

## SESSION FIVE: BE A WARRIOR AGAINST BULLYING

### How Can You Be a Warrior Against Bullying?

#### ◆ NEVER JOIN IN

When we join in on bullying, even if it is just watching bullying happen without doing anything, we are only contributing to the problem. Our values are not flexible, the standards and values our Elders pass to us give no room for hate. Joining others in bullying is joining them in hate.

#### ◆ HELP or INTERVENE

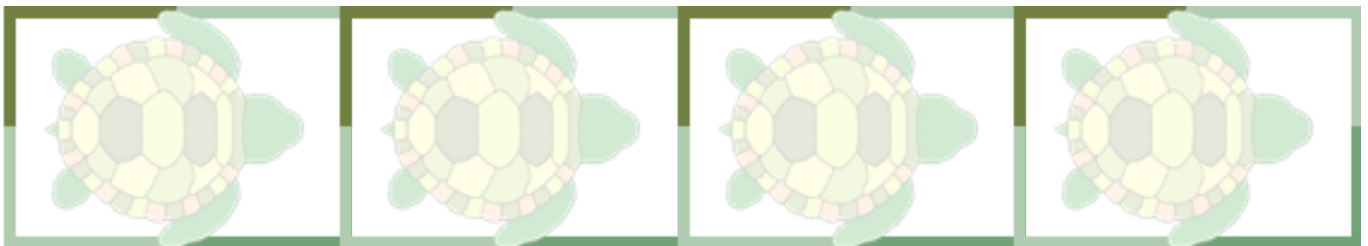
Standing up to bullies can be a hard thing to do and it requires a lot of courage. When we stand up for those that are being bullied, we strengthen those that are victims and we let other bullies know that bullying will not be tolerated in our community. As warriors, we find those that need our help and we join them in their struggles. It is our responsibility to help others.

#### ◆ TELL an ADULT

After intervening in situations where we see bullying, it is equally important that we tell adults what happened. Adults are able to look into the issue to stop bullying from happening again in the future. Our Elders look out for our community. If we fail to tell parents and Elders of problems we see, they will not be able to provide wisdom and guidance for our people.

#### ◆ ASK OTHERS to STAND AGAINST BULLYING

It is not cool to be a bully and it is not cool to be okay with bullying in your community. When people talk about other bullies or people being mean, let them know that you are not okay with that kind of behavior and they should not be okay with it either. To live the good life as an Anishinabe community member, we need to help others and share all that we have. Sharing what we have is not limited to food and material things, it also extends to sharing the knowledge we gain.



## SESSION FIVE: CYBERBULLYING—NOT A PRETTY PICTURE

### SCENARIO 1

Annie and Rose are friends and go to middle school together. Rose tells Annie that she doesn't want to hang out with her anymore. Annie is upset and angry. She uploads a silly looking photo of Rose from her cell phone that was taken at a sleepover two weeks earlier. Annie sends the photo to everyone in her contacts on her phone with a message attached: "Rose is such a --."

What's the problem? How do you think Rose felt?

What do you think the kids who received the text thought?

What could Annie do to fix her relationship with Rose? What could Rose do when she realizes that Annie has sent the picture to everyone? What could all the kids who received the text do to resolve the situation?

### SCENARIO 2

Mike and Philip are friends and like to play sports together. Mike and Philip are on the same team for soccer and, although they usually win their games, one day they lose one because Mike missed the final goal. When Mike gets home from the game later that day, he sees there is a text from Philip. In the text, Phillip says that it is all Mike's fault that they lost the game and that he is a terrible soccer player. Mike, who is upset, sends an angry text back to Phil and the argument quickly gets out of hand.

What's the problem? How do you think Mike felt?

Why do you think the argument got out of hand so quickly?

## SESSION FIVE: CYBERBULLYING—NOT A PRETTY PICTURE

What could Mike and Philip do to fix their relationship? What can they do in the future to make sure this doesn't happen again?

### SCENARIO THREE

Over the last few weeks, Carrie has been receiving email messages from an email address she doesn't recognize. The emails keep saying, "I'm getting closer." Carrie doesn't respond to the emails, but as she keeps receiving them, she begins to feel uncomfortable and scared. Soon, she starts getting emails from the address she doesn't recognize that say, "I'm getting even closer." Carrie is scared and worried.

What's the problem? What should Carrie do? Who should she discuss the emails with?

How can Carrie protect herself from emails like this in the future?

Think about it: if you get angry and post something online, send texts, or use other technology, it gets passed around quickly and easily. Your feelings are your own and you can decide when to share them and who to share them with. Once you post them online or send them as texts, the message is no longer in your control and it bounces around for anyone to see. Meanness can multiply and the message can be misunderstood and taken out of context to make people angry or hurt their feelings.

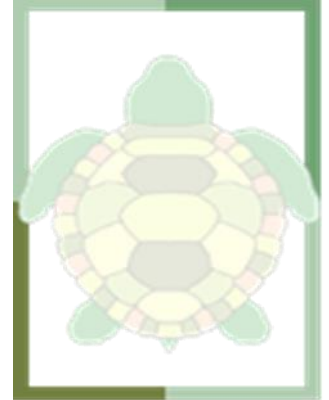
## SESSION FIVE: HOW TO HELP

This is a tool that will help you recognize signs of depression in yourself or your friends. It is normal from time to time to be sad or irritable, but sometimes these feelings become very intense and you cannot handle them. On a daily basis, you may face peer pressure, stress from parents and anxiety about school. With support from family and friends, you can overcome these obstacles.

