



Lesson Guide: Smile Session #4

Bullying | Smile Train China

Lesson Information

Overview: This Lesson Guide contains supplemental material for Smile Session #4. This guide can be used to bolster the material in the PowerPoint for older students or by those who are looking for more information.

Lesson Objectives:

- Help children to understand and identify bullying.
- Teach students about ways to prevent and stop bullying.
- Share how Smile Train helps support children with clefts who may have experienced bullying.

Background: This lesson is meant to teach students about bullying and how to prevent it. It will introduce the concept of bullying, discuss different types of bullying, and delve into ways to support those who have been bullied. Throughout the lesson, students should be encouraged to discuss bullying and how it impacts their lives. Students will also learn about bullying directed at children with clefts and how Smile Train works to support them.

Make Connections: When using this lesson plan, teachers should:

- Read the information provided in the PowerPoint about Smile Train China.
- Show students the video on Wang Li.
- Listen to Li Suhai's story.
- Have students follow along and fill in the blanks in the lesson guide.
- Ask students some of the questions on slide 17 of the PowerPoint.

Activity: Anti-bullying poster activity. Make and decorate anti-bullying and pro-kindness posters.



Lesson Guide: Smile Session #4 Bullying | Smile Train China

What is bullying?

Bullying is aggressive behavior that causes either harm or discomfort to others. It happens when there is a real or perceived *power imbalance* and the behavior is *repetitive*.

Bullying can be *direct* or *indirect*. Direct bullying happens to the target's face, such as calling someone names or intimidating them. Indirect bullying happens behind the target's back, such as spreading rumors.

There are three broad categories of bullying. They are *physical, verbal, and social*.

Physical bullying is when the bully harms their target's body or possessions. Examples include hitting, tripping, or pinching the target, or breaking or stealing their things.

Verbal bullying is when the bully says or writes harmful things to or about their target. Examples include teasing, name-calling, or threatening physical or emotional harm.

Social bullying is when the bully seeks to harm the target's relationships or reputation. Examples include spreading rumors, embarrassing someone, or leaving someone out of activities.



Lesson Guide: Smile Session #4 Bullying | Smile Train China

What are the effects of bullying?

Bullying harms kids in many ways. It can damage their emotional and physical health, their academic performance, and their relationships with others.

Kids who have been bullied often feel depressed, anxious, sad, and lonely, and can lose interest in activities they used to enjoy. They are also more likely to hurt themselves and blame themselves for problems they can't control.

Bullying can even make targets sick, giving them headaches, stomachaches, backaches, or trouble sleeping. It can make them tired or dizzy or cause them to sleep and eat in unhealthy ways.

Bullying also affects how well the targets do in school. Kids who have been bullied may participate less in class and do worse on standardized tests. They are also more likely to miss, skip, or drop out of school.



Lesson Guide: Smile Session #4

Bullying | Smile Train China

How do we prevent bullying?

Teaching kids how to identify bullying is very important to preventing it. Kids need to understand what bullying is, that it is unacceptable, and how to safely stand up to bullies or get help when they see or experience it.

It is important that children know how they are expected to treat each other. Establishing, communicating, and enforcing clear rules and policies around bullying helps to prevent it.

Relationships with adults are also important. Kids need to know that they have someone to turn to when things get tough. Keeping lines of communication open and spending a little time each day talking with a child who has been bullied can reassure them that they can trust you if they have a problem.

Encouraging kids to take part in activities, interests, and hobbies they like can also help prevent bullying. When kids have a place where they can have fun and meet others with the same interests, it helps them build the confidence and friendships that can insulate them from bullying's most negative effects.

Kids learn from watching and listening to the adults in their lives. By treating others with kindness and respect, adults can show kids that there is no place for bullying.



Lesson Guide: Smile Session #4 Bullying | Smile Train China

How does Smile Train support kids who have been bullied?

Even after surgery, children born with clefts may have scars or difficulties speaking that can lead them to feel different or be bullied by their peers. It is important to support these children to ensure they can live up to their full potential.

Smile Train is committed to fighting for the dignity of those born with clefts everywhere we work, in every way we can. Here are just three of the ways we do this:

- We develop educational resources to help children with clefts and their families understand the different kinds of care they will need at every stage of life.
- We set up social support networks connecting people with clefts around the world. The relationships these groups create ensure that no child with a cleft has to face the world alone.
- We provide grants for our partners to organize things like camps where children with clefts can safely address their feelings and connect to peers facing similar challenges and treatments.



