

How to Deal with Haters: Classroom Lesson Plan

Lesson Topic:

How to Deal with Haters

Lesson Objective:

Students will be able to explain steps they can take if faced with a bullying situation.

Materials:

- Writing utensils
- **Positive Affirmations** worksheets, one per student
- Projector or other method to watch the video

Advanced Preparation:

- Preview the [video](#) before sharing it with your students [2:58].
- Make copies of **Positive Affirmations**, one per student.

Warm-up Activity:

1. Ask, "What is a hater?"
2. Direct students to turn and talk to a partner.
3. Bring the class together to discuss their definitions.
4. Tell students that the term "hater" is often used as another word for "bully". Specifically, haters use negative comments or behavior to bring another person down.

5. Ask, "What advice would you give to someone who was being bullied?"
6. Allow students a few minutes to discuss their ideas with a partner.
7. Bring the class together to discuss their ideas. Create a list of these pieces of advice on the whiteboard or overhead.

View the Video: "How to Deal with Haters"

1. Tell students they will be watching the video titled, "How to Deal with Haters".
2. Explain that the video presents role models discussing bullies and providing advice on how to deal with bullying situations.
3. View the video together. Invite students to formulate questions or comments about the ideas discussed in the video and to be prepared to discuss these after viewing the video.

Video Follow-up:

1. Ask students to offer their questions, comments, reactions, and responses to the video.
2. Ask, "What pieces of advice did the role models offer to help prevent or overcome bullying situations?"
3. Add any new information or ideas to the list on the whiteboard or overhead from the Warm-up Activity.
4. Explain that one tool that can be useful to help build and maintain self-esteem are mantras or affirmations. In bullying situations, people often feel sad or begin to doubt themselves. Affirmations can help boost self-esteem and strengthen emotional resilience.
5. Provide a few examples of affirmations such as, "*I am important and special*" or "*Nothing can stand in my way.*"



6. Pass out the **Positive Affirmations** worksheet.
7. Show the video "How to Deal with Haters" again to allow the students to listen for the role models' positive affirmations.
8. Allow students time to complete their worksheets. Circulate to assist as necessary.
9. Bring the class back together to share the affirmations heard in the video. If students feel comfortable sharing their personal affirmations, they can also do so at this time.
10. End by telling students that although there are haters in the world, you can't let them scare you into losing sight of your goals. Celebrate yourself and all the amazing things that you will accomplish. As one role model told us, "If you have haters, that means that you are doing something that they are not."

Extension Activities:

1. Have students continue to explore bullying using popular storybooks and novels. Gather a series of books dealing with bullies and bullying or enlist the help of the school librarian. These books can be read individually, as whole class read alouds, or in small reading groups.
2. Use the “Related Questions to Explore” as discussion springboards or writing prompts to help students further explore bullying prevention and build resilience.

Related Questions to Explore:

- Why might someone engage in bullying behavior?
- Is it ever okay to be a bully? Why or why not?
- What is the difference between being a bully and standing up for yourself? How do they sound or look different?
- Have you ever seen or heard bullying? What did you do? Why?
- If you had to give advice to a younger student being bullied, what would you say? Why?



Positive Affirmations

As you watch the video “How to Deal with Haters”, listen carefully to hear the role models give examples of positive affirmations. Whenever you hear a sentence that could be used as a positive affirmation, write it down below. The first one is done for you as an example. Be prepared to share your answers after the video.

Positive Affirmations I Heard in the Video
<i>“Just keep going. Just keep striving.”</i>

Now write some positive affirmations for yourself. Think about things that would encourage or inspire you to do your best work or motivate you to be the best version of yourself.

My Positive Affirmations
<i>“I believe in myself.”</i>



Ideas for Future Lessons/Activities Related to Bullying:

1. What Does the Science Say? A Review of Bullying Facts and Figures
2. Math Connection: How Common is Bullying and How Has This Changed Over Time?
3. Career Focus: School Counselor
4. Don't Be a Hater: Challenging Scenarios for Students to Discuss and Roleplay
5. Identifying Bullying Language: What Types of Things Do Haters Say?
6. It's Not All IRL: Comparing Bullying Situations and Solutions in Real Life and Online
7. Self-Confidence, Self-Esteem, and You: Scientifically Backed Ways to Boost Your Self-Love