

PACER CENTER'S
TEENS
AGAINST
BULLYING

"She's Falling"

Lyrics and Music by Hayley Reardon

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Hayley's lyrics are followed by suggested questions for classroom discussion. The optimal setting is do this in small groups, around 4 to 6 students.

**When words are thrown out without thinking,
She can't believe the thought out ones are true
And the lies, they're getting more familiar
But honestly there's nothing she can do**

**She's trying to ignore the pain
It's no wonder she only wants to leave this place
And their words and lies and memories
Are spinning round and she can't breathe
She's falling**

You Better catch her while she's falling

Faking smiles, and dried out tears

You're quite the mess for so little years

And for a girl who used to shine so bright

I look at you and see a losing fight

**She's trying to ignore the pain
It's no wonder she only wants to leave this place
And their words and lies and memories
Are spinning round and she can't breathe
She's falling**

Gotta catch her while she's falling

Falling

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ACT! Bullying Prevention Lesson Plan

Middle/High School Students Talking with Elementary School Students

Optional activity:

After the discussion, students can fill out anonymous pledge sheets with something SPECIFIC that they can do to help someone being bullied. Emphasize that students should avoid generic responses such as “I will be nicer”, but to instead focus on “When I see bullying, I will tell that person that I’m sorry that is happening to them”, etc.

When words are thrown out without thinking,

Do you think that the students who bullied Phoebe were thinking about she felt? Were their actions intentional or were they random? How do “words” (include gossip, talking behind back, posting on facebook) hurt someone?

She can’t believe the thought out ones are true

Does it ever happen that people start to believe that they deserve to be bullied?

And the lies, they’re getting more familiar

Do you think that kids who bully are consciously aware that their actions are hurting someone?

But honestly there’s nothing she can do

How does one person defend themselves? How different would Phoebe’s story be if someone had spoken out on her behalf? How different would Phoebe’s story be if MANY PEOPLE had spoken out on her behalf?

She’s trying to ignore the pain

Do you think people you see every day could be feeling this pain without you knowing? Do you think “ignoring” bullying is a good idea?

It’s no wonder she only wants to leave this place

What are some of things that kids do in response to being bullied?

And their words and lies and memories

What does self-esteem mean to you?

Are spinning round and she can’t breathe

Do you think that someone is being bullied CONSTANTLY can focus on anything else?

She’s falling

Do you think when people aren’t attacking the target that the target continues to attack himself/herself?

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Gotta catch her while she's falling

How would you respond differently if it was your friend being bullied versus another classmate that you didn't know as well.

Faking smiles, and dried out tears

Which is more painful—emotional bullying or physical bullying—and why? Do you think passing on a rumor is harmless?

You're quite the mess for so little years

At what ages is bullying at its worst? Do you think adults assume kids have it easy?

And for a girl who used to shine so bright

What can be the reasons that people get targeted by bullying? What ways can the target help themselves?

I look at you and see a losing fight

Do you think students feel helpless to prevent bullying? What can be done to empower people to feel supported to take action? Do you think bullying can affect someone's self-esteem beyond high school?