**Lesson 1 Learning Objective:**

* Students will be able to explain what defines a bullying situation.

**Lesson 2 Learning Objective:**

* Students will be able to explain how a conflict can be different from a bullying situation.

**Lesson 3 Learning Objectives:**

* Students will be able to explain who is involved in a bullying situation.
* Students will understand how a bullying situation hurts everyone.

**Lesson 4 Learning Objectives:**

* Students will be able to better understand the role bystanders play in a bullying situation.
* Students will be able to explain some different ways they can be an upstander instead.

**Lesson 5 Learning Objectives:**

* Students will be able to identify different types of bullying behavior.
* Students will be able to describe what physical and verbal bullying would look like.
* Students will better understand how intimidation and threats can be bullying behavior.

**Lesson 6 Learning Objective:**

* Students will be able to identify steps they can take safely to act as an upstander when they see verbal or physical bullying.

**Lesson 7 Learning Objectives:**

* Students will demonstrate understanding of how gossip can be a form of bullying and hurts the target even if no one says anything directly to them.
* Students will be able to name how they can take action as an upstander when they hear mean gossip.

**Lesson 8 Learning Objectives:**

• Students will be able to describe what exclusion looks and sounds like.

• Students will be able to explain how exclusion is a form of social bullying.

• Students will be able to name how they can take action as an upstander when they see someone being bullied by being excluded.

**Lesson 9 Learning Objectives:**

• Students will reflect on how online cruelty and cyberbullying can quickly get out of control.

• Students will be able to appreciate how viewing or forwarding hurtful messages helps create a cyberbullying situation.

• Students will be able to identify what targets and upstanders can do when cyberbullying happens.

**Lesson 10 Learning Objectives:**

• Students will be able to apply what they have learned about how to be an upstander to a variety of situations (cyberbullying, gossip, exclusion, physical and verbal bullying).

• Students will be able to state at least one way they can see themselves acting as an upstander, and post it in the school.