

## Lesson Plan: Sign Against Bullying

<b>Duration:</b>	2 teaching periods (45 minutes per period)
<b>Summary Description:</b>	This training activity is about raising awareness on issues of bullying that students are facing during their school life. It is a 2-hour activity that requires students to work in groups of 3-4 in order to create a song about bullying. During this activity students will learn what bullying is and how it is related to their school life. They will also work together to express themselves in a creative way.
<b>Tags:</b>	Raising Awareness on Bullying, Song, Music, Bullying in the School Life
<b>Aim:</b>	The aim of this lesson plan is to raise awareness on bullying by supporting creativity and the use of new technologies in education. These two elements will act as motivators in order to raise the students' interest in participating in their classroom's activity. During the activities students will be prompt to speak their thoughts and feelings and be aware of bullying practices in their school.
<b>Objectives:</b>	This lesson intends to enable students to: <ol style="list-style-type: none"> <li>1. Develop their awareness on issues of bullying.</li> <li>2. Identify possible consequences of bullying.</li> <li>3. Develop their creativity by writing song lyrics against bullying.</li> <li>4. Work in groups and collaborate for a common goal.</li> </ol>
<b>Learning outcomes:</b>	With the completion of the lesson, students will be able to: <ul style="list-style-type: none"> <li>• List some consequences of bullying to students lives.</li> <li>• Express themselves in a creative way by writing lyrics to a song against bullying.</li> <li>• Empower themselves by singing against bullying.</li> </ul>
<b>Material:</b>	WhiteBoard, Computer, Projector, Internet connection
<b>Activities</b>	
<b>Activity 1</b>	<b>Powerpoint Presentation: Bullying and its consequences to student's lives</b> (20 minutes)  At first students are being introduced to the meaning of the world bullying. The teacher through a powerpoint presentation with audio-visual material shows students some interesting information about bullying (e.g. campaign

	<p>videos, pictures of people being bullied, diaries of people being bullied, thoughts etc.). It is expected that all students know what this word means although some of them may not be aware of the extent to which bullying can harm other people's lives. The audio visual form of presenting information will enhance their understanding in a more realistic way.</p>
<p><b>Activity 2</b></p>	<p><b>Brainstorming: What is bullying for me?</b> (20 minutes)</p> <p>After an introduction of the word bullying the instructor writes the word clearly on the board and asks students to express their thoughts, feelings or experiences related to this term in the form of brainstorming by using only a few words. The instructor notes down isolated words closely related to bullying and then he/she creates a type of diagram/concept map.</p>
<p><b>Activity 3</b></p>	<p><b>Working in Groups: Creating a Song Against Bullying</b> (25 minutes)</p> <p>Afterwards, the instructor divides pupils in groups of 3-4 and asks them to work together in order to create a song about bullying. After the groups are created the instructor gives to each group a set of words to work with. These will be the words that students used before to talk about bullying. The working guidelines for each group should be clear. Each group will create no more than 4 sentences in order for the song to be at a reasonable length. In these sentences they will include ways of empowerment (how the person that is being bullied should act in such cases). This is connected to the curriculum of the school subject "Health" in the Cypriot education system that is taught on the 5th grade (Primary Education). More specifically, there is a Unit under the title "<i>Creation and Improvement of the Social Self</i>" and in this particular Unit there is a subsection called "Social Skills and Relations Development" where the subject of reference is bullying and the main objectives are:</p> <ul style="list-style-type: none"> <li>• Students to be able to understand and recognize bullying behavior and resist on it.</li> <li>• Student to propose solutions to combat the phenomenon of bullying at school.</li> </ul> <p>These objectives can be met within this activity and by the overall lesson plan.</p> <p>After each group finishes its task it will be asked to choose an instrumental audio sound taken from the <a href="http://freemusicarchive.org/genre/Instrumental/">http://freemusicarchive.org/genre/Instrumental/</a> (they will have to agree on the genre and then they will have to choose from the first 4 instrumental sounds in order to make the process easier and faster).</p>

<b>Evaluation Activity</b>	<b>Song Against Bullying</b> (20 minutes)  After all groups are ready they will be asked to perform the song. Each group will sing their lyrics the one after the other and the songs will be recorder to the computer (by using Windows Media Player or another program).