This lesson addresses bullying prevention. It’s designed for middle school students, grades 6-8. This activity was distributed to teachers for them to complete with their homeroom/advisory students. The discussion/reflection questions were put on a Google form for students to complete.

This week's activity is about the power of one person. This video is a Tedx Teen Talk by a student named Natalie Hampton. From her own bullying experience, she created an app called Sit With Us, which was designed to help prevent students from being bullied or excluded.

<https://www.youtube.com/watch?v=sh7XFCysTr4>

Please have students watch the video and then complete the Google form. If time permits, facilitate a discussion about the questions and see if any students want to share their answers.

The questions:

1. Put yourself in Natalie's shoes. How would you feel if any of those things happened to you?

2. What message do you send to the bully and the victim if you see the bullying happening and do nothing abut it?

3. What are some action steps students in Natalie's school could have taken to help her?

4. Do you see bullying happening in our school?

5. What are appropriate action steps you can take to help someone who is being bullied?

6. Remember it only takes one person or one act of kindness to help save someone's life. What acts of kindness can students in our school do?