



# JROTC Virtual Learning

LET 2 Decision Making

5 May, 2020



# JROTC Virtual Learning

LET 2 Decision Making

Lesson 1

Bullying

5 May, 2020

# CHAPTER

# 5



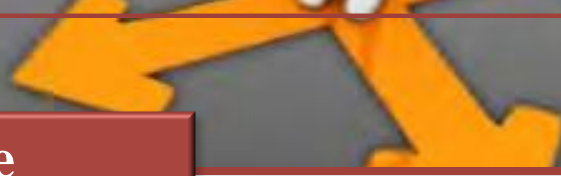
Figure 5.0

PROS



CONS

# DECISION MAKING



## Chapter Outline

### **LESSON 1: Bullying** (p.180)

*What can you do to prevent or stop bullying?*

### **LESSON 2: Preventing Violence** (p.190)

*Why does violence occur in schools?*

*Some content in this chapter is printed with permission from "AFJROTC Leadership Education 100."*

# Bullying



## Key words

- cyberbullying
- extort
- intimidate

## What You Will Learn to Do

Evaluate methods to protect yourself and others from bullying

## Linked Core Abilities

- Apply critical thinking techniques
- Build your capacity for life-long learning
- Communicate using verbal, non-verbal, visual, and written techniques
- Do your share as a good citizen in your school, community, country, and the world
- Take responsibility for your actions and choices
- Treat self and others with respect

## Learning Objectives

- **Describe** three types of bullying
- **Explain** how cyberbullying is different from other types of bullying
- **Identify** risk factors for bullying

## Essential Question

What can you do to prevent or stop bullying?

### Learning Objectives (cont'd)

- **Explain** strategies for dealing with bullying
- **Describe** the effects of bullying
- **Define** key words: cyberbullying, extort, intimidate

*Some content in this lesson is printed with permission from "AFJROTC Leadership Education 100, Chapter 2, Lesson 5."*

### Introduction

Bullying is a problem in our nation. The 2013 Youth Risk Behavior Surveillance System (Centers for Disease Control and Prevention) indicates that, nationwide, 20% of students in grades 9–12 experienced bullying.

Bullying can happen to anyone. Bullying behavior can target shy or quiet students, or the class tough guy. There is no one characteristic that determines who will be bullied. Someone who was bullied one day might be the person who makes fun of the shy girl the next day. Students who bully can be any size, age, grade, race, or gender. In this lesson, you'll learn about different kinds of bullying, the effects of bullying, and methods for preventing and stopping bullying.



Figure 5.1.1

## Key words

### intimidate:

To instill fear in others

### extort:

To obtain something by force, threats, or other unfair means; blackmail

## Types of Bullying

Bullying is the use of threats or physical force to **intimidate** and control another person. A bully will choose targets that are less powerful in terms of physical strength or status among peers. Through name-calling, physical force, and pressure on others to isolate the victim, a bully's goal may be to **extort**, or obtain something by force, threats, or other unfair means, or simply take pleasure from someone else's embarrassment or humiliation. It's an ugly behavior.

Bullying is behavior that is aggressive and includes:

- *Imbalance of power*: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- *Repetition*: Bullying behaviors happen more than once or have the potential to happen more than once.

There are three types of bullying that occur in our society: *verbal*, *social*, and *physical*.

### VERBAL

Verbal bullying is saying or writing mean things.

