

Conflict and Communication

Part 2

Mean
Moment

Bullying

Conflict

Teasing



Competing

Accommodating

Compromising

Avoiding

Collaborating

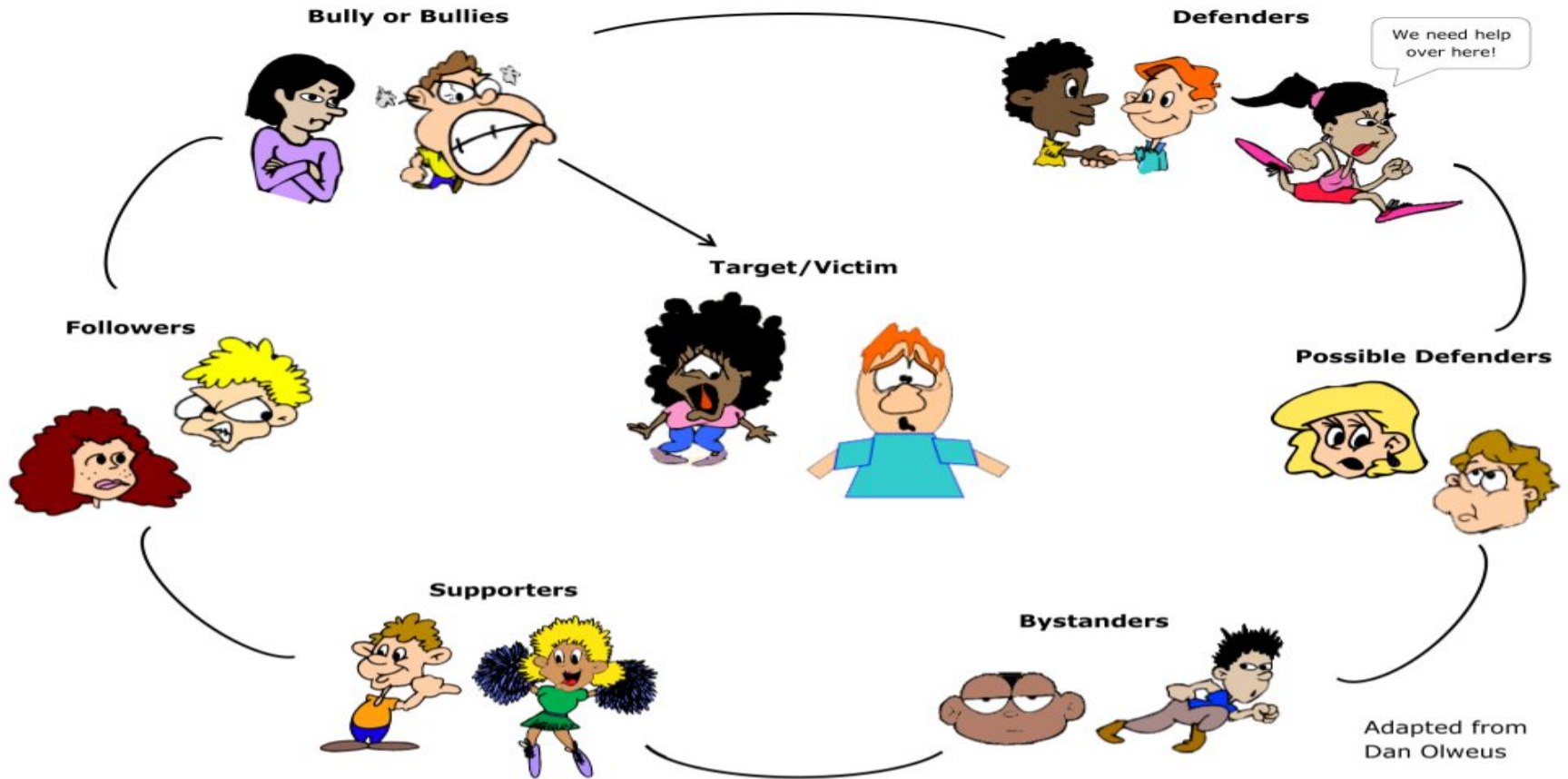


Bullying might start with conflict but it's NOT conflict!



- Speak up
- Use humor
- Don't fight back
- Ask them to stop
- Show confidence
- Tell a trusted adult
- Follow your instincts
- Ignore them or walk away
- Talk to an administrator
- Don't Gossip

The Bully Circle



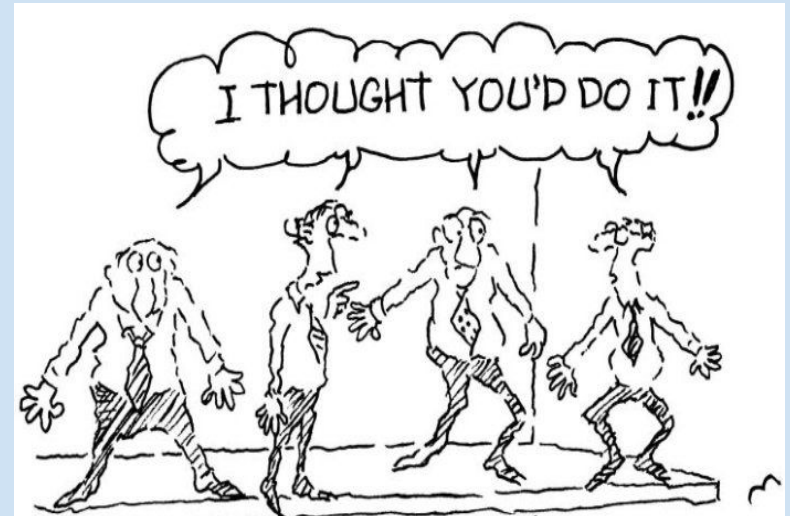
Adapted from Dan Olweus

Bystander

Sees a situation or hears something that is wrong but **does not take any action to support or report it**

- Stands by and watches it happen
- Hears something, doesn't speak up
- Thinks, someone else will help
- Participates in the hurt
- Contributes to the negative behavior

https://youtu.be/Umn2_LmPilc



Upstander

Sees a situation or hears something that is wrong and **takes action to help.**

- They speak up
- They support the person who is being hurt
- They offer up a solution
- They stand by the victim
- They stand up for doing the right thing

Not just STANDING by and OBSERVING but standing UP for a purpose!

"What does
defending
actually look
like?"

I'm the.....

Aggressor

- I leave someone out, on purpose
- I lie and gossip about someone
- I make mean, hurtful comments about someone
- I laugh and make fun of someone
- I don't treat someone how I want to be treated

Bystander

- I stand by and watch when someone is being mean to someone
- I listen to someone say hurtful or mean comments but don't speak up
- I video record or laugh at someone being hurt
- I'm scared they might bully me, so I don't help
- I think someone else will help, it doesn't have to be me

UPstander

- I see something, I say something
- I don't spread rumors
- I hear someone saying something mean or hurtful and I tell them "that's not cool" or stand up for my peer
- I tell an adult
- I include others, even if it means I feel like the only one

Activity Time



Kahoot!

<https://create.kahoot.it/share/by-stander-upstander-aggressor-activity/b490dbf8-3670-4ae3-b2b0-0777c24c460a>