

Your Choice...Your Action...Your Life *Be a Hero!*

Grade Level: K-12

Focus: Do the right thing – It is important for students to realize it is ok to “do the right thing” and help others when they are being mistreated.

Goal: Students will determine the difference between a hero, a bystander and a bully. Students will discuss the role each participant plays in the bullying scenario.

Materials: “Be a Hero” PSA; Board space or large chart paper and a marker

Discussion:

Set discussion rules for your classroom. Use the following questions as appropriate for your students.

- What does it mean to be a hero? Heroes are people who are courageous enough to help another person when they are in danger, are being mistreated, etc. A hero is someone who takes action to help someone without worrying about how others are going to think of him/her
- Heroes help others without expecting anything in return.
- What does it mean to be a bystander? Bystanders are individuals (youth or adults), who witness acts of bullying or harassment. A bystander might notice someone is being mistreated but doesn’t do anything to stop this from happening. An “upstander” is someone who is an ACTIVE bystander. In other words, an upstander is willing to be a hero and stand up for others being targeted by bullying or harassment.
- When someone is being mistreated, bullied, being made fun of, etc. they need a hero. Will that hero be you? What are some safe ways for you to be an upstander in your school or community? How can you be a hero by getting an adult involved to stop the problem?



Activities:

Grades K-1

LACC.K.RI.1.3	With prompting and support, describe the connection between two individuals, events, ideas, or pieces of information in a text.
LACC.1.RL.3.9	Compare and contrast the adventures and experiences of characters in stories.

Have students brainstorm how an upstander or hero is different from a bystander. How might they be alike? What characters on TV are heroes? What characters on TV are bullies? What are the differences between the two characters? Have students draw the differences between the two types of characters.

Grades 2 - 12

LACC.2.W.1.2	Write informative/explanatory texts in which they introduce a topic, use facts and definitions to develop points, and provide a concluding statement or section.
LACC.3.W.1.2	Write informative/explanatory texts to examine a topic and convey ideas and information clearly.
LACC.4.W.1.2 LACC.5.W.1.2	Write informative/explanatory texts to examine a topic and convey ideas and information clearly.
LACC.6.W.1.2 LACC.7.W.1.2 LACC.8.W.1.2	Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.
LACC.9.10.W.1.2	Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.
LACC.11.12.W.1.2	Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.

Create a Venn diagram triple bubble. Label one circle “upstander /hero” another circle “bystander” and the third, “bully”.

Depending on the age of your students you can do this activity as a group discussion or in small groups with a presentation at the end.

After completing the Venn and having a class discussion about the differences and the similarities of a hero and bystander, have students write a paragraph to reflect how they can be a hero to someone being mistreated at school.