Verbal bullying includes:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm



Figure 5.1.2

### SOCIAL

Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

- Leaving someone out on purpose
- Telling other students not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

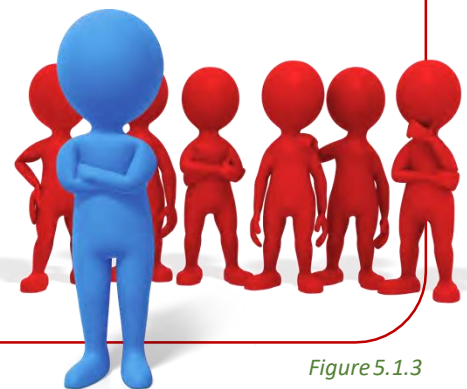


Figure 5.1.3

## PHYSICAL

Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's personal belongings
- Making mean or rude hand gestures



Figure 5.1.4

## Risk Factors

No single factor puts a child at risk of being bullied or bullying others. Bullying can happen anywhere, to anyone. Depending on the environment, some groups—such as lesbian, gay, bisexual, or transgender (LGBT) youth, youth with disabilities, and socially isolated youth—may be at an increased risk of being bullied.

Generally, teens who are bullied have one or more of the following risk factors:

- Are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider “cool”
- Are perceived as weak or unable to defend themselves
- Are depressed, anxious, or have low self esteem
- Are less popular than others and have few friends
- Do not get along well with others, seen as annoying or provoking, or antagonizing others for attention

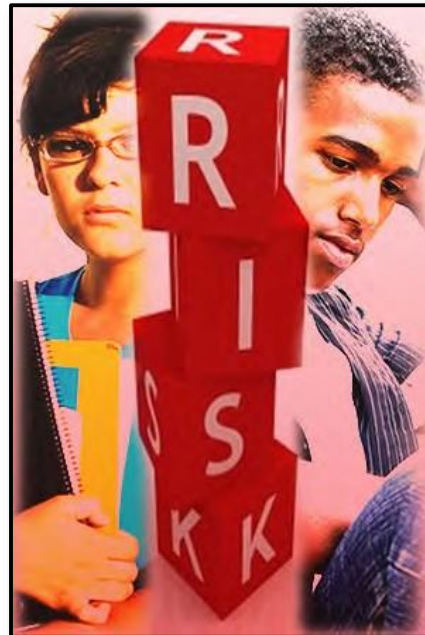


Figure 5.1.5

However, having one of the risk factors doesn't mean bullying will happen. It's just more likely to happen.

## Bullying – If It Happens to You

Become knowledgeable about what bullying is and what it is not. If you recognize repetitious aggressive behaviors directed at you or others, you should stay calm, stay respectful, and tell an adult as soon as possible.



If you feel that you are being bullied or you witness someone else being bullied, here are some things you should do:

- Speak up: If you feel uncomfortable with the comments or actions of someone... tell an adult! It is better to let a trusted adult know, than to let the problem continue.
- If you feel like you are at risk of harming yourself or others get help now.
- Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.
- Stay away from places where bullying happens. Stay near adults and other kids. Most bullying happens when adults aren't around.
- Talk to someone you trust, such as a teacher, school counselor, school administrator, parent, older relative, or friend. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Be persistent. If the first person you talk to doesn't help, don't give up. Speak to someone else.
- If possible, write down everything that has been said or done to hurt you or someone else. Be careful to write down only things that have really happened.
- Ask the person you talk to not to do anything without telling you about it first. You have the right to know what is being done on your behalf.

Do not tolerate bullying. If the person doing the bullying gets away with it, he or she will not stop. In fact, they may start bullying more people.

## Key words

### cyberbullying:

Bullying via email, text, instant messaging, or social media sites

## Cyberbullying

**Cyberbullying** is bullying via email, text, instant messaging, or social media sites. It may not be immediately physical, but is especially damaging because the bullies can harass their victims at home or anywhere else at any time of day or night. Cyberbullies frequently will make threats or spread rumors about the victim. It is not as common as other types of bullying. However, in many ways the effects of cyberbullying can be more far-reaching.



Figure 5.1.6

Cyberbullying is different from other types of bullying because:

- Cyberbullying can happen 24 hours a day, 7 days a week, and can reach the victim even when he or she is alone. It can happen any time of the day or night.
- Cyberbullying messages and images can be posted and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source.
- Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent.

