



RECOMMENDATIONS FOR TEACHING REMOTELY

Second Step® Bullying Prevention Unit

- We've provided recommendations for three grade bands: Grades K-1, 2-3, and 4-5.
- Teachers should review the [Second Step® Remote Adaptation Guide](#) and apply the recommendations to teaching the Second Step® Bullying Prevention Unit.
- The overall recommendation for the Bullying Prevention Unit is to use the terms and definitions from each lesson and apply them to online contexts and cyberbullying.
 - For some lessons, we've suggested alternative content from the Common Sense Education Digital Citizenship program, the Captain Compassion® anti-bullying campaign, or *The Imagine Neighborhood™* podcast. The suggested content is appropriate to the age of the children in each grade band.
- We don't recommend using many of the Bullying Prevention Unit videos as they're based on in-person school interactions and many platforms don't share videos well.

Recommendations for All Levels

- Teach the Bullying Prevention Unit in person if possible. Whether you teach the unit in person or remotely, have a counselor or social worker on standby for any students who need additional support or who may be triggered by discussions of bullying.
- Do the Bullying Prevention Unit teacher training.
- Before each lesson, review your classroom agreement or charter, or create a charter for the Bullying Prevention Unit. Hang the agreement or charter behind you during Bullying Prevention Unit lessons and refer to it as needed.
 - If space permits, display and refer to the Recognize, Report, and Refuse poster during lessons (or all the time) or have it ready to show students during the lesson.
- As recommended for each lesson in this guide, focus on online bullying behaviors rather than the in-person school examples from the curriculum.
- Acknowledge that bullying will look different online than in person.

Kindergarten Through Grade 1

Introduction Lesson

Do the introduction section of the Second Step® Bullying Prevention Unit lesson for your grade

- Establish or review class rules
- Define "safe" and "respectful"
 - Discuss what safe and respectful look like online
 - Or show the Common Sense Education "[My Online Neighborhood](#)" video
- Discuss the three rules for staying safe online
- Assign *The Imagine Neighborhood*™ "[Macho Is Cyberbullied](#)" episode (available October 26, 2020) as a listen-ahead for the next lesson
 - Children should listen with a parent or other adult

Lesson 1: Recognizing Bullying

1. Do the introduction section of the Bullying Prevention Unit lesson for your grade
 - Define "recognize"
2. Use *The Imagine Neighborhood* "Macho Is Cyberbullied" episode
 - Discuss in relation to being safe and respectful and to recognizing bullying

Lesson 2: Reporting Bullying

1. Do the introduction section of the Bullying Prevention Unit lesson for your grade
 - Define "report"
2. Common Sense Education Grade 1 "[Pause and think online](#)" lesson
 - Do the "Before the Lesson" activity (click "Watch: Pause and Think Online," then find "Before the Lesson" at the top of the drop-down menu), then play the video and song

Lesson 3: Refusing Bullying

1. Do the introduction section of the Bullying Prevention Unit lesson for your grade
 - Define "refuse" and "assertive"
2. Prepare to guide class in developing a refusal signal
 - Or show the class how to send a chat only to the teacher to report bullying
3. Common Sense Education Grade 1 "[Pause and think online](#)" lesson
 - Play the video again and do the "Head to Toe" section

Lesson 4: Bystander Power

1. Do the introduction section of the Bullying Prevention Unit lesson for your grade
 - Define "bystander"
2. Common Sense Education Grade 1 "[Pause and Think Online](#)" lesson
 - Play the video again and do the "Pause and Think Moment"

Grades 2-3

Introduction Lesson

1. Do the introduction section of the Second Step® Bullying Prevention Unit lesson for your grade
 - Define "safe" and "respectful"
 - Establish or review class rules
 - Discuss what safe and respectful look like online
2. Assign *The Imagine Neighborhood*™ "Macho Is Cyberbullied" episode for students to listen to at home (with a parent) before the next lesson

Bonus material: Introduce your students to [Google's Be Internet Awesome](#)

Watch the intro video together (if your platform allows)

- Or give students a summary of it and assign it to them to watch before the next lesson
- Encourage them to explore [Interland](#) before the next lesson

Lesson 1: Recognizing Bullying

1. Do the introduction section of the Bullying Prevention Unit lesson for your grade
 - Define "bullying," "recognize," "unfair," and "power"
 - Acknowledge that bullying can happen online, and it's just as hurtful
2. Use *The Imagine Neighborhood* "Macho Is Cyberbullied" episode (available October 26, 2020)
 - Listen to Act 1 together
 - Group discussion of the topic suggested at the end of Act 1
 - Or, discuss why Macho Supreme was so upset when his things in the game were destroyed
 - Do the lesson wrap-up and focus on online bullying and cyberbullying
 - Ask students about what they're learning in Interland

