

### Scope and Sequence for Preventing Bullying in Grades 3-5

Grade	NHES	SLO
3	<ul style="list-style-type: none"> <li>• Core Concepts</li> <li>• Decision Making</li> <li>• Self-Management</li> </ul>	<ul style="list-style-type: none"> <li>• Understand emotions and how to be a good friend</li> <li>• Think about bullying situations and determine actions that can be taken</li> <li>• Learn how to manage all emotions in a positive manner</li> </ul>
4	<ul style="list-style-type: none"> <li>• Core concepts</li> <li>• Analyzing Influences</li> <li>• Interpersonal Communication</li> </ul>	<ul style="list-style-type: none"> <li>• Understand what violence is and the types of bullying</li> <li>• Identify the influences that can cause people to be violent or a bully</li> <li>• Can demonstrate strong refusal skills</li> </ul>
5	<ul style="list-style-type: none"> <li>• Analyzing influences</li> <li>• Decision Making</li> <li>• Interpersonal communication</li> <li>• Self-management</li> </ul>	<ul style="list-style-type: none"> <li>• Identify at least one trusted adult</li> <li>• Think about options and consequences of bullying and reflecting on actions</li> <li>• Understand how tone of voice and body language can influence acts of bullying and violence</li> <li>• Identify safety/protective steps to manage an unhealthy or dangerous situation</li> </ul>

Adapted from: Benes, S. & Alperin, H. (2016). *The Essentials of Teaching Health Education*. Champaign, IL: Human Kinetics.

For the grades 3-5 I decided to focus the violence on bullying. In third grade the student learning objectives are focused around managing emotions and thinking about bullying situations and what actions can be made. One study I found was about social responsibility. This relates to being able to understand emotions and regulate them effectively. In the fourth grade students should be able to understand what violence and bullying is, and the types of bullying. The studies indicate that students need to be able to know the different types of bullying before identifying them.

Identifying bullying and thinking about actions and consequences is a fifth grade student learning objective. Studies show that when students can think about actions and consequences the rates of bullying decline. With more students being able to understand actions and their associated consequences rates of bullying in grades 3-5 will decline. Identify safety and protective behaviors is another student learning objective that is very important for fifth graders. When students can do this they will know some strategies to reduce bullying acts in school.

## References

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