

## DEAR TEACHER,

Bullying has always been a problem for kids and schools—even baseball players like Prince Fielder have experienced bullying! Fortunately, this is a problem that's come to light. With the help of the Texas Rangers, Major League Baseball, and Prince Fielder, teachers can address the problem with **Going to Bat Against Bullying**, a program created to help you and other responsible adults prevent and combat bullying at your school. Help kids in grades 4–8 help each other to promote a strong anti-bullying environment!

### What's included:

- This activity guide
- A flyer to help you spread the word about the program
- 2 downloadable activities for kids in grades 4–6
- 2 downloadable activities for kids in grades 7–8
- A competition challenging kids to come up with a way to promote an anti-bullying atmosphere in their school or community



## ACTIVITIES

### Grades 4–6

#### Does This Look Familiar?

In this activity, kids are asked to identify:

- bullies
- kids trying to help combat bullying, and
- bystanders

Then, they're asked to step into the shoes of each and, afterward, decide what they could do to stop the bullying.

#### If You Can't Say Something Nice...

This activity asks kids to compare and contrast compliments and praise with bullying remarks. Kids are asked to consider the effects of both and come up with alternatives to bullying.



### Grades 7–8

#### Face It

In this activity, kids are asked to consider a specific bullying situation and think about it from the perspectives of:

- the person being bullied
- one of that person's friends, and
- the bully

Then, kids are provided with tips for what to do in the situation.

#### You Can Make Today Better

This activity provides kids with examples of things they can say or do to promote an anti-bullying environment. Then, kids are asked to come up with their own ideas!



### Going to Bat Against Bullying Contest

This contest challenges Texas kids in grades 4–8 to come up with a concept to promote a strong anti-bullying environment in their school or community. Kids can enter on the program website.

### Prizes

Entering online is easy, and all entrants will receive a ticket to a game!

Plus, the grand prize winner will earn four game tickets, a meet-and-greet with Prince Fielder, a pre-game recognition ceremony, and a Texas Rangers goody bag featuring an autographed Prince Fielder ball. **Have kids enter today!**



## TEKS:

### 115.6.

#### Health Education, Grade 4: Knowledge and skills

(12) Bullying prevention. The student uses social skills for building and maintaining respectful relationships throughout the life span. The student is expected to:

- A. describe the characteristics of a bully;
- B. demonstrate appropriate ways to deal with disrespectful behavior;
- C. explain the difference between assertive behavior and aggressive behavior;
- D. describe the negative impact bullying has on both the victim and the bully.

### 115.7.

#### Health Education, Grade 5: Knowledge and skills

(10) Bullying prevention. The student understands positive bystander prevention strategies in helping to maintain positive relationships and respect. The student is expected to:

- A. analyze respectful ways to communicate with friends, family, teachers, and others;
- B. describe appropriate ways to address bullying on behalf of a friend or peer;
- C. explain the differences among teasing, joking, playing around, and bullying;
- D. identify methods available through which to report bullying; and
- E. describe the difference between reporting and tattling.

### 115.22.

#### Health Education, Grade 6: Knowledge and skills

(12) Bullying prevention. The student engages in behaviors that reduce the risk of bullying throughout the life span. The student is expected to:

- A. analyze the impact that bullying has on both victims and bullies;
- B. identify strategies for prevention and intervention of all forms of bullying such as emotional, physical, social, and sexual;
- C. describe healthy ways to be assertive without being aggressive; and
- D. assess healthy and appropriate ways of responding to bullying.

### 115.23.

#### Health Education, Grades 7–8: Knowledge and skills

(13) Bullying prevention. The student analyzes bullying information and applies strategies for enhancing and maintaining healthy personal relationships throughout the life span. The student is expected to:

- A. analyze strategies for preventing bullying, harassment, dating violence, and sexual assault;
- B. describe the seriousness of various forms of bullying such as harassment, acquaintance rape, and sexual abuse;
- C. demonstrate empathy toward others;
- D. analyze ways to show disapproval of inconsiderate and disrespectful bullying behavior; and
- E. recognize the responsibility to report bullying behavior.

