

## “NO BULLY ZONE” and “WERE YOU KIND TODAY?”

OFFICER SCRIPT – (6/22)

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Hi Kids,

Today we're going to talk about

“NO BULLY ZONE” and “WERE YOU KIND TODAY?”

Before we start a new lesson, let's review our 6 senses and how our senses keep us safe every day.

**Can everyone follow me?**

**SIGHT** - Everyone blink your eyes 3x – your eyes watch for things around you to keep you safe

**HEARING** - Point to your ears – your ears hear sirens and cars coming too!

**SMELL** - Point to your nose -- your nose smells things like a hot pizza or maybe even a burning fire!

**POINT TO YOUR MOUTH** - Your sense of taste lets you know how good ice cream tastes..but also if something is not safe, or poisonous AND Your VOICE lets you shout for help when you need it!

**WIGGLE YOUR FINGERS** - That's your sense of touch! your fingers will let you know if things are too hot, or dangerous to touch.

**AND THE 6<sup>TH</sup> SENSE** -- is that feeling in our tummy that something might feel unsafe...if this happens to you immediately tell an adult you trust like a teacher, parent or guardian...

That's great! That's our 6 senses review.

Now for today's lesson...

I'd like to talk to you about something very important: the problem of bullying at school and in the neighborhood. No one should pick on you...because of your hair color, skin color, or what you are wearing. We should always respect people for who they are. We want to be kind to everyone.

Unfortunately, some kids are not kind.

Sometimes kids can be really hurtful and mean. They tease you and make fun of you...and continue to do it over and over again and won't stop. This is called Bullying.

Bullies often pick on smaller kids and kids who look different from them...

Also, a bully might hit you for no reason, take your lunch money.... Tell lies about you.... or call you names like loser or stupid....

This is very mean...and very wrong. It's very sad.

**If you are bullied, it can make you feel worried and anxious, and not sleep at night.**

Bullies can be boys or girls, of any age and any race or color. Bullies make you feel bad and unsafe.

Maybe you wonder why bullies do these things? Bullies don't feel very good about themselves.

They often feel angry and want to control you. This makes them feel powerful. They do this on purpose.

They want you to feel BAD so they can feel GOOD.

Anyone, any age, can GET bullied and it can happen anywhere.

If you GET bullied..... here's what to do....

Tell the bully to "STOP" ...then WALK AWAY.... and TELL An ADULT YOU CAN TRUST.... like your teacher, an adult on the playground, your parents or guardians. The things a bully says or does may make you really mad...but, never fight with the bully.  
Always walk away.

Bullying can happen at school or in the neighborhood, but it can also happen on a computer or cell phone. This is called cyber-bullying.... The bully may say mean things or make up things about you on the internet. Don't email or message them back.

Remember, immediately TELL YOUR PARENTS or an adult you trust like your teacher.

And, if you SEE someone being bullied, what should you do?

... it's important for YOU to stand up for THEM.

You have to tell the bully to "STOP" .... not saying anything can make things worse AND they will keep doing it.

Then go tell an adult you trust right away!

Bullies need help too... They need to talk to adults and school counselors, so they learn how to treat others with kindness.

Now let's talk about how to be KIND:

What can we do to be KIND, and show kindness to others?

One way is to say nice things to them and ask them to play with you.

-it makes the other person feel so nice...and you will too.

**Here are some kind words you can say or ask someone**

**– Let's eat together**

- You are special
- You are smart
- You are a good friend
- I like you
- Can I help you?
- Are you ok?
- You are nice

