

# Create a lesson plan for primary 7 children about the effects of bullying

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Objective: By the end of the lesson, students will be able to understand the repercussions of bullying and identify ways to prevent it.

Materials: Whiteboard, markers, assorted worksheets

Duration: 35-40 minutes

Introduction (5 minutes)

1. Ask the students to explain what they think bullying is.
2. Lead a discussion about bullying and why it happens.

Main Body (25-30 minutes)

1. Explain to students that bullying includes all types of disrespectful and hurtful behavior such as name-calling, physical violence, and cyberbullying.
2. Discuss the effective ways to address bullying, such as telling an adult, avoiding the perpetrator and keeping a safe distance, and being kind to the perpetrator.
3. Ask the students to brainstorm a list of anti-bullying strategies, like talking to the perpetrator, confronting the bully in a respectful manner, or seeking help from school personnel.
4. Show the students a video regarding bullying and its effects, then lead a discussion about it.
5. Give each student a worksheet that has activities related to bullying and its effects. Ask them to complete the activity either individually or in small groups.

Conclusion (5 minutes)

1. Summarize the main points of the lesson and remind students of the different techniques they can use to prevent bullying.
2. Give the students an opportunity to discuss their worksheet activities and what they have learned.
3. Encourage the students to practice the anti-bullying techniques they have learned and ask them to report back at the end of the week on their experience.