

## **Manage Bullying Without becoming one grades 7-12**

### **WHAT'S IN IT FOR ME WHY SHOULD I TAKE THIS PROGRAM**

- Learn why people bully
- Identify when you are a bully
- How to stop enabling a bully to harass you
- Identify the type of help you can get to deal with the bullying
- How to deal with cyber bullying

#### **LEARNING OUTCOMES Bullying grades 7-12**

Competency 1 Define bullying behavior and identify when you are a bully and a victim of bullying

Competency 2 Describe how you enable a bully to behave the way that they do

Competency 3 Apply self image, assertiveness and courage in a healthy manner

Competency 4 Describe how forgiveness will help you heal faster

Competency 5 Identify why life is worth living

Competency 6 Apply strategies for dealing with cyber-bullying

Competency 7 Identify where and how to get support as a victim of bullying