Be careful with what you post online. If you write something in anger, spread a rumor, or post embarrassing photos—it could come back to you. Be extremely careful about photos of yourself that you send to others. You never know what someone will forward. Messages are accidentally sent to the wrong people all the time.

Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone. You don't want to get a reputation as a troublemaker or a bully.

Keep your password a secret from others. Friends could give your password away or use it in ways you don't want. Let your parents have your passwords.

Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what. And remember that privacy settings on the internet can change—always check to be sure your privacy settings are up-to-date.

Keep your parents in the loop. Tell them what you're doing online and whom you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.

## Cyberbullying – If It Happens to You

Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.

If you are being cyberbullied, here are some steps to take immediately:

- Don't respond and don't forward cyberbullying messages.
- Keep evidence of cyberbullying. Record the dates, times, and descriptions of instances when cyberbullying has occurred.
- Save and print screenshots, emails, and text messages. Use the evidence to report cyberbullying to web and cell phone service providers.
- Block the person doing the cyberbullying from your email or social media account.



Figure 5.1.7

Report the cyberbullying to online service providers.

- Review the terms and conditions or rights and responsibilities sections of Internet accounts. Cyberbullying often violates the terms of service established by social media sites and Internet service providers.
- Visit social media safety centers to learn how to block users and change settings to control who can contact you.
- Report cyberbullying to the social media site so they can take action against users abusing the terms of the service agreement. Cyberbullies who create fake accounts in order to bully others can be tracked down by social media sites.

Report cyberbullying to the police if any of the following are involved:

- Threats of violence
- Child pornography or sending explicit messages or photos
- Taking a photo or video of someone in a place where he or she would expect privacy
- Stalking or hate crimes

Report cyberbullying to your school.

- Cyberbullying can create a disruptive environment at school and is often related to in-person bullying. The school can use the information to help with prevention and response strategies.
- In many states, schools are required to address cyberbullying in their anti-bullying policy. Some state laws also cover off-campus behavior that creates a hostile school environment.



Figure 5.1.8

## Effects of Bullying

Any type of bullying produces a climate of fear and disrespect at school. It can cause increased levels of anxiety and depression in not only the victims, but also in other students, teachers, and administrators. While most victims suffer in silence, a few strike back, usually causing further harm to themselves and others.

Bullying can have devastating consequences, teen suicide is one. There are too many stories of young people bullied to the point that they see no way out but to take their own lives. In addition, teens who have been bullied are twice as likely to bring a weapon to

school according to a 2014 study by the Cohen Children's Medical Center.

No one should have to pay the price of another person's careless hatred. The best way to deal with bullying is to stop it before it starts and get others involved. A bully who senses that others perceive his or her actions as unacceptable will quickly lose motivation.

For further information on bullying and cyberbullying, go to the U.S. Department of Health and Human Services website at [www.stopbullying.gov](http://www.stopbullying.gov).



## Content Enhancement:

### SARAH'S STORY

Sarah Lynn Butler, a seventh grader from Hardy, Arkansas, committed suicide on September 26, 2009. Sarah, who had just been voted Queen for her upcoming Fall Festival, was teased at school, and later on received bullying messages on her social networking page.

Sarah's mother said she often checked her daughter's social network page to make sure there wasn't anything inappropriate being sent or received. When she noticed that Sarah was getting some messages about rumors at school, she talked with her about it. But Sarah then removed her mother from her list of friends and she was no longer able to read her page.

On the morning of her suicide, Sarah stayed home while her family was out and logged on to her social networking page. The last message Sarah read said that she was easily forgotten, and that she was just a stupid little naive girl and nobody would miss her.

When her parents returned home, they found that Sarah had hanged herself. She left a suicide note that said she couldn't handle what others were saying about her.

## Bullying and the Law

All states have taken action to prevent bullying. Bullying, cyberbullying, and related behaviors may be addressed in a state law. In some cases, bullying appears in the criminal code of a state that may apply to juveniles. While some states have passed laws, other states have written anti-bullying policies. They provide guidelines to schools for how to deal with bullying.

