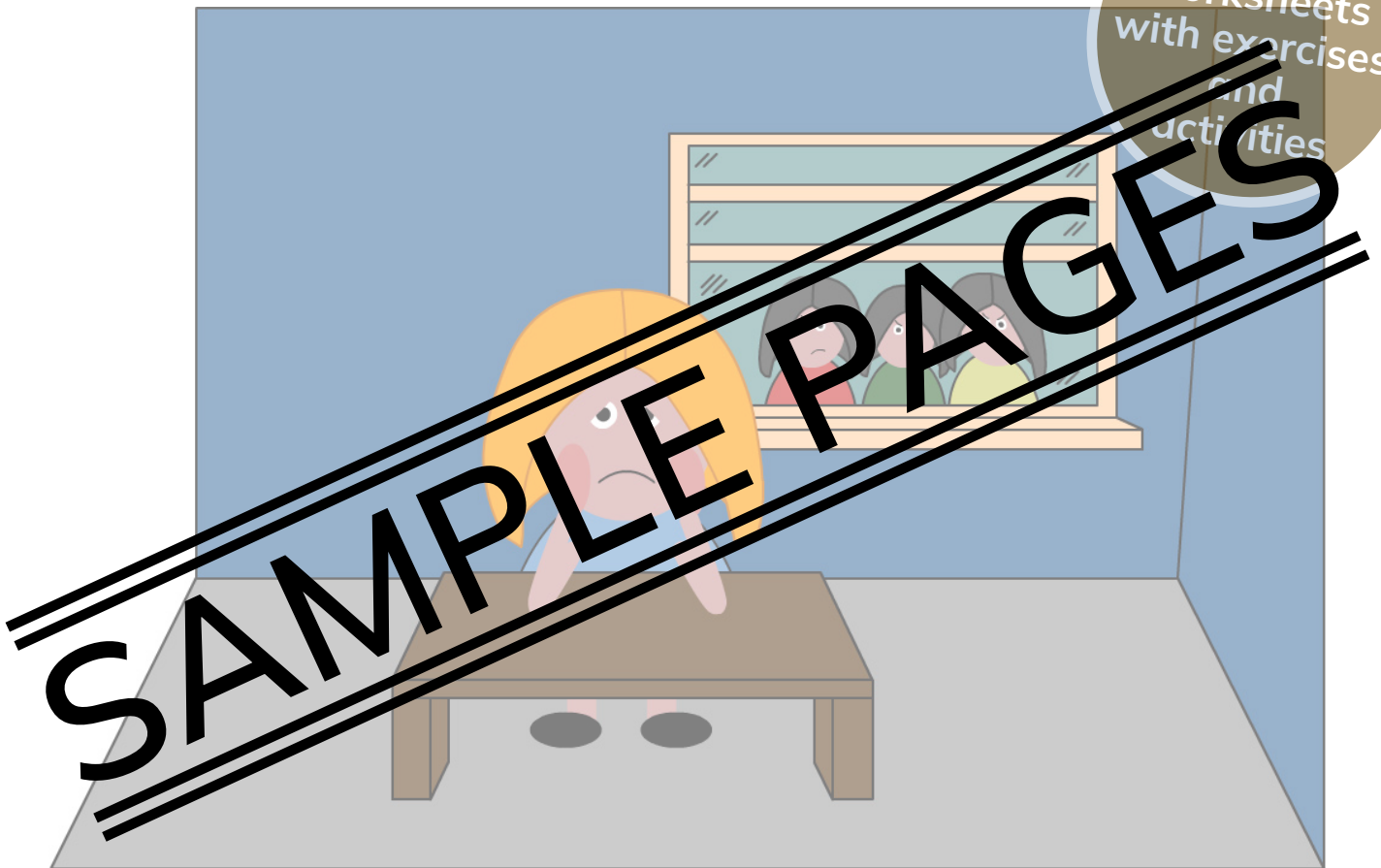


BULLYING

A COMPLETE APPROACH

Includes
worksheets
with exercises
and
activities



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Guidelines

60-Minute Lessons

Lesson 1

Introduction — Page 11

What Is Bullying? — Page 13

Typical Targets for Bullies — Page 17

Worksheets 1, 2 & 3

Lesson 2

Types of Bullying — Page 23

Do You Know How It Feels? — Page 25

Reasons for Bullying — Page 29

Worksheets 4 & 5

Lesson 3

What to Do about Bullying? — Page 33

Peer Pressure? — Page 37

Signs of Bullying — Page 45

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Lesson 4

The Bystander — Page 47

Cyberbullying — Page 51

Worksheets 10, 11, 12, 13 & 14

Half-Day Workshops

Workshop 1

Introduction — Page 11

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Anti-Bullying Policy — Page 63

