

## **Norwood Public Schools**

### Bullying & Cyber-bullying Curricula and Programs

#### Guiding Principles

The Norwood Public Schools K-12 Bullying & Cyber-bullying curricula and programs are delivered to our students with careful consideration. The following guiding principles are used in considering any curriculum or program. Curricula and programs must

- be developmentally appropriate
- address current trends: both school-based needs as well as local/state/national trends
- provide a sequential scope and sequence: build on previous year's information
- address both bullying and cyber-bullying
- have been researched and this research has demonstrated positive outcomes
- include parent information and educational components

Timing of lesson or program delivery is critical. For grades 4-12 the topics of bullying and cyber-bullying will be the first unit of study for students as they begin the school year. Other programs and/or speakers will be scheduled at different intervals in the school year in order to maintain an ongoing awareness of this topic.

# Norwood Public Schools

## Bullying & Cyber-bullying Program Descriptions

### Elementary Programs

#### **Open Circle Social Competency Program**

Open Circle is a comprehensive, grade-differentiated social and emotional learning program for students in grades K-5, their teachers, other school staff, and parents. This curriculum requires that classroom teachers conduct regular lessons throughout the school-year. Each lesson helps build and foster the development of healthy peer relationships and ultimately support a safe, caring, and respectful learning climate for students. Open Circle updates purchased in 2010, include bullying specific topics. Topics that are addressed in every grade use various activities that include listening skills, compliments-giving and receiving, including/excluding, cooperating, dealing with teasing, expressing anger appropriately, problem solving steps, problems in our grade, brainstorming solutions/problem solving, and building positive relationships.

#### **Bullyproof: A Teacher's Guide on Teasing and Bullying for use with 4<sup>th</sup> and 5<sup>th</sup> Grade Students**

This guide is used to enhance our 4<sup>th</sup> and 5<sup>th</sup> grade curriculum and offers lessons that provide for class discussions, role plays, case studies, writing exercises, reading assignments, art activities, and homework assignments. The goal of this guide is to give students the opportunity to explore the difference between "teasing" and "bullying."

#### **MARC Kindergarten-5<sup>th</sup> Grade Curriculum: Bullying & Cyber-bullying Prevention**

The MARC K-5 Curriculum addresses both bullying and cyber-bullying prevention. The goal of this curriculum is to educate children about bullying and cyber-bullying, and to raise their awareness about how these behaviors impact children. It also teaches about bystander behaviors and how these can contribute to bullying, and how online bullying feels and can lead to more problems in school. Bullying and cyber-bullying are not taught separately in this curriculum. One of the goals of this curriculum is to emphasize that positive social behavior is critical at all times, both on and offline.

### Middle School Programs

#### **Coakley Middle School Bullying Curriculum & Middle School Cyber-bullying Curriculum (Seattle Public Schools)**

These two curricula will be used together with our middle school students. The *CMS Bullying Curriculum* is a sequential curriculum that builds off previous lessons. Topics covered in this curriculum include: *terms related to bullying (target/victim, aggressor/bully, and bystander), types of bullying (physical,*

verbal, emotional, social) characteristics of a bully, self-reflection of personal behaviors, understanding bullying and what to do as a victim or as a bystander of bullying. Materials that support this curriculum are from Anti-Defamation League and Human Relations Media. Cyber-bullying is directly addressed by using *The Middle School Cyber-bullying Curriculum* created by the Seattle Public Schools. This comprehensive Cyber-bullying curriculum addresses *respect & responsibility, cyber-bullying (devices, impacts, consequences, techniques, scenarios, what to do if you are being cyberbullied), what to do if you are a bully, and standing up for others.*

## **Second Step Middle School Curriculum**

This curriculum is delivered to our CMS grade 6 students each month by the guidance staff. The curriculum helps students learn the protective skills to make good choices and stay engaged in school despite the pitfalls of bullying, cyber-bullying and peer pressure. It also helps middle school students develop the 21<sup>st</sup> century skills they need to make positive decisions and achieve academic success.

