



## PROGRAMME 3: **BULLY**

### **AIMS**

The aim of this topic is for children to develop an awareness of what bullying is and what they can do to minimise or prevent it.

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### **LEARNING OBJECTIVES**

Children will:

- Be aware that people bully for many reasons
  - Be aware that there are many ways people bully
  - Develop sound strategies to prevent bullying
  - Learn to tell someone they trust if they are bullied
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### **SKILLS**

- Communication
  - Sociability and co-operation
  - Problem solving
  - Work and study
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### **VIRTUES**

- Honesty
  - Consideration
  - Respect
  - Assertiveness
  - Courage
  - Justice
  - Humility
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## LESSONS (*Adapt for Juniors*)

View the DVD **Bully** before the lesson

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1. Brainstorm/mind map the meaning of bullying on the board with the children.

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  2. In small groups have children discuss and write down ideas as to why people bully and discuss the results.

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  3. In groups give the children a variety of scenarios on bullying (cards are included). Discuss and place cards under two headings on the board; Bullying and Not Bullying.

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  4. Using the same cards, ask the children the consequences or feelings that people who bully may face. Discuss with children the following:
    - Bullies may feel insecure about themselves already
    - Bullies often don't have a sense of power and bully others to make themselves feel better
    - Bullies often don't like themselves
    - Bullies often lack true friends
    - Bullies often attract other people like themselves
    - Bullies are feared by people etc.

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  5. Discuss possible solutions if they are bullied at school, in the playground or at home.
    - tell someone they trust e.g., coach, parent, big brother or sister, minister, teacher etc.
    - loudly tell the bully to go away so that a teacher can hear.
    - tell the teacher immediately if they have been bullied and know what has happened.
    - practice telling with clarity what happened so the teacher understands.
    - see a 'Cool School' facilitator at school (if they are in your school).
    - walk away and play with someone else.
    - go somewhere where they feel safe and secure.
    - do not continue to fight with a bully.
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# Bullying

Name: ..... Date: .....

A kid is trying to take your lunch money out of your hand.

You tell on another kid because they were talking in class. The get upset and hit you.

A kid is pressuring you to swap your lunch with theirs and won't take no for an answer.

Some kids are laughing at you because you were told off by the teacher.

A kid has bumped you accidentally but did not say sorry.

Some kids laughed at you because you told a funny joke.

*(Junior)*

## Unscramble these words

ulylb .....

asd .....

ergna .....

culnh .....

keta .....

llet .....

outsh .....

obbby .....

bynra .....

What is one thing you can do if you are bullied?

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## Supplementary Activities

### Written Language

- Write an account of a time when someone was bullying you or your friend and the solution (and/or a better solution).
  - Who, when, why, what, where.
  - Write an explanation of why it is that some people choose to bully and others do not.
  - Write an acrostic poem on BULLYING
  - Research famous people who were bullied as a child (historical & current).
  - Your best friend tells you he is being bullied. Write down how you would help them.
  - Write a story about bullying, and include steps for your characters to find safe solutions to the problem.
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### Visual Language

- Juniors - Make a poster on someone **who is Kind, Trustworthy, Helpful and Friendly** or make a poster on **Ban the Bully**.
  - Make a poster of all the places/people that you would ask to help you if you were being bullied.
  - Seniors – make a poster on agencies and people who could help you if you were being bullied.
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### Drama

Using the scenario cards from the Copy Sheet discuss the repercussions and effects that bullying has on all involved. Have children act out solutions for each scenario.

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### Oral Language

Have children discuss a time when they or a friend were bullied at school and how it made them feel. Discuss possible solutions or ways to deal with bullies.

Discuss the Bullying programme in your school and how it is working and how it could be improved.

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### Topic

Have a virtue day on **Honesty, Friendliness, Courage, Kindness or Respect** and discuss with the children why these are important virtues and to what situations they are best suited.

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