

Keeping it Real: “Lessons in Compassion”

Follow-up to Jesse Saperstein Assembly on Anti-Bullying



Lesson & Video #2: “Crossing over to the dark side”

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

<https://vimeo.com/74287078>

Highlights:

- Bullies sometimes change their target and bully a different person- maybe even a friend of yours.
- Sometimes people join in on the bullying, becoming a bully themselves, in order to avoid becoming the target of bullying.
- Jesse shares a story of when he bullied a friend of his to avoid being bullied himself and how he now feels about this choice today.

Connection (3 min.):

- Remind students Jesse’s assembly, its anti-bullying message, the last video and discussion
- Introduce the concepts of this “Minutes for Compassion” lessons (crossing over to the dark side) and refer to growing chart

Video & Discussion (12 min.)

- Show “Minute for Compassion” video #2
- Facilitate discussion:

Options:

1. Share general reactions to video
2. Explore the lesson theme: “crossing over to the dark side”
3. Respond to Jesse’s discussion questions:
 - *What would you have done if you were in Jesse’s situation?*
 - *Would you choose your own self-preservation instead of compassion?*

Activity: (10 min.) Journal Entry

- Students choose one of the following:
Write about a time when you...
 - *participated in bullying*
 - *appeared to be a bully to another person*
 - *experienced bullying yourself*
 - *witnessed bullying*
- In their writing encourage students to describe the situation, the thoughts and feelings of the different individuals involved, and what they learned from the interaction
- Give the students the option to share their entries with partners or with the whole class (sharing is *optional*).

Wrap-up (5 min.): Reflection

- Closing thoughts on crossing over to the dark side
- Add “*choose not to cross over to the dark side*” to “Lessons in Compassion” chart