

Educational schedule about friendship, communication, school atmosphere, school culture and bullying

Month	Value of the month	Generally – for all classes	Education about communication and bullying
August	Education	<ul style="list-style-type: none"> -Making of friendship class -Classmeeting – describe the classmeeting rule etc. - Work with the value of the month 	See list for each grade
September	Respect	<ul style="list-style-type: none"> -Making class rules -Questionnaire about school culture -Classmeeting - Work with the value of the month 	
October	Helpfulness	<ul style="list-style-type: none"> -Discussion/arguments groups: students talk about school culture, communication, communication problem and bullying. -Classmeeting - Work with the value of the month 	
November	Friendship	<ul style="list-style-type: none"> -Meeting friendship class -Walking against bullying - Classmeeting - Work with the value of the month 	

December	Charity/love	-Friendshipclasses meets and go to a café - Classmeeting - Work with the value of the month	
January	Hope	-Day with out any tools/technology -Candlelight and fellowship - Classmeeting - Work with the value of the month	
Februrary	Joy	-Questionnaire about communication and bullying - Classmeeting - Work with the value of the month	
March	Independence	-Working with the result from the questionnaire about communication and bullying -Classmeeting - Work with the value of the month	
April	Health	- Meeting friendshipsclass -Classmeeting - Work with the value of the month	
May	Gratitude	-Classmeeting - Work with the value of the month - Good will week – help others	
June	Happiness	-Classmeeting – the last one, talking about the winter - Work with the value of the month	



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Educational schedule against bullying

8. grade (13-14 years):

August/September:

- **Games:** Start with some activities, like the line game, find someone who has... and more game to shake the students together and start the winter.
- Talk about **what is bullying**, define what is bullying and what is communicationsproblem. How we can make our school atmosphere better so everybody can feel good in the school.

October:

- **Coverage** about bullying. Find news about bullying and talk about them with the students. Let them read the news and make a suggestion how it could be different.
- Show them shortfilm about bullying, f.x. Danger Point Anti Bullying Film <https://www.youtube.com/watch?v=4JphNM9UzTU> Talk about the film after. See below some suggestions about questions.

November:

- Show them shortfilms about bullying, f.x. Anti bullying short film: The Bus stop <https://www.youtube.com/watch?v=dmV4IzJZEVs>
- Project: poster about bullying.
- Roleplay about bullying

December

- Show shortfilms about cyberbullying, f.x. <https://www.youtube.com/watch?v=asTti6y39xl&t=1s>
https://www.youtube.com/watch?v=_sEqRyRI8Yg
- Define what is cyberbullying.
- Discussion about why people bully online, mostly nameless.



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January

- What to do? Is a project where participants discuss what is the best way to deal with bullying and hate speech online. <http://saft.is/namsefni/>.

February

- More shortfilms about cyberbullying
<https://www.youtube.com/watch?v=IMevJ-lul2s>
<https://www.youtube.com/watch?v=PeU9Yj6Rofc>
- Roleplay about bullying

March

- **Virus:** Virus is a story about 3 classmates who establish technoband VIRUS. Their music became popular very quickly among their classmates. Soon they go on tour and play in many places and radio. But as soon as their fans increases it becomes more difficult to keep their private life from the spotlight. The band uses social media to keep in touch with their fans but the need to think more about netsafety. Learn about netsafety with them. This material is in english. <http://saft.is/namsefni/>

April:

- **The Bully** – film on youtube.com
<https://www.youtube.com/watch?v=o9pye5XQdn0> The documentary follows students from public schools in Georgia, Iowa, Texas, Mississippi and Oklahoma during the 2009–10 school year; it also follows the students' families. The film's particular focus is on the deaths of Tyler Long who was diagnosed with Asperger's Syndrome and Ty Smalley, victims of bullying who committed suicide. The film describes in great detail how the average American student cannot defend himself or herself against ridicule

May:

- Working with the film The Bully, fx posters.

June

- Report of what we have done this winter.



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Examples about questions link to films/education about bullying:

- o What does bullying means?
- o Describe how children feel who is being bullied. Why are children being bullied?
- o Do you trust adult when talking about bullying?
- o Have you being scared to go to school because you were afraid of being bullied?
- o Have you try to change that?
- o What do you think parents can do to help stopp bullying?
- o Have you or yours friends teased other children? Do you think that is bullying? Why/why not?
- o What do you do when you see someone is being bullied?
- o Have you seen others being bullied?
- o Have you ever help someone who was bullied? What happened? What would you do if it happened again?



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9. grade (14-15 years):

August/September:

- **Games:** Start with some activities, like the line game, find someone who has... and more game to shake the students together and start the winter.
- Review **what is bullying**, define what is bullying and what is communicationsproblem. How we can make our school atmosphere better so everybody can feel good in the school.

October:

- Show them shortfilm about bullying, f.x. Anti bullying short film:
<https://www.youtube.com/watch?v=4xxXHdJTedQ>
 - „Hey“ – short film on bullying
 - <https://www.youtube.com/watch?v=H1CqaeIVnkY>
- Talk about the films after. See below some suggestions about questions.
- Roleplay about bullying

November:

- **Jeremiah sends positivs message to schoolmates:**
<https://www.youtube.com/watch?v=2lnkWRc1zww>
- Jeremiah is a high school junior and creator of @westhighbros, a Twitter account that tweets compliments to friends and classmates. What started as one young man's idea to fight cyber bullying has grown into a group of caring and kind students who are inspired to make a huge difference in their school and community helping lift the spirits of those who are down and acknowledge the good in their peers. For more inspiring videos go to <https://www.youtube.com/user/HooplaHa...>
- Project: let the students send positives messages

December

- Show shortfilm about bullying, f.x. **STOP BULLYING - Everyone Can Help**
<https://www.youtube.com/watch?v=lb1LBVq5emU>
- How can we spread the news that everyone is unique and everybody has the right to be them self?



