

Keeping it Real: “Lessons in Compassion”

Follow-up to Jesse Saperstein Assembly on Anti-Bullying



The following series of lessons is designed to help students take a “minute for compassion” and explore different dimensions of bullying as a follow-up to Jesse’s anti-bullying assembly. There are five different lessons to go along with each of the five different “minutes for compassion” videos. Each lesson will take approximately 30 minutes and will consist of a video followed by a brief, teacher-facilitated discussion and follow-up activity.

Five Minutes for Compassion videos:

Video #1: “*The Bystander*”

Video #2: “*Crossing Over to the Dark Side*”

Video #3: “*Cyber-bullying*”

Video #4: “*Blaming the Victim*”

Video #5: “*Redemption*”

General Lesson Plans:

Connection (3 min.): Remind students of project & assembly, review growing chart of “Lessons in Compassion”

Video & Discussion (12 min.): Show “Minute for Compassion” video and facilitate discussion of students’ general reactions. Create and add to “Lessons in Compassion” chart to be displayed in classroom.

Follow-up activity (5-10 min.): Follow-up activities focusing on the five dimensions of bullying from the minutes of compassion videos

Wrap-up (5 min.): Reflection & document lesson on class chart

Reminders and Tips:

- Deliver these Lessons in Compassions on a predictable schedule (e.g., five Mondays, 7th period).
- Find opportunities to highlight these compassion themes in literature and other classroom situations outside the lessons to support generalization.
- Post and reference “Lessons in Compassion” chart and other materials.
- When facilitating discussions and explorations of these topics, remember to *acknowledge* students feelings and *guide* discussions. These are more like conversations and less like traditional “lessons.”
- Some students may not feel comfortable sharing their personal experiences related to bullying in large classroom discussions. That’s okay. We want to give the students the opportunity to share without putting them on the spot.
- Have fun with these themes and feel free add additional activities on this very important topic.
- Thank you very much for your participation!

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Lesson & Video #1: “The bystander”

Click this link or paste the address into your web browser:

<https://vimeo.com/74287076>

Highlights:

- A bystander may not *actually* bully, but he/she does stand by while other people are bullied.
- Some bystanders do not stand up for people who are bullied because they do not want to become victims, themselves.

Connection (3 min.):

- This is the kick-off! Remind students Jesse’s assembly and its anti-bullying message.
- Introduce the structure of these “Minutes for Compassion” lessons: you will watch a video message from Jesse, engage in a brief discussion and activity related to its content, and then add key message to a growing classroom chart.

Video & Discussion (12 min.)

- Show “Minute for Compassion” video #1
- Facilitate discussion:

Options:

1. Share and discuss general reactions to video
2. Explore the lesson quote: “apathy is the glove in which evil slips its hand”
3. Discuss what it means to be a “bystander”
 - *When have you been a bystander?*
 - *What does it feel like to be a bystander?*
 - *What choices do you have when this happens?*
4. Respond to Jesse’s discussion questions:
 - *Do you believe that being a bystander is just as bad as being a bully?*
 - *In what way should students who are bystanders be held accountable for the behavior of the students who chose to bully?*
 - *How can you help students who are going through a difficult time with bullying or seem to have no friends?*

Activity: (10 min.) Graphic Organizer (attached)

- Students work in partners/ small groups to fill out the “bully” side of the double bubble graphic organizer
- Switch papers with other partners/small groups and complete “bystander” side of their organizer
- Come together to complete the middle section for what bullies and bystanders have in common as a group

Wrap-up (5 min.): Reflection

- Closing thoughts on being a bystander
- Add “*apathy is the glove in which evil slips its hand*” to “Lessons in Compassion” chart (you will add to this chart at the close of each lesson)

