

What is Bullying?

Bullying is the conscious desire to hurt, exclude, or put someone else down to make you feel better. Bullying can be in looks, actions or words. Bullying is not a joke. It is unacceptable. Each person/student has the right to feel safe, happy, and wanted.

BULLYING COULD INCLUDE:

- Being ignored constantly.
- Being excluded from the group.
- Having rumors spread about you.
- Being made fun of.

YOU ARE HELPING A BULLY BY:

- Providing an audience.
- Not supporting someone who is being bullied.
- Passing on harassing notes.
- Passing on rumors.
- Laughing at a bully's actions.

Face Value

Here is a fun game/activity that can address bullying with intermediate and middle school students.

Begin with every student receiving a playing card, face down.

Explain to the students the following:

- You are to not look at your card or tell anyone else what their card is.
- Everyone should place the card on their forehead (or walk showing the card, but not looking at their own card!) with the face of the card facing away from their heads
- Begin to mingle with each other but treat everyone based on the "face value" of their card. For example, low cards (2-5) don't get much attention or are avoided, mid-range cards (6-10) are treated with respect but not overly lauded, royal cards (J, Q, K, A) are the best of the deck--those cards are the ones you try to hang out with, treat well and are "super cool"
- Allow students to mingle for several minutes treating others based on face value. Call for their attention and then have students divide into groups based on how they have been treated, low cards, mid-range and royalty. Discuss how it doesn't take very long to figure out what "group" you belong to based on how people treat you.

- Ask members from each group why they felt like they belonged in that group and how people made them feel. Lead into a discussion about the "Golden Rule" and how everyone should expect to be treated like royalty, but in return should treat everyone else like royalty as well, not as "low cards."
- Have students take the cards off their foreheads and check to see if they are correct in guessing which level card they have. After this activity you can easily lead into a bullying discussion where you identify and define what bullying is, types of bullying, why people bully, what to do if you see bullying or are bullied and how to avoid becoming a bully themselves.

At the end, always remind students that bullying stops with them. It has to be a personal and individual choice to make it stop and to treat all those around them as if they were all royalty cards.

Simon Says – “who are you?”

Students play a variation of Simon Says that highlights their similarities and differences.

Game

- Explain to students that they will play a version of Simon Says in which only some students will respond to each command.
- Tell students that they must watch carefully as they play the game because at the end, each student must tell one new thing they learned about a classmate.
- Lead a game of Simon Says. Provide such directions as
 - Simon says "Everyone with brown eyes, stand up."
 - Simon says "Everyone who has a dog as a pet, put your right hand on your head."
 - Simon says "Everyone whose favorite sport is soccer, stand on one foot."
 - Simon says "Everyone who speaks more than one language, jump up and down."

and so on. Choose categories appropriate for your students.

- At the end of the game, have students sit in a circle. Ask each student to name one way in which he or she and another student are alike. The trait they share must be something they didn't know before playing the game. Students might say, for example, "I didn't know that Katie spoke Spanish" or "I didn't know that Jose was left-handed."

Game - Statue Tiggy

Equipment: Nil

Method:

Pack runs around and one person (or maybe two) are 'it'. These will represent the kids with bullying behaviour. They chase and when a cub is tagged, they freeze. The rest of the group supports the frozen victim to free them, by crawling under their legs.

Short Post Game Debrief:

- Link the roles that were played in the game:
 - group responsibility,
 - bully's actions (eg. Did they go for the same kids?),
 - bystanders (did group members not do any unfreezing),
 - the victims' feelings.
- Highlight the repetitive nature of bullying and did it play out in the game?
- Ensure that the length of the discussion and the topics meet the pack needs