## **METROLEC Student Lesson**

This hour-long presentation is delivered to our students in grades 6-8. This presentation is conducted by local and state law enforcement officers. The content includes the topics of internet safety, Facebook, dating safety (grade 8), computer safety, and understanding the consequences of sending any information (pictures, texts, etc.) using technology.

## **Norwood High School Programs**

### **Bullying Curriculum**

Similar to the middle school model these two curricula will be used with our high school students. Topics/skills covered in the NHS curriculum include respect, responsibility, empathy, tolerance, understanding, and self-reflection. Materials used to support this curriculum are from MARC trainings, Blake Works (*Words can Work-True Stories about Bullying*), The Anti-Defamation League, and Northeastern University's *Mentors in Violence Prevention (MVP) program.*

### **MARC: A High School Cyberskills Curriculum**

*The MARC High School Cyberskills Curriculum* is presently being piloted and tested for positive outcomes. Once ready to be utilized in all schools, MARC will conduct teacher training in March, 2011, and will be ready for NHS implementation in September, 2011.

### **Freshman Seminar Bullying/Cyber-bullying**

Through NHS's Guidance Department every freshman student attends *Freshman Seminar*, a scheduled class throughout term one. This course is run by a guidance counselor and is designed to ease the transition into the many aspects of high school life. Two class periods are dedicated to bullying/cyber-bullying. During these lessons students openly discuss the topic, watch and have follow up conversations after viewing a DVD titled "I Was Cyberbullied", and information is disseminated on resources and reporting of bullying.

# **Norwood Public Schools**

## K-5 Curriculum Outline for Bullying and Cyber-bullying

K	1	2	3	4	5
<p><b><i>Open Circle Social Competency Program (with Bullying Updates)</i></b></p> <p><b>Delivered:</b> Classroom Teachers  <b>Duration:</b>                      Infused into school day                      1-2 x week                      15- 30 minutes each meeting                      September-June</p> <p><b>Cyberbullying:</b>                      MARC K-5 Curriculum: Bullying &amp; Cyber-bullying Prevention</p> <p>Delivered: Elementary library teachers: 1-2 lessons (30 minutes each).</p>	<p><b><i>Open Circle Social Competency Program (with Bullying Updates)</i></b></p> <p><b>Delivered:</b> Classroom Teachers  <b>Duration:</b>                      Infused into school day                      1-2 x week                      15- 30 minutes each meeting                      September-June</p> <p><b>Cyberbullying:</b>                      MARC K-5 Curriculum: Bullying &amp; Cyber-bullying Prevention</p> <p>Delivered: Elementary library teachers: 1-2 lessons (30 minutes each).</p>	<p><b><i>Open Circle Social Competency Program (with Bullying Updates)</i></b></p> <p><b>Delivered:</b> Classroom Teachers  <b>Duration:</b>                      Infused into school day                      1-2 x week                      15- 30 minutes each meeting                      September-June</p> <p><b>Cyberbullying:</b>                      MARC K-5 Curriculum: Bullying &amp; Cyber-bullying Prevention</p> <p>Delivered: Elementary library teachers: 1-2 lessons (30 minutes each).</p>	<p><b><i>Open Circle Social Competency Program (with Bullying Updates)</i></b></p> <p><b>Delivered:</b> Classroom Teachers  <b>Duration:</b>                      Infused into school day                      1-2 x week                      15- 30 minutes each meeting                      September-June</p> <p><b>Cyberbullying:</b>                      MARC K-5 Curriculum: Bullying &amp; Cyber-bullying Prevention</p> <p>Delivered: Elementary library teachers: 1-2 lessons (30 minutes each).</p>	<p><b><i>Open Circle Social Competency Program (with Bullying Updates)</i></b></p> <p><b>Delivered:</b> Classroom Teachers  <b>Duration:</b>                      Infused into school day                      1-2 x week                      15- 30 minutes each meeting                      September-June</p> <p><b><i>BullyProof Curriculum Guide &amp; MARC K-5 Curriculum: Bullying &amp; Cyberbullying Prevention</i></b></p> <p><b>Delivered:</b> Health Educators via Health class 6- 30 minute lessons  <b>Duration:</b>                      September/October</p>	<p><b><i>Open Circle Social Competency Program (with Bullying Updates)</i></b></p> <p><b>Delivered:</b> Classroom Teachers  <b>Duration:</b>                      Infused into school day                      1-2 x week                      15- 30 minutes each meeting                      September-June</p> <p><b><i>BullyProof Curriculum Guide &amp; MARC K-5 Curriculum: Bullying &amp; Cyberbullying Prevention</i></b></p> <p><b>Delivered:</b> Health Educators via Health class 6 -30 minute lessons  <b>Duration:</b>                      September/October</p>

