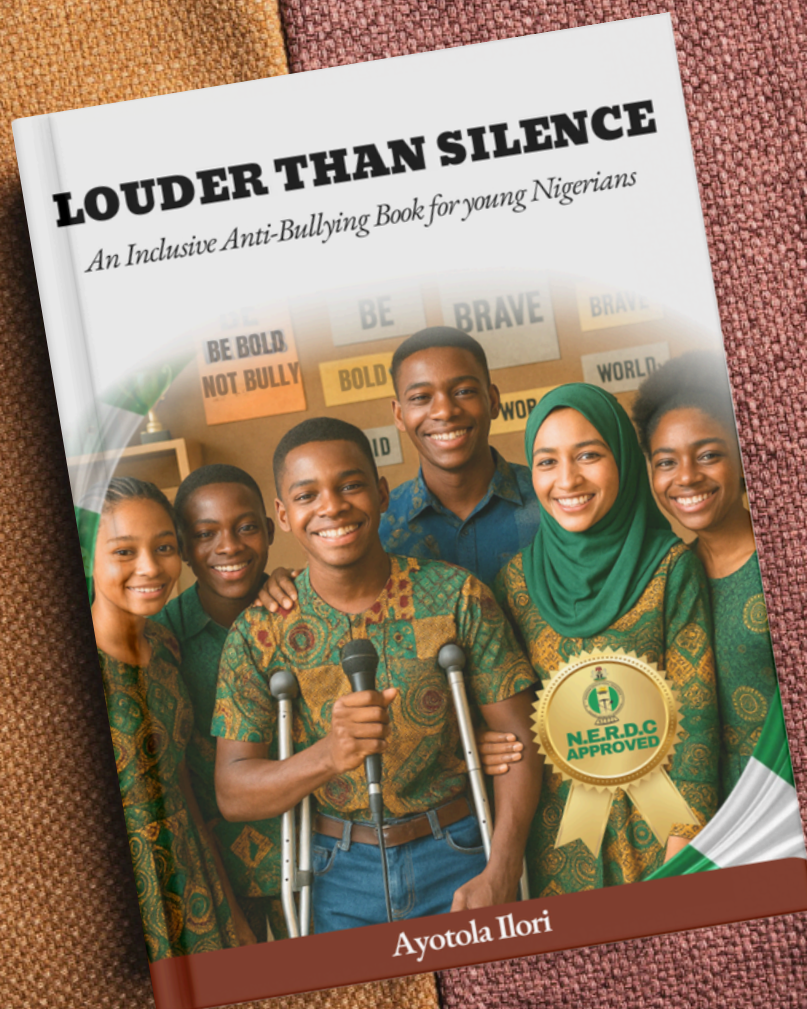


# ANTI-BULLYING LEARNING MODULES FOR JUNIOR SECONDARY STUDENTS

Inspired by *Louder Than Silence* (An Inclusive Anti-Bullying Book for Young Nigerians) by Ayotola ILORI.



# Teacher Guidance Note

These modules help students understand bullying, recognize its different forms, and learn how to build respectful and inclusive school environments. Bullying can occur in many ways, including physical aggression, verbal harassment such as name-calling, social exclusion, and cyberbullying through digital platforms.

Teachers should guide students through these lessons in a supportive and respectful environment. Discussions about bullying can sometimes bring up personal experiences. Encourage empathy, listening, and kindness while ensuring that no student is blamed or shamed for sharing their experiences.

A key focus of these modules is disability inclusion. Students with disabilities may sometimes experience bullying because of differences in mobility, learning styles, communication, or the use of assistive devices. Teachers should emphasize that diversity strengthens school communities and that every learner deserves dignity, safety, and equal participation.

Teachers are encouraged to reinforce inclusive behavior by promoting cooperation among students, recognizing acts of kindness, and addressing harmful behavior early. If bullying is identified, teachers should follow appropriate school procedures to ensure that affected students receive support and protection.

# Contents

01

Module 1  
**Understanding Bullying**

02

Module 2  
**Why Bullying Is Harmful?**

03

Module 3  
**The Role of Bystanders**

04

Module 4  
**The Role of Bystanders**

05

Module 5  
**Promoting Kindness and Inclusion**

06

Module 6  
**Signs Someone May Be Experiencing Bullying**

07

Module 7  
**How Students Can Safely Report Bullying**

08

Module 8  
**Building an Inclusive Anti-Bullying Culture in Schools**

09

**Student Knowledge Check Quiz**

Module 1:

# Understanding Bullying



## Learning Objective

Students will understand what bullying is and recognize different forms it can take.



