



Bullyfree Basics

Grades 4 and 5

Create a safe and respectful learning environment.

Children's Health Education Center, a member of Children's Hospital and Health System, is committed to keeping kids healthy and safe. That's why we created *Bullyfree Basics*, a BlueKids.org e-learning program designed for students in grades 4 and 5. This fun and engaging program helps kids keep their classrooms safe by creating a bully-free environment.



Created by education experts at CHEC in collaboration with the Wisconsin Department of Public Instruction, *Bullyfree Basics* takes a novel approach to tackling one of our schools' most troubling issues. The interactive program doesn't just increase awareness about bullying, it provides students with the skills they need to prevent and stop bullying.

Using interactive video and a variety of activities, *Bullyfree Basics* teaches students:

- Different types of bullying that can occur.
- What to do when bullying takes place.
- How to create a bully-free classroom.

Bullyfree Basics builds on what students have learned in the third grade DPI bullying curriculum and prepares them for the sixth grade DPI curriculum. However, students can also successfully use this program without the use of the DPI curriculum.

Your school's wellness initiative or anti-bullying plan will benefit from the use of *Bullyfree Basics* as the core of, or supplement to, your current health education. Students will develop skills to combat bullying, including the use of assertive comebacks and empathetic attitudes that helps foster a classroom of compassion.

Bullyfree Basics features a comprehensive teacher's guide that prepares teachers to use CHEC's e-learning solution in their classrooms. The guide provides:

- Details of all activities and lessons.
- Learning objectives aligned with national standards and core concepts.
- Classroom implementation strategies.
- Alternative teaching delivery methods.
- Take-home activities.
- Additional resources.

Bullyfree Basics is an affordable solution. You may purchase the course on a one-time basis or by an annual license agreement through your school district. Program discounts are available to fit classroom or school district budgets. E-mail CHEC at chec@chw.org for more information.



Course name

Bullyfree Basics

Target age group

Grades 4 and 5

Course content

Bullying prevention, interpersonal communication, conflict management.

Instructional strategies

Pre- and post-tests; interactive learning activities and games; individual activities.

Target course length

6-8 weeks (5-7 classroom hours per grade level).

Technical requirements

High-speed Internet connection, sound card, video card, headphones. PCs or Macs.

Aligned to the following standards

- Health content meets the criteria of the National Health Education Standards.
- Curriculum meets technology standards as defined by the International Society for Technology in Education in the National Educational Technology Plan.

Support materials

- Teacher's guide.
- Tech support.
- e-Learning consultant.

All BlueKids.org online curriculum is brought to you by the health education experts at CHEC. Affiliated with Children's Hospital of Wisconsin, one of the leading pediatric hospitals in the country, CHEC is committed to partnering with teachers to help students make healthy choices for life.

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