

Chapter 6: Lesson 2: Respecting Yourself and Others

Introduction:

This lesson explains the importance of treating yourself and others with respect. One form of disrespectful behavior that often occurs in schools is bullying. You can learn more about what bullying is and what you can do about it at this Web site.

Links to Explore:

National Youth Violence Prevention: Bullying

<http://www.safeyouth.org/scripts/teens/bullying.asp>

Directions:

- Click on the link and read the National Youth Violence Prevention Resource Center page on bullying.
 - Then answer the following questions:
1. Define bullying.
 2. Approximately how many American teens are involved in bullying (as a bully, a target of bullying, or both)?
 3. Name two forms of indirect bullying.
 4. What percentage of bullies acquire a criminal record by the age of 24?
 5. List three things you can do if you witness someone else being bullied.

Answers:

1. Bullying occurs when a person or a group repeatedly tries to harm someone who is weaker or more vulnerable.
2. Almost 30 percent.
3. Spreading rumors and encouraging others to reject or exclude someone.
4. 60 percent.
5. Any three of the following:
 - Refuse to join in
 - Attempt to defuse the situation
 - Alert a responsible adult
 - Speak up and/or offer support to bullied teens
 - Encourage the bullied teen to talk with parents or a trusted adult

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

National Library of Medicine: Bullying

<http://www.nlm.nih.gov/medlineplus/bullying.html>

American Academy of Child and Adolescent Psychology: Bullying

<http://www.aacap.org/publications/factsfam/80.htm>

Cyberbullying.org

<http://www.cyberbullying.org/>