## Learning Content

Bullying occurs when someone repeatedly harms, threatens, or embarrasses another person who may feel unable to defend themselves. Bullying often involves an imbalance of power, where one person tries to control or intimidate another.

Bullying can take different forms. Physical bullying includes hitting, pushing, or damaging someone's belongings. Verbal bullying includes teasing, insulting, or calling someone hurtful names. Social bullying may involve excluding someone from activities or spreading rumors. Bullying can also occur online through cyberbullying, where hurtful messages, images, or comments are shared on digital platforms.

Some students are targeted because they appear different from others. Students with disabilities may sometimes experience bullying because of misunderstandings about their abilities or needs. Every student deserves to feel respected, valued, and safe at school.



## Reflection Activity

Why is it important for students to treat classmates with respect and kindness?



## Module 2:

# Why Bullying Is Harmful?



### Learning Objective

Students will understand the emotional and social impact of bullying.



### Learning Content

Bullying can cause serious harm to students. A student who is bullied may feel anxious, sad, lonely, or afraid to attend school. These feelings can affect confidence, friendships, and the ability to concentrate on learning.

Bullying also harms the entire school community. When students feel unsafe, it becomes harder for everyone to learn and participate fully in school activities.

Students with disabilities may be especially vulnerable when bullying targets their differences. Hurtful comments about a student's physical condition, learning ability, or assistive devices can damage confidence and make them feel excluded. A respectful school environment protects the dignity and well-being of every learner.



### Reflection Activity

How might bullying affect a student's ability to participate in class and enjoy school?



## Module 3:

# The Role of Bystanders



### Learning Objective

Students will learn how witnesses to bullying can help create safer environments.



### Learning Content

Students who see bullying happening are known as bystanders. Bystanders have the power to influence situations. When bystanders ignore bullying or laugh along with harmful behavior, it may encourage the bully to continue.

However, bystanders can help stop bullying by showing support for the person being bullied. This may involve standing beside the student, refusing to participate in hurtful jokes, or reporting the behavior to a teacher or trusted adult.

Supporting classmates who may be targeted because of disability, appearance, or differences in learning styles helps build a more inclusive school environment where everyone feels respected.



### Reflection Activity

What are safe ways students can support a classmate who is being bullied?



## Module 4:

# Cyberbullying and Responsible Online Behavior



### Learning Objective

Students will understand how bullying can occur online and learn responsible digital behavior.



### Learning Content

Cyberbullying occurs when someone uses technology such as social media, messaging apps, or online forums to harm or embarrass another person. This may include sending threatening messages, spreading rumors, or sharing embarrassing photos or videos.

Cyberbullying can spread quickly and may reach a large audience. Because online content can remain visible for long periods of time, the emotional impact can be very serious.

Students should practice responsible digital behavior by communicating respectfully online, refusing to share harmful content, and reporting abusive behavior. Students should also be mindful not to mock or shame classmates online, including those with disabilities or learning differences.



### Reflection Activity

What steps can students take to ensure their online behavior is respectful and responsible?



## Module 5:

# Promoting Kindness and Inclusion



### Learning Objective

Students will learn how kindness and empathy help prevent bullying.



### Learning Content

Kindness and empathy are essential for building strong relationships within schools. Students can promote kindness by encouraging one another, including classmates in activities, and showing respect for differences.

An inclusive school environment values diversity. Students may have different abilities, backgrounds, or ways of learning. When students support classmates with disabilities and ensure they feel included in group activities and discussions, they help create a community where everyone belongs.

Small acts of kindness can have a powerful effect in preventing bullying and strengthening friendships.



### Reflection Activity

Describe one action you can take to make your school environment more inclusive.



## Module 6:

# Signs Someone May Be Experiencing Bullying



### Learning Objective

Students will recognize warning signs that someone may be experiencing bullying.



### Learning Content

Students who are experiencing bullying may show changes in behavior. They may become withdrawn, anxious, or reluctant to attend school. They may avoid certain classmates, appear upset during school hours, or lose interest in activities they previously enjoyed.

Bullying may involve physical aggression, name-calling, teasing, social exclusion, or cyberbullying. These behaviors can cause emotional distress and make students feel isolated.