**If you say something mean and hurtful, like:**

- You are stupid
- You are not my friend
- You can't play with me

**You must apologize immediately. And say I'm sorry.**

**Kind kids don't use these mean words or do mean things to other kids.**

**Remember, always treat people with kindness and respect. It brings people together and it's the right thing to do.**

**And apologize if you say something hurtful.**

**We are not all the same, but that's what makes us so special.**

**We should always Respect people for who they are.**

**HAVE A KIND HEART!**

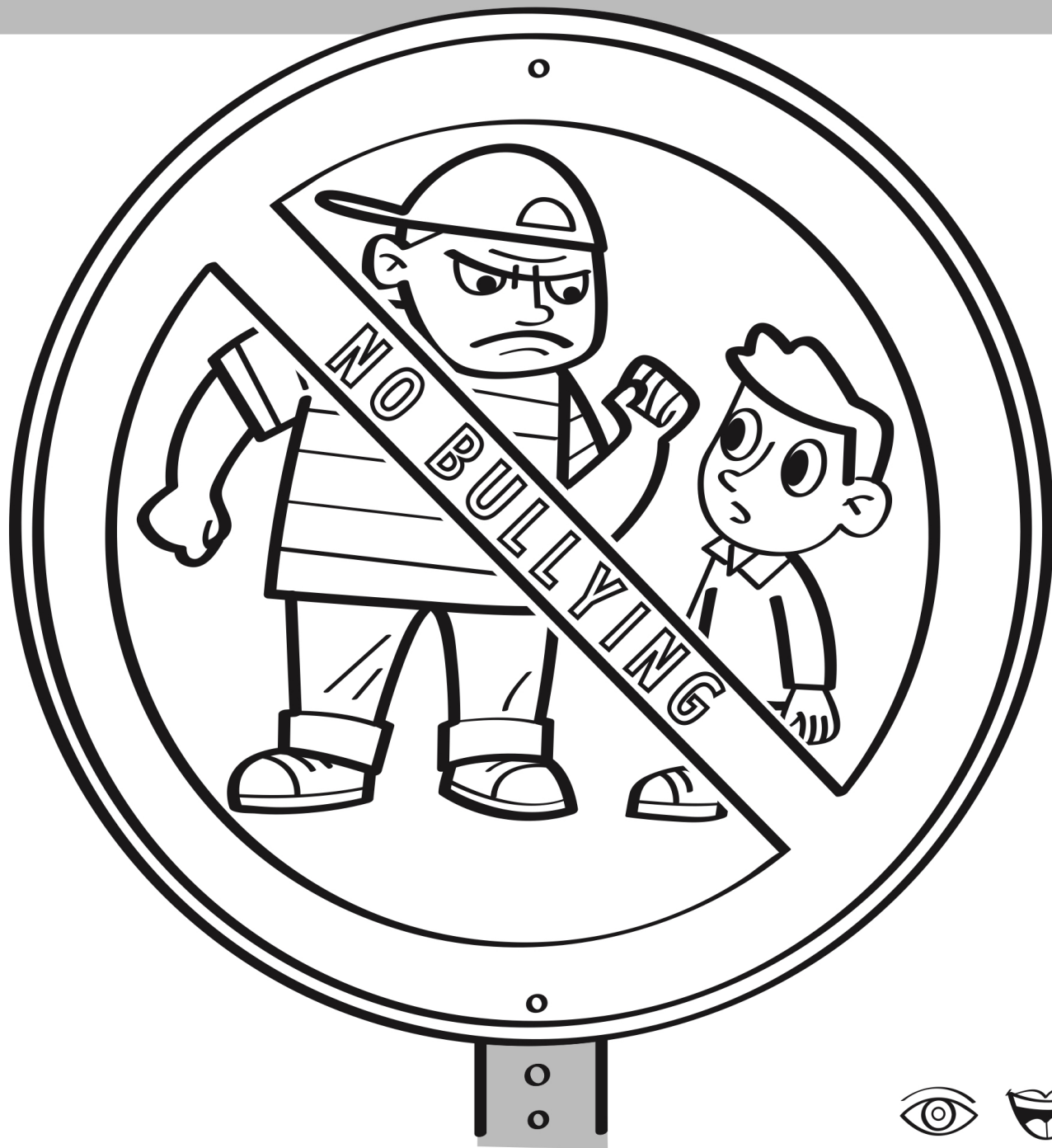
**Together we can put a STOP to Bullying!**

**QUESTIONS FOR KIDS:**

- If someone is bullying you or treating you badly, what should you do?
- If you see someone being bullied, what should you do?
- Why do bullies do these things?
- What should you do if you are bullied on your computer or on the cell phone?
- Why should we say nice things to people?
- What are some kind things to say?

# NO BULLY ZONE !

IF YOU ARE BEING BULLIED OR SEE SOMEONE BEING BULLIED  
Tell a Teacher, Parent or Trusted Adult



••• Color the circle and the No Bullying line in red.

# Were You Kind Today?

Be nice to everyone.  
Use kind words.



Draw a line from Rocket's heart to the nice things he says.

# Congratulations!

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**For Completing the lesson**

**No Bully Zone & Were You Kind Today**

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**You're a Rocket Rules  
Safety Super Star!**



**Instructor signature** \_\_\_\_\_

**Signature** *Rocket*  \_\_\_\_\_

**Date** \_\_\_\_\_