

# Student Activity



## Topic

Bullying,  
Empathy



## Competency

Relationship Skills,  
Self-Awareness



## Grade Band

Elementary School

## Brianna

Nine-year old Brianna has been bullied, excluded, dismissed and ignored. She shares how she learned to manage her feelings, find solutions, and develop new hope for the future with the help of her family.

### Conversation Starters and Writing Prompts

The conversation starters and writing prompts following each video are designed to help youth understand their own mirrors and windows and how their perspectives, feelings and behaviors influence how they see and feel about themselves and others. Please review the **Defining US Facilitator Guide** for a full explanation of design, suggested implementation, and best practices using the videos and prompts.

#### How Do We See?

1. What problem does Brianna face?
2. Have you ever had a similar problem?
3. Who helps Brianna?
4. Who helps you when you need support?

#### What Do We Feel?

1. Name three feelings Brianna experiences during this story?
2. Have you ever felt like Brianna? Why?
3. What are the parts of Brianna's story that made you feel good or feel bad?
4. How did Brianna share her feelings?
5. Did sharing her feelings help Brianna overcome some of her sadness? Why?

#### How Can We Change?

1. What is the most important thing you learned from Brianna's story?
2. How can Brianna's story help you now and in the future?
3. What will you remember most about Brianna?
4. Did Brianna ask for help? How?
5. How did Brianna take care of herself?

#### Deeper Look: Define and Discuss

- Bullying
- Prejudice
- Inclusion
- Diversity
- Empathy
- Sharing Feelings and Asking for Help