January

- Review - Define what is cyberbullying.
- Show shortfilms about cyberbullying, f.x
<https://www.youtube.com/watch?v=0Xo8N9qJtk>
<https://www.youtube.com/watch?v=UBX4rYAAS54>
<https://www.youtube.com/watch?v=9x60P1fIG8w>
- Discussion about why people bully online, mostly nameless.

February

- **Unlimited freedom** is a project where students get the opportunity to look into their ideas about freedom of expression by looking at some examples about discussion online.
- Roleplay about bullying

March

- Show shortfilms about cyberbullying, f.x
<https://www.youtube.com/watch?v=qA1TJjJgdz8>
<https://www.youtube.com/watch?v=6DkTeKMjMxU>
<https://www.youtube.com/watch?v=eFPSAaHGLhw>
<https://www.youtube.com/watch?v=aPWcfg-v0JM>
- Discussion

April:

- **Hipp hipp hora – (film)**
<https://www.youtube.com/watch?v=hiBDeR1NH0A&list=PLELNOspsRWD2ki-6EHl4qpJcASwDid4Kz> A teenager's reputation is destroyed when she falls asleep drunk at a party and some boys take provocative photos of her.



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Questions link to the film

- o It is easy to destroy reputation, consequences about lying something about others. How easy it was in the film to get everyone to believe that the main character was sleeping with just anybody.
- o Group pressure.
- o When the pictures were taken in the party and she (the main character) was being teased in school, why did not anyone help her?
- o Discuss how her friends react, how to took part in talking badly about her to fit in with the other.
- o Discuss when the teacher said: is it possible to take fondling/pinching as a compliment? Is that something that is no big deal?
- o How was the party, was everyone having a good time? Many were drinking a lot and the main character was unconscious by heavy drinking, something else could have happened besides taking pictures.

May:

- Working with the film Hipp, hipp Hora, fx posters.

June

- Report of what we have done this winter.



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Examples about questions link to films/education about bullying:

- o What does bullying means?
- o Describe how children feel who is being bullied. Why are children being bullied?
- o Do you trust adult when talking about bullying?
- o Have you being scared to go to school because you were afraid of being bullied?
- o Have you try to change that?
- o What do you think parents can do to help stopp bullying?
- o Have you or yours friends teased other children? Do you think that is bullying? Why/why not?
- o What do you do when you see someone is being bullied?
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10. grade (15-16 years):

August/September:

- **Games:** Start with some activities, like the line game, find someone who has... and more game to shake the students together and start the winter.
- Review **what is bullying**, define what is bullying and what is communicationsproblem. How we can make our school atmosphere better so everybody can feel good in the school.

October:

- Show them shortfilm about bullying, f.x. Bullying - Stop It <https://www.youtube.com/watch?v=FYVvE4tr2BI>
Strain - anti-bullying short film <https://www.youtube.com/watch?v=tXI79v0I-QE>
I'm Fine - A student short film about bullying <https://www.youtube.com/watch?v=fw2HEOkS8pl>

Talk about the films after. Se below some suggestions about questions.

November:

- Review - Define what is cyberbullying.
- Show shortfilms about cyberbullying, f.x

<https://www.youtube.com/watch?v=cenj0uc8Tco>

<https://www.youtube.com/watch?v=jKA1KzwyhtU>

- Roleplay about bullying

December

- **Discussions about the hurtfulness of online bullying**
Bullying online is definitely more common than people think. Often do children think that they are very funny when they post something online but do not think about the consequences.
- Project: make materials about safety online for younger children.



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January

- **Harassment online** is a project for students where participants talk about sexual harassment online. <http://saft.is/namsefni/>
- Roleplay about bullying

February

- **Slander and freedom of expression** is exciting game for students where they place them self as a prosecuting attorney, complainant and judges in a suit for defamation of character. <http://saft.is/namsefni/>

March

- **Road Trip** is a story about 6 students in Cyberville, who participate in contest where the prize is bungee jumping from a balloon. To win they have to show their teacher that they have been come experts in cybersavety (6 steps of Cyber Hygiene). But the Cyberville secretservice believe that one of the students is a onlinecriminal. Your job is to figure out who that can be and learn about online safety on your way. This materials is in english. <http://saft.is/namsefni/>

April:

- **Disconnect – film.** <https://www.youtube.com/watch?v=Lu2gh4gDXQQ>

Murderball director Henry Alex Rubin explores the destructive potential of the internet in this ensemble drama starring Jason Bateman, Hope Davis, and Alexander Skarsgård. His marriage dissolving before his very eyes, a former Marine (Skarsgård) ruins his credit by gambling online as his wife (Paula Patton) strikes up an intimate relationship on a popular social networking site. When identity theft puts their life savings at risk, the couple tracks down the man (Michael Nyqvist) they believe is responsible for the crime. Meanwhile, an introverted teenage goth (Jonah Bobo) becomes the victim of a humiliating prank when his two biggest tormentors pose as the girl he likes, trick him into exposing his true identity online. When the prank leads to tragedy, the young victim's mother (Davis) is overwhelmed by grief as her husband (Bateman) explodes with rage. Later, an ambitious TV reporter's quest to expose an online prostitution racket has unexpected repercussions for the frightened young man at the center of the growing controversy.

May:

- Working with the Disconnect, fx positive website.

June

- Report of what we have done this winter.



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