Lesson 2: Reporting Bullying

1. Do the introduction section of the Bullying Prevention Unit lesson for your grade
 - Define "report"
2. Use *The Imagine Neighborhood* "Macho Is Cyberbullied" episode
 - Review Act 1, listen to Act 2
 - Discuss the topic suggested at the end of the episode, then ask students:
 - Why does meanness make more meanness?
 - How does kindness stop meanness?
3. Do the lesson wrap-up
 - Ask students about what they're learning in Interland

Lesson 3: Refusing Bullying

1. Do the introduction section of the Second Step® Bullying Prevention Unit lesson for your grade
 - Define "refuse" and "assertive"
 - Review the podcast and discuss what Macho Supreme could have done to refuse online bullying
2. Show students how to send a chat only to the teacher (if possible with and applicable to your platform)
3. Do the lesson scenarios and call on two or three students to refuse the bullying in each one, then ask the other students to signal when the performing students refuse bullying
4. Do the lesson wrap-up
 - Ask students about what they're learning in Interland

Lesson 4: Bystander Power

1. Do the introduction section of the Bullying Prevention Unit lesson for your grade
 - Define "bystander"
2. Discuss whether there was a bystander in the podcast who helped Macho Supreme
3. Use the lesson scenarios to identify the bystander and what they did to stop bullying
4. Do the lesson wrap-up
 - Ask students about what they're learning in Interland

Grades 4-5

Introduction Lesson: Class Rules

1. Review or establish class rules
 - Define "respect" and "responsible"
2. Read [Week 1 of the 2020 Captain Compassion® comic](#) with the class, then discuss
 - You can also share the [2018 and 2019 Captain Compassion comics](#)
3. Assign the ["What Is Bullying" video](#) by Committee for Children to watch before the next lesson

Lesson 1: Recognize, Report, Refuse

1. Do the introduction section of the Bullying Prevention Unit lesson for your grade
 - Define "bullying" and provide examples of bullying
 - Define "recognize," "report," and "refuse"
2. Review the ["What Is Bullying?" video](#) by Committee for Children (or play if your platform supports sharing videos)
3. Do the Bullying/Not Bullying scenarios with the class
 - Discuss how online bullying can look different—sending mean DMs, for instance—but is still mean or hurtful
4. Share [Week 2 of the 2020 Captain Compassion comic](#)
5. Assign the ["Importance of Bystander Power" video](#) from Committee for Children for students to watch before the next class

Lesson 2: Bystander Power

1. Review the Three Rs: recognize, report, refuse
 - Define "bystander"
2. Play (if possible) or review the ["Importance of Bystander Power" video](#) from Committee for Children up to 1:36
 - Have students identify the bullying behaviors talked about in the video (0:00–1:36)
 - Play the rest of the video starting at 1:37
 - Discuss the video, including why it's never okay to pick on someone because of what they like to do or the way they look
 - Discuss how the people in the video felt when they were bullied
 - Discuss "empathy": When you think about how people feel, you're showing empathy, and empathy can help you stop bullying
 - Ask students: What are some of the positive bystander behaviors you heard in the video? (Possible answers: Defending others, calling people out for being mean, or being kind to the person being bullied)
3. Complete the lesson wrap-up
4. Share [Week 3 of the 2020 Captain Compassion® comic](#)
5. Assign the Common Sense Education Grade 5 ["Is It Cyberbullying?" video](#) for students to watch before the next lesson

Lesson 3: Bystander Responsibility

1. Do the introduction section of the Second Step® Bullying Prevention Unit lesson for your grade
2. Use this transition: "Today we're going to continue to talk about the right things to do to keep our online communities safe"
3. Play or review the Common Sense Education Grade 5 ["Is It Cyberbullying?" video](#)
 - Do the accompanying activity if you have time
4. Do the lesson wrap-up
5. Share [Week 4 of the 2020 Captain Compassion comic](#)

Lesson 4: Bystanders to Cyberbullying

1. Do the introduction section of the Bullying Prevention Unit lesson for your grade
2. Share [Week 5 of the 2020 Captain Compassion comic](#) and read it together as a class
 - Discuss all five weeks of the 2020 Captain Compassion comic
 - Ask students to define "bullying" and "cyberbullying"
 - Have students list ways to stop cyberbullying
 - Ask students to discuss how cyberbullying is the same and different from in-person bullying
3. Do the lesson wrap-up