Many times someone who is depressed feels more comfortable sharing with a friend rather than an adult. It is important to listen to your friends, but also to tell a responsible adult who can help.

### Signs of Depression:

- You constantly feel irritable, sad, or angry
- Nothing seems fun anymore and you just don't see the point of trying
- You feel bad about yourself
- You sleep too much or not enough
- You have frequent, unexplained headaches or other physical problems
- Anything and everything makes you cry
- You've gained or lost weight without trying to
- You just can't concentrate and your grades may be in trouble because of it
- You feel helpless and hopeless



### How to help yourself:

- Ask for help if you are stressed
- Try to be with positive people
- Remember that you are not alone
- Keep your body healthy
- Eat healthy food
- Avoid alcohol and drugs
- Talk to your parents or another responsible adult

### Is my friend depressed?

- Does your friend no longer want to do the things you used to love to do together?
- Has your friend started using alcohol or drugs or hanging with a bad crowd?
- Has your friend stopped going to classes and after school activities?
- Does your friend talk about being bad, stupid, or ugly?
- Does your friend make comments on Facebook or other social network sites that makes you worried about them?

### Helping a Depressed Friend:

- Get your friend to talk. Let them know they can trust you and you are here to help them.
- If you see something posted on the internet, take it seriously and talk to your friend about what they have said.
- Know that your friend doesn't expect you to have the answers. Just be supportive and listen to what they have to say.
- Encourage your friend to get help. Urge your friend to go talk to a parent, teacher, or counselor. Admitting they are down might be hard, so offer to go along for support.
- Stick with your friend through the hard times. Sometimes depression makes people do things or say things that are mean, but your friend really isn't feeling like themselves. Try not to take these too personally, he or she will go back to the person you know and love.
- Remember, it is not your responsibility to "heal" them or to "make them better," but to support them and tell an adult so they can get help.

## SESSION FIVE: OPENNESS CONTRACT

**CHILD**

If I begin to feel down or depressed, I will come and talk you. When I am stressed about school or friends, I will come to you rather than isolate myself. If I am depressed or one of my friends is depressed, I will go to an adult and ask for help. I promise to be open with the things that are going on in my life as long as you listen to me.

Child's Signature: \_\_\_\_\_

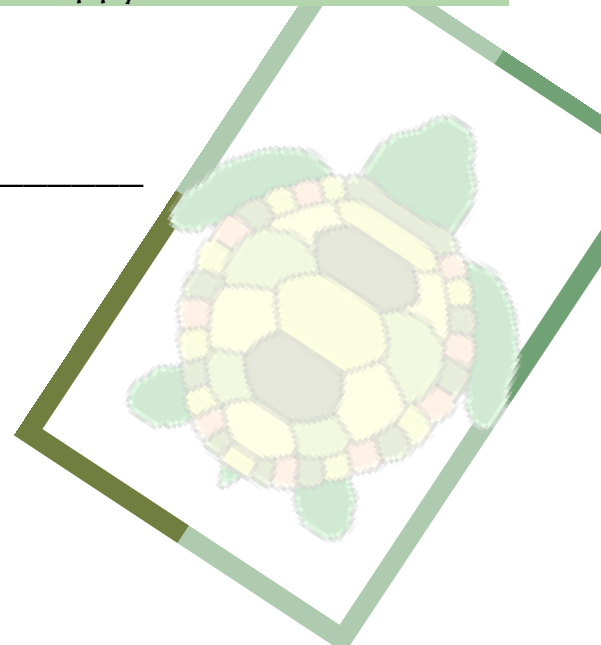
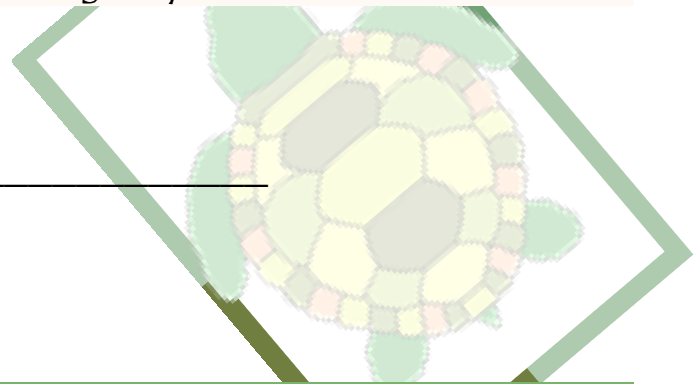
Date: \_\_\_\_\_

**PARENT**

If you come to me with your problems, I promise to listen and be patient. If you think you or one of your friends is depressed - I will take you seriously. I will help you in any way I can. Remember that I love you and I want you to be healthy and happy.

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## SESSION FIVE TAKE HOME ACTIVITY

### SEARCHING FOR WARRIORS

We have identified 4 ways to deal with bullying:

- ◇ Never Join in
- ◇ Help or Intervene
- ◇ Tell an Adult
- ◇ Ask Others to Stand Against Bullying

This week's video identified some key elements of being a warrior, like:

- having a sense of respect for yourself and others
- a belief in mutual responsibility for each other
- the importance of listening to each other
- taking a stance against bullying
- reaching out to parents and Elders for support
- avoiding kids who are bullies
- choosing friends who are involved in good activities

As you go through this week, can you identify others who are warriors in your life?

How can you be a warrior in your own life?