There are no federal laws against bullying, but in some cases, bullying overlaps with other laws. For example, discriminatory harassment is against the law when it is based on race, national origin, color, sex, age, disability, or religion.

## What You Can Do

Bullying stops us from being who we want to be, and prevents us from expressing ourselves freely, and might even make us feel unsafe. If you are bullied, say something! If you are bullying, it's not cool!

## PREVENT BULLYING

Treat everyone with respect. Nobody should be mean to others. Sometimes mean words come out when you are just joking with friends. Don't make jokes at the expense of another person.

People who bully others:

- Think they are better than the kid they are bullying
- Want to copy their friends
- Think bullying will help them fit in

Bullying is never ok. Those who bully use power to hurt people. Power does not always mean bigger or stronger. Power can also mean popular or smart.

Kids who bully can have other problems too, even when they get older, like using alcohol and drugs, getting into fights, and dropping out of school. If you've ever been tempted to bully someone:

- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.

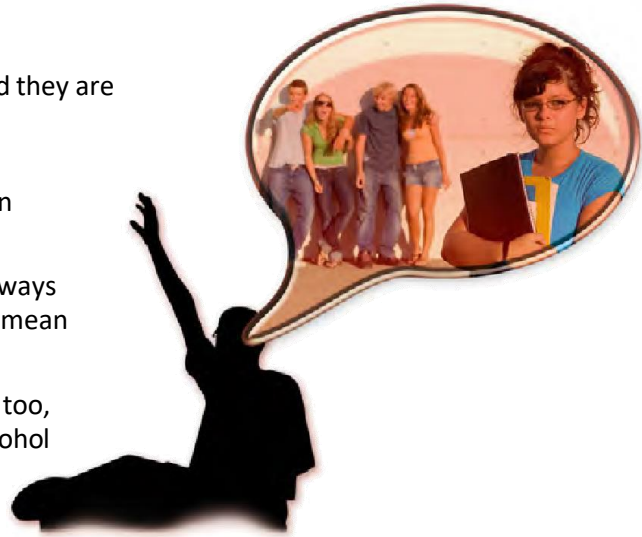


Figure 5.1.9

## WITNESSING BULLYING

Stand up for others! Learn how you can be more than a bystander:

- Tell an adult everything you saw to help the victim of bullying. Adults need to know when bad things happen so they can help.
- Try to create a distraction to divert the focus of the bully.
- Be kind to the person being bullied. Talk to them and let them vent.



Figure 5.1.10

Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way, and the person who got bullied will feel like he or she has no friends.

## Conclusion

As a Cadet, you are learning about taking a leadership role in your school and community. When bullying occurs, take a leadership role, and work to stop it.

## Lesson Check-up



- What are the three types of bullying?
- What should you do if you are cyberbullied?
- Describe the effects of bullying.

# *Performance Assessment Task*

## *Chapter 5: Decision Making*

This performance assessment task gives you an opportunity to document your achievement of the lesson's competency:

### **What can you do to prevent or stop bullying?**

---



#### **Directions**

---

For this performance assessment task, you will evaluate methods to protect yourself and others from bullying

1. Apply critical thinking techniques
2. Build your capacity for life-long learning
3. Communicate using verbal, non-verbal, visual, and written techniques
4. Do your share as a good citizen in your school, community, country, and the world
5. Take responsibility for your actions and choices
6. Treat self and others with respect

**RECOMMENDATION:** It is recommended that you add this performance assessment task to your Cadet Portfolio.

# Decision Making Assessment Task Scoring Guide

<i>Criteria</i>	<i>Ratings</i>
1. Describe three types of bullying	met not met
2. Explain how cyberbullying is different from other types of bullying	met not met
3. Identify risk factors for bullying	met not met

**Comments:**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Evaluator's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_