

Name:

Day One

Relational Aggression

Part 1: Silent read

➔ What is relational aggression? Read silently.

Jess was a popular seventh grader. One night she saw a text message that her best friend had sent. “I was thinking it might be a joke or plans for something fun.” But instead, Jess’s friend was dropping her. The next day in school, nobody would sit with Jess at lunch. People laughed in a mean way when she made a tiny mistake in math class. “It was like a switch had flipped,” Jess said.

This was an act of relational aggression. Relational aggression is a kind of non-physical bullying. It can include spreading gossip, jumping up from a lunch table when a certain person sits down, or excluding someone from conversations or parties. Name-calling and backstabbing are also relational aggression. Some students call it “outcasting.”

Girls are more likely to use relational aggression, but boys can bully this way, too. Experts disagree about the causes. Sometimes, these bullies have low self-esteem. They may target others to raise their own status. However, they may also be people with healthy egos who bully to stay popular.

With relational aggression, just a few words can do real emotional damage. However, just a few supportive words can help, too. After Jess lost her best friend, she had to ride the bus on her own. One day, another group of seventh graders invited her to sit with them.

“I still remember that,” Jess says.



Day One

// one minute

Relational Aggression

Part 2: First timed read

WPM _____

Jess was a popular seventh grader. One night she saw a text message that her best friend had sent. “I was thinking it might be a joke or plans for something fun.” But instead, Jess’s friend was dropping her. The next day in school, nobody would sit with Jess at lunch. People laughed in a mean way when she made a tiny mistake in math class. “It was like a switch had flipped,” Jess said.

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Part 3: Comprehension and discussion

What is relational aggression?

What is outcasting?

Day One

Relational Aggression

Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

Jess was a popular seventh grader. // One night she saw a text message / that her best friend had sent. // “I was thinking it might be a joke / or plans for something fun.” // But instead, / Jess’s friend was dropping her. // The next day in school, / nobody would sit with Jess at lunch. // People laughed in a mean way / when she made a tiny mistake in math class. // “It was like a switch had flipped,” / Jess said. //

This was an act of relational aggression. // Relational aggression is a kind of non-physical bullying. // It can include spreading gossip, / jumping up from a lunch table when a certain person sits down, / or excluding someone from conversations / or parties. // Name-calling and backstabbing are also relational aggression. // Some students call it “outcasting.” //

Girls are more likely to use relational aggression, / but boys can bully this way, / too. // Experts disagree about the causes. // Sometimes, / these bullies have low self-esteem. // They may target others / to raise their own status. // However, / they may also be people with healthy egos / who bully to stay popular. //

With relational aggression, / just a few words can do real / emotional damage. // However, / just a few supportive words can help, / too. // After Jess lost her best friend, / she had to ride the bus on her own. // One day, / another group of seventh graders invited her to sit with them. //

“I still remember that,” / Jess says. //

I read the passage in phrases out loud to my partner.