

Bully Proofing ANT Elimination

Teachers: Today students will be introduced to basic information about bullying and ways to prevent and handle it. I will also try to begin the lesson of Automatic Negative Thoughts and how they affect our thinking and judgement. I will ask students to take notes so that they can have something to work from during follow-up activities in class. This is not designed to be THE answer to all problems but it will give you a starting point and reinforcement for the fine efforts I am sure you already do.

1. Defining the difference between peer conflict and bullying.

Two or more conflict
power is equal
one or both out of control
both upset
violence might not be intentional

VS

violence is intentional
looks, gestures, words, action
power is not equal
difference in affect

2. How to handle a bully



tell an adult
5 W's what.. when ..who.. where ..witnesses
Check with others
Ignore the bully
Stand up to the bully
Humor
Agree with or compliment
Avoidance
Be a good witness

www.wiredsafely.org
www.wiredkids.org
www.teenangels.org

3. Negative thought that influence our thinking and cause self-defeating behaviors

Automatic Negative Thoughts

1. All or Nothing
2. Always/never
3. Mind Reading
4. Name calling
5. Blame



4. Role plays (if time)

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