

Verbal Bullying

Friday's SEL Lesson

4/28/23

Ice Breaker

Would you rather...

See a month
into the future

Raise 1 hand

Or

See 300 years
into the past

Raise 2 hands

1

What are
we talking
about?

Now Let's
Talk about
it

2

Circle Process

3

Has this
happened
to you?

How it can
affect
people.

4

What Are We Talking About?

Alexa, What's verbal bullying?

Verbal Bullying

/ˈvɜrbəl ˈbulɪŋ/

noun

Verbal bullying is when someone uses their words to hurt another person. This can happen in many ways, like name-calling, insults, yelling, or putting someone down. It can be very harmful to the person being bullied and it's important to recognize it and get help if you need it.

Well...



Now let's talk about it.

Verbal Bullying – turn and talk

1. What are your thoughts on Verbal Bullying?
2. How often do you think it happens?
3. How do you think it affects people

Has this happened to you?

Verbal Bullying

Sometimes people can be mean without realizing that's what they're doing. It's important to express when something hurts you in any way, and to respect boundaries when people set them.

How it affects people

Verbal Bullying

Verbal Bullying can affect people long term, just like any other bullying

A “funny joke” can make someone feel distressed, anxious and even depressed.

Verbal Bullying can damage people's self esteem and really hurt someone.



Remember:

Think

Before you act.