

4-H Bullying  
Safe & Caring Schools Curriculum  
Sample Program Plan

Objective: Youth will learn to understand and accept people because of qualities they have on the inside and practice empathy skills as they learn the importance of compassion and kindness.

Audience: 6<sup>th</sup> -8<sup>th</sup> Grade Youth, Can be adapted to High School

Materials: Safe and Caring Schools ® Grades 6-8 curriculum & CD-ROM, printable worksheets for each lesson, pens.

Lesson 1: You and Me, pg 100

Lesson 2: Bully Survey, pg 101

Lesson 3: A Bully is Someone Who..., pg 102

Lesson 4: It's Never Cool to Bully!, pg 102

Lesson 5: Cyberbullying, pg 103

Lesson 6: Bullying Prevention Video Planning/Recording

<http://www.nobullchallenge.org/2012-no-bull-teen-video-award-winners#!the-great-american-no-bull-challenge/c1wx0> (for youth 13-18 years old)

Additional Resources:

<http://www.ca.uky.edu/agcollege/4h/resource/Bullying/Documents/bullying%206.8%20FINAL.pdf>

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

2011 State Teen Council Bullying Program (on agent resource guide under Bullying)