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## 6-12 Curriculum Outline for Bullying and Cyber-bullying

6	7	8	9	10	11	12
<p><b>NPS/CMS Bullying Curriculum &amp; Middle School Cyberbullying Curriculum</b></p> <p><b>Delivered:</b> Health Educators via Health class</p> <p><b>Duration:</b> September-October (approximately 6 lessons)</p> <p><b>Second Step Curriculum</b></p> <p><b>Delivered:</b> CMS Guidance Department</p> <p><b>Duration:</b> 1 x month 40 minutes</p> <p><b>METROLEC Internet Safety presentation</b></p> <p><b>Delivered:</b> Law Enforcement officers</p> <p><b>Duration:</b> 1 hour-long lesson- January</p>	<p><b>NPS/CMS Bullying Curriculum &amp; Middle School Cyberbullying Curriculum</b></p> <p><b>Delivered:</b> Health Educators via Health class</p> <p><b>Duration:</b> September-October (approximately 6 lessons)</p> <p><b>METROLEC Internet Safety presentation</b></p> <p><b>Delivered:</b> Law Enforcement officers</p> <p><b>Duration:</b> 1 hour-long lesson-January</p>	<p><b>NPS/CMS Bullying Curriculum &amp; Middle School Cyberbullying Curriculum</b></p> <p><b>Delivered:</b> Health Educators via Health class</p> <p><b>Duration:</b> September-October (approximately 6 lessons)</p> <p><b>METROLEC Internet Safety presentation</b></p> <p><b>Delivered:</b> Law Enforcement officers</p> <p><b>Duration:</b> 1 hour-long lesson-January</p>	<p><b>NHS Bullying Curriculum &amp; MARC: A High School Cyberskills Curriculum</b></p> <p><b>Delivered:</b> Health Educators via Health class</p> <p><b>Duration:</b> September-October (# of lessons TBD after March-2011 training)</p> <p><b>Freshman Seminar on Bullying &amp; Cyberbullying</b></p> <p><b>Delivered:</b> NHS Guidance Counselors</p> <p><b>Duration:</b> September-1 lesson</p>	<p><b>NHS Bullying Curriculum &amp; MARC: A High School Cyberskills Curriculum</b></p> <p><b>Delivered:</b> Health Educators via Health class</p> <p><b>Duration:</b> September-October (# of lessons TBD after March-2011 training)</p>	<p><b>NHS Bullying Curriculum &amp; MARC: A High School Cyberskills Curriculum</b></p> <p><b>Delivered:</b> Health Educators via Health class</p> <p><b>Duration:</b> September-October (# of lessons TBD after March-2011 training)</p>	<p><b>NHS Bullying Curriculum &amp; MARC: A High School Cyberskills Curriculum</b></p> <p><b>Delivered:</b> Health Educators via Health class</p> <p><b>Duration:</b> September-October (# of lessons TBD after March-2011 training)</p>