Lesson Guide: Smile Session #4

Bullying | Smile Train China

Li Suhai's Story

My name is Li Suhai, I am 22 years old, and this is my story. I was born with a cleft in the remote village of Henan and my family was very poor. My childhood was spent in misery and ridicule. Other children called me names, and I was always fighting with them. Even though I wanted to speak, my words did not come out clearly, which made me extremely angry and frustrated. Gradually, I began to feel inferior to others.

In hopes of finding a treatment for my cleft, my father sold our only pig and took me to see a doctor in town, but sadly the money was still not enough. We returned home that day feeling hopeless. I secretly vowed then that one day I would go to college to change my life and help my family.

In 2003, when I was six, my father heard a message from our neighbor's radio that a hospital in Zhoukou was treating cleft lip and palate patients from Henan for free. With a heart full of hope, my father took me to Zhoukou Central Hospital. A hospital director named Zhang Yuejin warmly received us there and reimbursed our travel expenses, thanks to Smile Train. Before long, I had my free Smile Train-sponsored cleft surgery, and I will never forget the happy look on my father's face when I revealed my new smile.

Since receiving help from Smile Train, I have kept forging ahead in my life. I completed elementary school and went on to complete high school. Encouraged and motivated by Smile Train's spirit of empowerment, I came to enjoy learning, and, step by step, I have tried to improve my knowledge every day. All my hard work paid off that autumn day when I got the admission notice to my favorite college. It was a very important turning point in my life, and my college dream came true thanks to Smile Train.

I want to give a very big thanks to Smile Train and Zhoukou Central Hospital for returning hope into my life. I will continue to be grateful, work hard, and dedicate my time to bettering society and giving back to everyone who cares for me.



Lesson Guide: Smile Session #4 Bullying | Smile Train China

Anti-Bullying Activity

Materials

Paper
Markers
Pens
Paint

Directions

Decorate your own anti-bullying, pro-kindness posters! Think about rules that you think will prevent bullying or information on bullying that you think is important to share. You might also think about how you want to be treated by others and ways that you can support people who have been bullied. Decorate your poster with words and images that reflect these thoughts!



Lesson Guide: Smile Session #4

Bullying | Smile Train China

Resources

General Anti-Bullying

Stop Bullying Campaign

Campaign by the United States government to raise awareness about bullying and how to prevent it. Full of great information and resources. <https://www.stopbullying.gov/>

BAM! Guide to Getting Along

Resources provided by the Center for Disease Control about staying healthy. There is a section on violence prevention and mental health.

<https://www.cdc.gov/healthyschools/bam/injury.htm>

Cleft Specific

Cleft Pages for Patients

Cleft Affected Adults

This Facebook group is designed to work as a place of dialogue for adults born with clefts.

This page only includes individuals with clefts themselves.

<https://www.facebook.com/groups/AdultCleftLipandPalate/>

Cleft Pages for Families and Allies

Cleft Mom Support

This Facebook group welcomes all parents, grandparents, adoptive parents, and guardians of individuals born with clefts. <https://www.facebook.com/groups/cleftmommsupport/>

Cleft Mommies

This Facebook group, similar to the group listed above, welcomes all parents, grandparents, adoptive parents, and guardians of individuals born with clefts.

<https://www.facebook.com/groups/cleftmommies/>

Cleft Lip and Palate Support Group

This Facebook group allows anyone with any connection to clefts to join; the one condition to be admitted is to agree to be respectful. It contains many patient stories, mostly posted by parents and family members of cleft-impacted individuals.

<https://www.facebook.com/groups/1416766441871886/>

Cleft Lip & Palate Association

This Facebook group is run by the Cleft Lip and Palate Association (CLAPA), a national charity working to improve the lives of people born with clefts and their families in the United Kingdom. <https://www.facebook.com/groups/clapacommunity/>



Lesson Guide: Smile Session #4 Bullying | Smile Train China

Sources

Smile Train. <https://www.SmileTrain.org>.

Stop Bullying. <https://www.stopbullying.gov/>.

Wolke, Dieter and Suzet Tanya Lereya. "Long Term Effects of Bullying." NCBI/NIH. (2015). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4552909/>.