



# Teacher's Guide

# LESSON PLAN



**This lesson helps teachers facilitate conversations and workshops with students about bullying:**

1. Identify what bullying is and understand the seriousness, and dynamics of bullying.
2. Students brainstorm definitions of bullying.
3. Helps students recognize and respond effectively to behaviors that can lead to bullying.
4. Prepares youth to recognize and respond effectively to early bullying behavior.
5. Trains youth to understand that-bullies, victims and bystanders can help prevent and stop bullying.
6. Students learn the importance of communicating with teachers, coaches and other trusted adults about difficult situations like bullying and harassment.
7. Creates an environment in school where everyone understands that bullying behaviors are unacceptable, harmful, and preventable.



## Introduction

As students begin reading Khalil's Way, they learn about bullying through the eyes of an 11-year-old African American male.

Khalil is just one example of a student who struggles with bullying and not being heard by many of the adults at his school.

One of the most important things to do with students is to have them define bullying. It is important for students to have a clear definition of bullying.

## Discussion Guidelines for Students

Implementing a clear set of guidelines with students ensures that the discussion is focused and learning outcomes are achievable. Khalil's Way addresses many sensitive topics like bullying, school violence and family challenges. For this reason, we ask teachers and other professionals to implement discussion guidelines.

Here are a few of the discussion guidelines to help discuss Khalil's Way:

- Always respect each other's ideas
- Be prepared to change your mind
- Okay to disagree
- Ask questions
- Be prepared to respectfully defend your position
- Listening to others makes the process work



*If you don't like something, change it.  
If you can't change it, change your attitude.  
– Maya Angelou*

## Conversation Starters

Discussing and defining bullying is an important first step. Making sure youth understand the seriousness of bullying is also important.

Below are three questions to help youth think about bullying:

- **What is bullying?**
- **Are there different types of bullying?**
- **Where are places that bullying occurs?**
- **What would make someone bully other youth?**



## Definition of Bullying

Bullying is a form of emotional or physical abuse that has three defining characteristics:

**1.**

### **DELIBERATE**

a bully's intention  
is to hurt someone

**2.**

### **REPEATED**

a bully often  
targets the same  
victim over again

**3.**

### **POWER IMBALANCE**

a bully chooses victims  
he or she perceives  
as vulnerable





## Bullying happens in many ways...

**Physical**—poking, pushing, hitting, kicking, beating up

**Verbal**—yelling, taunting, name-calling, insulting, threatening to harm

**Relational**—excluding, spreading rumors, getting others to hurt someone

**Cyber**—Sending hurtful messages or images by Internet or cell phone

## Thinking Back

Holding workshops and conversations on bullying can be a great way to educate students about bullying and provide ways to help students cope.



### FACILITATOR (NOTE)

It is important for teachers/facilitators to remember their own childhood...

- **Can you remember when you were bullied?**
- **Do you remember being teased, humiliated, or excluded from a group?**
- **How did you feel about yourself growing up?**
- **Were you the school bully?**

Talking about bullying can help. Students may be reluctant to share their experiences because they believe their situation is unique, embarrassing, or shameful. Hearing from adults who also experienced bullying and harassment can be a useful tool in sparking meaningful conversations.



### Tips for starting the conversation

- Remember your own childhood story of initiating, experiencing, or witnessing bullying.
- Share your story with students (be brief) and explain how it made you feel then and now.
- Ask students to share their own bullying story. Acknowledge that students might feel embarrassed or afraid to recount their experience in front of others.



## ACTIVITY

### LEARNING GOALS

Students will identify obstacles Khalil faced at school, home and in his community.

Students will also think about strategies to overcome those obstacles.

Students will discuss the book title “Khalil's Way” and thoughts about what the book may be about based on the title. Students will then write a few of these ideas trying to predict the book's storyline based on the title.

### QUICK ACTIVITIES

- Divide students into smaller groups and define the term obstacle.
- What comes to mind when you hear the word obstacle(s)?
- Ask students to write down five obstacles they face growing up

Before reading *Khalil's Way*, have students brainstorm the following:

- Based on the book cover, what do you think about Khalil's image?
- What kinds of things do you think Khalil has to deal with as he's growing up?

After reading the first 3 chapters, have the students document the following:

- Names of the main characters and their relationship to Khalil
- Names of trusted adults in Khalil's life that he can talk to about his problems
- Story setting (Where does Khalil and his family live? Time period? Historical significance?)

**When you read the 30 reasons why Khalil is picked on how do you feel?**





## Journaling

After completing each chapter give students and opportunity to reflect on what they have read and to think about the relationship between actions and consequences. Have students document responses to the questions on index cards and allow time to process.

**What I noticed?**

**What it means?**

**What I learned?**

**What would I have done in a similar situation?**



# KEY QUESTIONS



Why do you think Khalil was bullied?

Can you identify five reasons why Khalil is picked on in school?

Who were Khalil's friends at school?

What is ADHD? How does ADHD effect Khalil?

Describe the relationship Khalil had with his parents.

How important was chess to Khalil? Please explain.



# KEY QUESTIONS



How did Khalil's food allergies effect his life? What is Khalil allergic to?

What happen to Khalil's dad?

What was Khalil's favorite subject in school?

Who is Mrs. Jenkins and what impact has she had on Khalil's life?

Who is Carl Walker-Hover and how did he impact Khalil's life?

What was Khalil's final school project?

## Additional Activities

Anti-Bullying Poster, Essay or Video Contest. Host a school wide contest promoting anti-bullying messages. Invite students to create expression which illustrate and discuss ways to better inform students about the dangers of bullying.