

# WHAT IS BULLYING?

*Bullying is usually deliberate, hurtful treatment that is repeated over time. The person bullying has more power (physically or psychologically) than the person being bullied.*

Read each of the incidents and complete the form below. Decide whether or not the incident is a form of bullying and explain why or why not.

Incident	Is this a type of bullying? probably/probably not	Why or why not?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

1 It is the end-of-year school social. James asks Emily to dance with him. When James returns to his friends, they tease him about dancing with Emily because she has acne.

2 On most days after school, Toby and his friends wait at the school gate. When Chelsea and her friends try to walk past them, they block their path.

3 Hayley's friends suspect that she likes Rashid, a good-looking new boy at their school. They tease her. She blushes.

4 Tyson and Ben are on the same football team. Whenever the coach isn't looking, Tyson shoves and kicks Ben. Ben ends up covered in bruises.

5 Gulpilil has been called names because of his dark skin ever since he started his new job. No-one calls him names to his face, but he has heard his colleagues talking loudly about him.

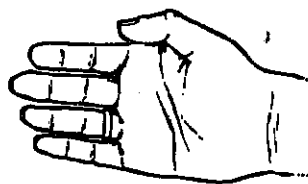
6 Daniel is walking across the school oval when his friend Seb runs up behind him and tackles him to the ground. Seb gets up with a grin and says to Daniel, 'You coming or what?'

7 Adam and Simone have been going out together for a few months. Adam wants their relationship to become more intimate and is constantly pressuring Simone, who is reluctant.

8 When Miss Simmons, a relief teacher, arrives to teach Alex's class, he and his friends talk constantly and refuse to do any work. Miss Simmons leaves the room in tears.

9 Danielle says to Naomi, 'Every day you will give me five bucks to protect you, or else.'

10 On Jessica's first day at her new school, she approaches a group of girls and asks if she can have lunch with them. They say yes, but then ignore her. Jessica walks away after a few minutes.



# BULLYING SITUATIONS

*In small groups, role-play, then write a solution next to each of the scenarios.*

1

You rely on a wheelchair to get around. A girl in your class has taken to grabbing the handles of your chair and spinning you around whenever she has the chance. Your friends don't do anything because they are scared of her.

4

Almost every day at lunchtime, a group of students find you and physically hurt you until you give them your lunch money. You are not sure what has provoked them.

2

It is your first day at your new school, and you are feeling nervous. At lunchtime, you are surrounded by a group of students who call you names and laugh at your 'stupid' haircut.

5

You give an invitation to your birthday party to a popular student at your school in front of his friends. Encouraged by his friends, he tears up the invitation and throws it in the bin.

3

You are told by a group of 'friends' you can not sit with them any more because you are too fat.

6

You are at a party. A group of your friends are drinking alcohol. They ask you to join them, but your religion doesn't allow you to drink alcohol. They begin to tease you.

# WHY DO PEOPLE BULLY? – 2

Sometimes, a circle of friends can support one of their peers who is bullying by laughing, joining in or staying silent. These people are helping to promote bullying.

1 Read the play extract below.

David stands near the school gates. He has a cello case next to him on the ground. He shuffles his feet and occasionally looks anxiously over his right shoulder. Joel, Jayden, Marcus and Tyler, dressed in football uniforms, suddenly appear from David's right. They are talking and laughing loudly. David shudders. The boys notice him.

**Joel** Hey look, it's David! My best friend.

*Marcus and Jayden laugh. Joel moves in close to David.*

**Joel** Come on, Davey, play us a tune. You're supposed to be the brilliant muso.

**David** (quietly) Go away.

**Joel** Oooh, I'm so scared! (He lightly kicks the cello case.) Oops, sorry, my foot must have slipped.

*David grabs the case.*

**David** I don't want you to do that. It's expensive.

*Joel turns to Marcus and Jayden.*

**Joel** Go on, knock it over.

*They boys don't move. Joel glares at them.*

**Joel** Maybe you guys are planning to join the nerds in the school orchestra too? Are you Davey's best friends suddenly?

*Marcus smiles nervously. Jayden suddenly moves forward, grabs the case from David's hand and throws it to the ground. He also gives David a shove that makes him fall to his knees. David looks close to tears.*

**Joel and Jayden** Cry-baby!

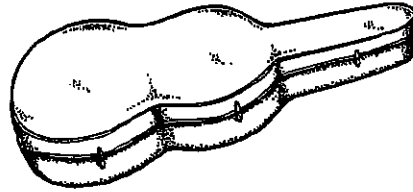
**Tyler** Come on, you guys, leave him alone.

*Joel stares at him. Tyler stares straight back.*

**Tyler** His mum will be here any second.

*Joel whispers something to Marcus and Jayden who laugh loudly. The three of them walk off-stage. Tyler holds out his hand to David.*

**Tyler** Are you all right, mate?



2 Think about these characters in the play and write your opinion of their actions.

Joel \_\_\_\_\_

Marcus \_\_\_\_\_

Jayden \_\_\_\_\_

Tyler \_\_\_\_\_

3 On a separate sheet of paper, write your own bullying playscript, following the guidelines below.

(i) The bullying must be done by a group of people. Each person in the group must somehow promote the bullying at some stage of the play. Think carefully about the character's motivation for their actions before you begin writing the play. You may like to write notes about each character before you write your script.