Worksheets 15, 16, 17, 18 & 19

Self-Esteem — Page 75

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Worksheets 28, 29, 30 & 31

60-Minute Lessons

Lesson 5

Anti-Bullying Policy — Page 63
Worksheets 15, 16, 17, 18 & 19

Lesson 6

Self-Esteem — Page 75
Worksheets 22, 23, 24, 25, 26 & 27

Lesson 7

Assertiveness — Page 97
Worksheets 28, 29, 30 & 31

Lesson 8

Play — ‘Just a Bit of Fun!’ — Page 109
Worksheets 32 & 33

Lesson 9

How to Stop Bullying — Page 121
Worksheets 34 & 35

Half-Day Workshops

Workshop 3

Play — ‘Just a Bit of Fun!’ — Page 109
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Worksheets 34 & 35

Typical Targets for Bullies

Some people are easier targets for teasing and harassment than others. People are bullied for many reasons which may be related to:

- A physical disability or learning difficulty.
- A quiet or studious personality.
- Their race/religion/culture.
- Their physical appearance.
- A health condition.
- Issues of a sexual or sexist nature.
- Their sexual orientation, or that of their family members.
- There is no apparent reason at all—the bully simply picks on them.



Flipchart the above categories and ask the group if they can think of anything else that would make a person a target for bullying.

Explain that people who are bullied can be made to feel worthless and consequently they will have little self-confidence and low self-esteem. It is important to point out that we all have strengths as well as areas that we need to work on. To increase our confidence and boost our self-esteem we need to pinpoint our good points and work on any areas that need to be improved.

Give out **WORKSHEETS 2** and **3**. Tell the group they have 10 minutes to write down as many of their good points and areas to work on as they can. When they are ready, ask for volunteers to read out their lists. Does anyone in the group agree with them? Do we find it easier to think of areas to work on than to think of our good points? Why is this?

Social Bullying

This type of bullying usually takes the form of:

- Exclusion—nobody will talk to or work with the target of bullying.
- Spreading rumours and lying about the target.
- Making unpleasant facial or physical gestures, sneering, deliberate looks of contempt.

Physical Bullying

This type of bullying often takes the form of:

- Pushing & shoving, spitting, throwing objects.
- Slapping, punching and kicking.
- Practical jokes.
- Taking or breaking property including school books, mobile phones etc.

Physical assault is a serious offence. If a teacher suspects that any form of physical violence is taking place, it must be investigated immediately.



Cyberbullying

This type of bullying often takes the form of:

- Trolling someone's personal social media accounts.
- Creating fake accounts on social media to cyberbully someone.
- Online threats, taunts, encouraging someone to harm/kill themselves.
- Defaming someone's character online, spreading lies, starting rumours.

Peer pressure can also develop into a type of bullying. This will be dealt with later.

