

Adolescent Bullying Awareness Program



Grades 6 – 8

DON'T FORGET TO

LIKE

Bullying is a widespread and serious problem. From the playground to the classroom to the internet, bullying can happen anywhere at any time.

More than 20% of students 12 to 18 years old report being bullied¹ and over 35% have been the victims of cyberbullying².

Kaiser Permanente's Adolescent Bullying Awareness program for grades 6-8 supports the Health Education Content Standards for California Public schools in the areas of mental, emotional and social health; injury prevention and safety; and growth, development, and sexual health. It demonstrates to students that they are not alone, and help is available .

The key concepts:

- Cyberbullying can injure self-worth and create emotional trauma.
- There are steps that can be taken to prevent the spread of cyberbullying.
- Trusted adults can support young people when reporting bullying or navigating a crisis.
- Limiting social media is a form of self-care and protection.
- Having a network of friends that celebrate diversity and tolerance is healthy.

Kaiser Permanente's Educational Theatre (ET) has served Southern California since 1986. ET inspires children, teens and adults to make informed decisions about their health and build stronger communities. All programs are free and funded by Kaiser Permanente Community Health.

U.S. Department of Education: "Student Reports of Bullying and Cyberbullying"; (2013); <https://nces.ed.gov/pubs2015/2015056.pdf>

² Cyberbullying Research Center, "2019 Cyberbullying Data"; (2019); <https://cyberbullying.org/2019-cyberbullying-data>

Updated July 2019



The Play (50 minutes)

Don't Forget to Like is a look into a world where teens are tied to their device and only a click away from fame or misfortune. It tells the story of four middle school students, Angel, Zoe, Kayla, and Carlos, whose friendships are fractured by an impulsive act of cyberbullying. When Angel posts an unflattering photo of Zoe that goes viral, Zoe is thrown into a downward spiral, feeling that her life is unraveling.

This play creates a springboard for discussion between teachers, parents and students regarding the potential consequences of cyberbullying. It highlights the need for limits on screen time and suggests strategies for using social media in a positive way. This program illustrates that creating boundaries can promote self-care and contribute to greater self-awareness. It empowers students to build an environment where empathy becomes compassionate action, and tolerance and diversity are celebrated.

At the end of each performance, the actor-educators are available to the students for one-on-one discussions. Students who make disclosures regarding abuse, bullying, feelings of depression or the intent to cause harm to themselves or others are bridged to the principal, counselor or other school personnel for further follow-up.

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kp.org/educationaltheatre/scal

PLEASE RETURN BY THURSDAY, FEBRUARY 6TH To Opt Out of Assembly

() No, I prefer my son/daughter (name) _____ not attend the performance of Kaiser Permanente's "Don't Forget to LIKE".

PARENT NAME: _____

SIGNATURE: _____ DATE: _____