(ii) Make sure you create a positive ending.

(iii) Have a group of students perform your play and ask them to review the characterisation.



# BULLYING STRATEGIES

If you are bullied, there are many different strategies that can be used to show you will not accept the behaviour of the person who is bullying you and that you deserve to be treated with respect. Read about some of these strategies below.

**Avoid the situation** – stay away from where the bullying occurs or choose a populated area.

**Use humour** – this can be effective but may not be appropriate for every situation or every person.

**Use self-talk** – repeating 'I' statements or self-affirming statements to yourself can help to boost your confidence; e.g. 'I deserve to be treated with respect', 'I know the rumour about me isn't true'.

**Ask for help** – this is often appropriate after other strategies have been tried first. Often students are reluctant to talk to their peers or adults, but keeping bullying a secret gives the person bullying more power to continue. That is why people who bully go to so much trouble to stop their victims from telling.

**Be assertive** – people who look unsure of themselves are often targets for bullying. Even using strong words is not effective if the victim's body language shows a lack of confidence. Standing confidently, using eye contact, speaking clearly and using 'I' statements are effective ways to show you are assertive – even if you don't feel that way!

1 Give examples of a bullying situation in which each of these strategies could be used successfully.

<b>Avoid the situation</b>	<b>Use humour</b>	<b>Be assertive</b>
<b>Use self-talk</b>		<b>Ask for help</b>

2 If you were being bullied, which strategy would you be most likely to choose? Explain why.

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# TOLERANCE – I

*Tolerance is the ability to accept differences among people such as religious beliefs, skin colour, culture, sexuality or disabilities.*

1 Form a small group to complete the activities on this page.

(a) Why might people find it hard to accept people who are different from them in the ways listed above?

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(b) Does tolerance mean we have to agree with someone else's beliefs? Explain.

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*A lack of tolerance can cause hate among different groups of people.  
Hate is often caused by a lack of understanding or fear.*

2 Brainstorm words or phrases that you associate with the word 'hate'.

3 What kinds of things could a community or a country do to help overcome hate among groups of people?

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4 List three problems that may result from intolerance in your school or community. Explain why each problem is important and provide a solution.

<b>Problem</b>	<b>Importance</b>	<b>Solution</b>

# EMPATHY

1 Read the diary entry below.

*Dear Diary*

*A new girl has started at school. Her name is Keenan. She turned up in my English class last week. Some people have already started teasing her because her clothes are so out of fashion. They also look really old and worn. I've noticed that Keenan keeps to herself. At lunchtime, she even sits with two younger kids who must be her brothers. She's in the same classes I am, and every morning she is at least 10 minutes late. The teachers don't seem to get too angry with her, though. They even ignore the fact that Keenan often falls asleep during lessons! The people sitting next to me don't, though. They laugh every time it happens and sometimes throw things at her.*

*Yesterday, when Keenan arrived late as usual, I let her sit in the spare seat next to me. My friends gave me the strangest look and muttered comments under their breath, but I ignored them. Keenan didn't say anything but after the class she smiled at me. I really think she needs someone to talk to. My friends aren't going to like it much, but I'm going to ask her if she would like to sit with us at lunchtime. I don't know if she'll say yes, but it's worth a try.*

2 What kind of person do you think the writer is?

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3 How would you describe the behaviour of the other people in the class?

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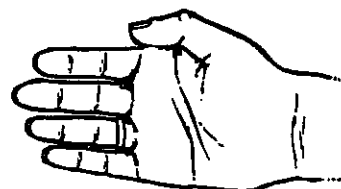
*Sometimes when we think someone is different from us, we make fun of their differences or ignore them rather than try to understand the person or consider their feelings. Showing empathy for others is a skill that we should all learn.*

4 Write what you think the word 'empathy' means.

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5 Imagine that you are Keenan and you are writing in your diary. Write a diary entry that tells us a little bit more about your life and what is happening at your new school.

*Dear Diary*

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# Bullying Hurts

You make me shout and always cry.  
Why won't you please just tell me why.  
You always think you're really cool.  
Don't you know, you're just a fool.  
I know that you are jealous of me.  
I wish that you'd just let me be.  
Never before have I felt such pain.  
I wonder if it's your middle name.  
You think I'm weak but really I'm strong.  
The things you do are truly wrong.  
Today I'm going to tell someone.  
Then your evil plan will be undone.

*By Sarah Mc Ardle, Year 4  
Ranvilles Junior School*

**Bulky Joke:**  
How do bullies learn to get  
what they want?  
By trial and terror.



↑ *Note this is a girl bully,  
boy bullies are just as ugly*

## Becoming 'Bully -Proof'

Definition:

Activity: Circle all key words. Underline any words you are unfamiliar with.

"Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally."

*Department of Children, Schools and families*

*Remember - Bullying is a social act, involving not only the victim/s but also witnesses/bystanders.*

<u>Personal definition:</u>	<u>Why do bullies exist?</u>	<u>Aims of a bully:</u>
<u>Strategies to overcome Bullying:-</u>	<ul style="list-style-type: none"><li>- <i>It usually involves an imbalance of power and makes the bully feel temporarily successful!</i></li></ul>	