WORKSHEET 15

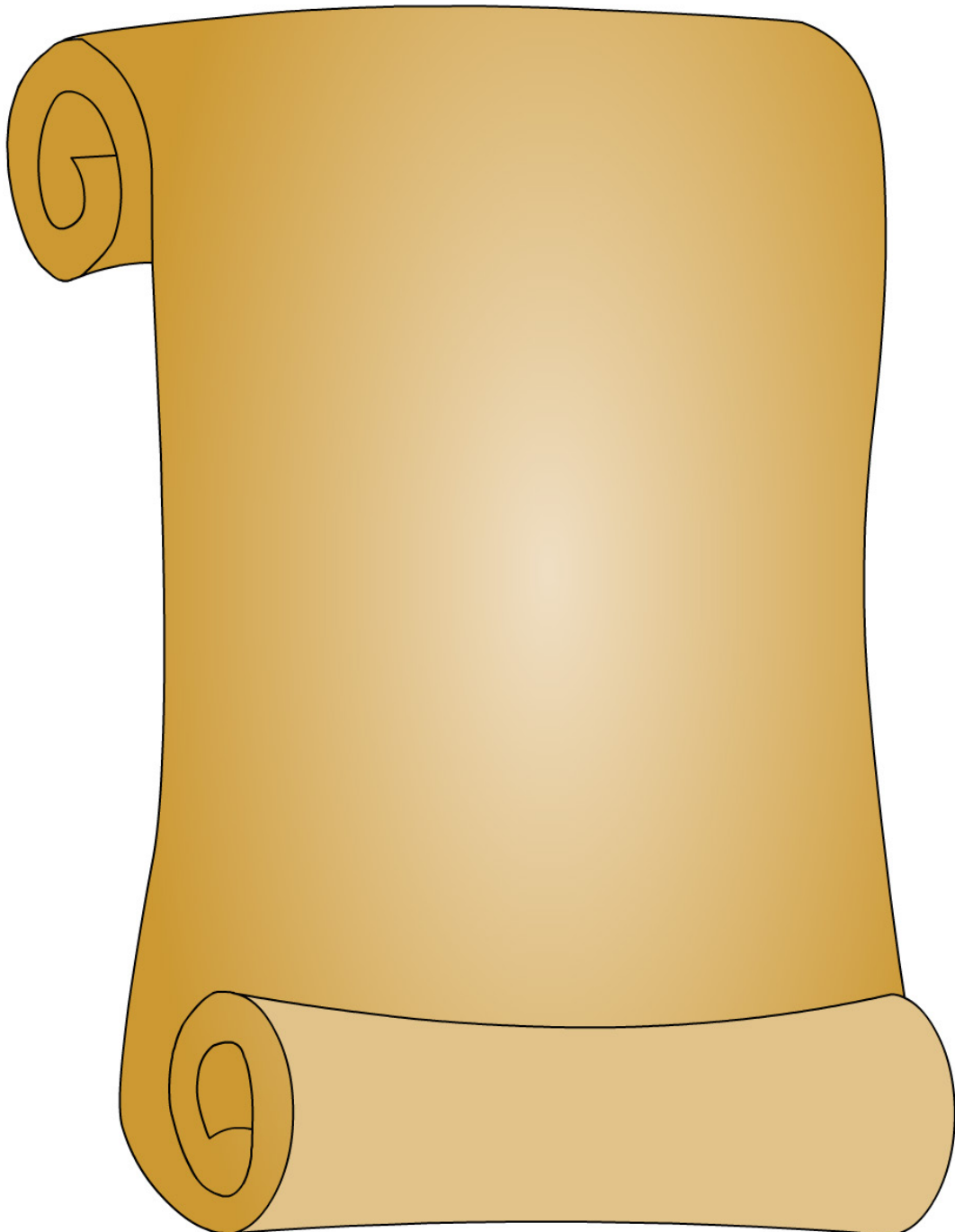
How does your school/organisation deal with bullying?

How My School/Organisation Deals with Bullying

WORKSHEET 19

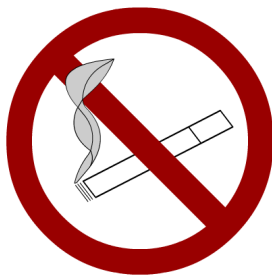
Anti-Bullying Policy

School/Organisation _____



WORKSHEET 37

We are used to seeing signs which tell us what we can and can't do. We see these signs on the road, in shops, sports centres, schools, hospitals and other places. They provide information or tell us what is and isn't allowed. For example:



No
Smoking



No Dogs
Allowed



Switch off
all Mobile
Phones



No Entry



Children
Crossing
Ahead

Design a sign which tells everyone in your school that bullying isn't allowed. Think about the signs you see everyday — they are very simple, usually just one or two colours, but they put their message across very strongly. Ask your teacher if you can set up a display of signs to present to the whole school. Perhaps one of the signs can be used throughout the school to show it is a 'No Bullying' zone.