullying unless it is a repeated behavior.
- **BULLYING BEHAVIOR** – An aggressive, repeated action that involves someone trying to display power over someone else.

TYPES OF BULLYING BEHAVIOR

Draw a line from the type of bullying behavior on the left with the correct definition on the right.

Physical Bullying	Saying or writing mean things to try to tear down another person's self worth.
Social Bullying	Happens electronically, usually on the internet, and involves sharing or posting hurtful statements, gossip, rumors, or photos about someone, whether true or false.
Cyber Bullying	Hurting someone's relationship with other people by leaving them out or embarrassing them in front of others.
Verbal Bullying	Hurting a person's body, destroying their belongings, or taking things from them without their permission.