Students with disabilities may sometimes experience bullying because of differences in communication, mobility, or learning styles. For example, a student may be teased for using a wheelchair, hearing aid, or other assistive device. Such behavior is harmful and unfair.

Teachers and classmates can help by paying attention to these signs and offering support when needed.



### Reflection Activity

How can students help classmates who may feel excluded or unsafe?



## Module 7:

# How Students Can Safely Report Bullying



### Learning Objective

Students will understand safe and responsible ways to report bullying.



### Learning Content

Reporting bullying is an important step in creating a safe school environment. Students who experience bullying or witness it should inform a trusted adult such as a teacher, school counselor, or school administrator.

Reporting bullying is not the same as “telling on someone.” It is an act of responsibility that helps protect students from harm. When bullying is reported early, teachers and school leaders can take steps to resolve the situation and support those affected.

Students should also report bullying that targets classmates because of disability, appearance, or differences in learning ability. Everyone deserves equal protection and respect.



### Reflection Activity

Why is it important for students to report bullying to trusted adults?

**Student Pledge:** “I Am Bold, Not a Bully”

**Instructions for Students:** Read the pledge aloud individually or as a class and reflect on how your actions can help make your school a safer and kinder place for everyone.



## Module 8:

# Building an Inclusive Anti-Bullying Culture in Schools



### Learning Objective

Students will understand how schools can create inclusive and respectful environments.



### Learning Content

Preventing bullying requires cooperation among students, teachers, and school leaders. Schools should establish clear rules that bullying in any form physical, verbal, social, or online (cyber bullying) is unacceptable.

Teachers can promote positive behavior by encouraging respectful communication, supporting collaboration among students, and addressing bullying quickly when it occurs.

Inclusive schools ensure that students with disabilities are able to participate fully in learning and social activities. When students respect differences and support one another, they help create a culture of empathy and belonging.

A school community that values kindness, inclusion, and respect becomes a place where every learner can grow and succeed.



### Reflection Activity

Identify two ways students and teachers can work together to build a respectful and inclusive school community.



# Student Knowledge Check Quiz

## Instructions for Students

Answer the following questions based on what you have learned in the modules about bullying, kindness, and inclusion.

### Question 1

What is bullying?

- A. A friendly disagreement between classmates
- B. Repeated actions that hurt, threaten, or embarrass another person
- C. A teacher correcting a student's behavior
- D. Students competing during a game

**Correct Answer: B**

### Question 2

Which of the following is an example of cyberbullying?

- A. Helping a friend with homework
- B. Sending encouraging messages to classmates
- C. Sharing hurtful comments or embarrassing photos about someone online
- D. Participating in a class discussion

**Correct Answer: C**

### Question 3

What should a student do if they see someone being bullied?

- A. Ignore the situation
- B. Join the bully to avoid being targeted
- C. Support the person being bullied and report the behavior to a trusted adult
- D. Record the incident and post it online

**Correct Answer: C**

# Student Knowledge Check Quiz

## Instructions for Students

Answer the following questions based on what you have learned in the modules about bullying, kindness, and inclusion.

### Question 4

Why is disability inclusion important in schools?

- A. Because some students learn differently and deserve equal respect and participation
- B. Because only some students should participate in school activities
- C. Because students with disabilities should learn separately from others
- D. Because disabilities should not be discussed in school

**Correct Answer: A**

### Question 5

Which action helps build a positive and inclusive school environment?

- A. Excluding students who are different
- B. Calling classmates hurtful names
- C. Showing kindness and including others in activities
- D. Ignoring classmates who need help

**Correct Answer: C**

# THE PLEDGE

I choose kindness over cruelty.

I choose courage over silence.

I believe every student deserves respect, dignity, and a safe place to learn, including students with disabilities and those who may learn differently.

I will not bully others through words, actions, exclusion, or online behavior.

If I see bullying, I will speak up and support those who are hurt.

Today, I choose to be bold, not a bully.

Together, we will be Louder Than Silence.

## Teacher Closing (Call and Response)

Teachers may invite students to repeat together:

**Call:** “We choose

**Response:** “Kindness.

**Call:** We choose...

**Response:** “Courage.

**Call:** Together, We are...

**Response:** “Louder Than Silence.”

## STUDENT COMMITMENT

STUDENTS CAN SIGN HERE TO MARK THEIR PERSONAL COMMITMENT:

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

