



No-Bullying **Pre-Performance Discussion/Activities**

1. What is bullying? Brainstorming

Have students write down definitions of bullying, examples of bullying, ways of bullying, and why people bully on the board.

2. True or false quiz about bullying.

Have students complete this quiz and then go over the answers after the presentation.

- a) Bullying involves only two people: the bully and the victim.
- b) There is only one type of bullying.
- c) People who see bullying can do something to help the situation.
- d) Telling an adult is always tattling.
- e) People who bully can change the way they behave.
- f) Kids who are "cool" will not be bullied.
- g) Going to the teacher to deal with a bully always makes things worse.

Answers:

- a) Bullying involves two people: the bully and the victim. FALSE bullying involves many different people and can include: the bully, the victim, people who watch or encourage the bullying, people who walk away, people who feel bad when they see bullying, and people who do something to help. See below for more on each.
- b) There is only one type of bullying. FALSE there are 4 types of bullying: verbal, physical, relational, cyber. See below for more on each.
- c) People who see bullying can do something to help the situation. TRUE
- d) Telling an adult is always tattling. FALSE – tattling is when you're only trying to get someone IN trouble, telling an adult is the right thing to do when you're trying to help someone else get OUT of trouble.
- e) People who bully can change the way they behave. TRUE
- f) Kids who are "cool" will not be bullied. FALSE
- g) Going to the teacher to help deal with a bully always makes things worse. FALSE

Post-Performance Discussion/Activities

1. Effects of Bullying Exercises

A. The paper activity Have students look at a plain new piece of paper and ask them to remember how it appears. Now ask them to crumple it into the smallest ball they can. Once they have done this ask them to try to flatten it out and make it look the same as it did before they crumpled it. The paper will never look the same. Explain that is the effect that bullying has on people; you cannot take the impact of bullying back.

B. The toothpaste activity: Ask a student volunteer to come to the front of the class. Place a strip of masking tape on a table. Give the volunteer a tube of toothpaste and ask them to squirt toothpaste onto the strip of masking tape. Now ask the volunteer to put the toothpaste back into the tube. This obviously cannot be done. This demonstrates an example of how hurtful actions cannot be taken back. Bullies who say hurtful things need to recognize their impact but always remember it is never too late to stop being a bully.

2. Song Creation: This activity is best suited to age 8 and up. Take a classic song for example, “We Will Rock You” and have students develop fun and positive lyrics using terminology that was used in HOJA’s presentation. This can be done in small groups. Here are the terms that students can use: No Bullying, Bystander, Hero, Helpful, Kindness, Telling, Respect, Courage, Stand up, Compassion.

3. Role of Bystanders: Review that there are more than two people involved in a bullying situation. Ask students to define “bystander” and write it on the board. Then ask students to describe what are the best actions a bystander can take.

4. Strategies for victims: Have students create an action plan to use if they are being bullied.

Closing activities

1. Postive Leaders: In small groups, have students brainstorm ten ways they can be positive leaders and demonstrate kindness at school (doing things that help, not hurt others). Take 2 or 3 suggestions from each group and post them in the hallway for the school to view.

2. Join HOJA’s No Bullying Club: Students can easily join HOJA’s no bullying club. They can visit: <http://www.hojaworld.com/nobullying/download.html> and if they promise to do the three things listed below everyday they can receive two FREE HOJA song downloads!

It’s easy... just promise us that you will do the following three things every day:

Be Kind — before I do or say anything to someone, I will ask myself ‘how will this make them feel?’ _

Help, Don’t Hurt — if someone needs my help and I ignore them, it’s the same as hurting them._

Tell, Don’t Tattle — tattling just gets someone in trouble, telling helps get someone out of trouble.

Ideas for your school

Bullying boxes

Provide students with a box that they can put notes into if they are being bullied or witness someone being bullied. This can help when children are too worried to actually tell someone. Advise students to make sure that anything they write about is true.

Set up a buddy system

Older students can volunteer to help new or younger students in the school. Having a helpful friend in the school can make a huge difference to new or younger students.

Discussion prompters

How do I Tell if it's Bullying? It's important to be on the lookout for bullying, because someone who is being bullied needs your help.

Bullying always includes these three elements:

1. Imbalance of power — The bully might be older, bigger, stronger, more popular, or powerful in some other way. Or a few kids might gang up on one kid to create this imbalance of power.

- Fighting that happens between two evenly matched kids who have a conflict is probably not bullying.
- If a smaller kid is being hurt by a bigger kid or a group of kids it's probably bullying.
- If two girls get into an argument and call each other names, it's probably not bullying.
- If a group of popular girls are getting everyone to call another girl names, it's probably bullying

2. Intent to harm — The bully means to cause emotional and/or physical pain, and takes pleasure in witnessing the hurt. It's not an accident or mistake, and not playful teasing.

- A ball accidentally hitting a kid in the face is probably not bullying.
- A ball that is thrown by a bigger kid trying to hit a smaller kid in the face is probably bullying.
- Two friends joking and teasing each other back and forth for fun is probably not bullying.
- If the kid being teased is upset or can't take turns teasing back then it is probably bullying.

3. Threat of further hurt — Both the bully and the bullied kid know that the bullying probably will occur again. This is not meant to be a onetime event.

- Two kids that have a fight one time and then leave each other alone is probably not bullying.
- If the same kid has been hurt more than once by someone then it is probably bullying.
- If one kid has been hurt or teased by a lot of different kids at different times then it is probably bullying.

Ask yourself: Does it look like someone really needs help?

If you are not sure whether it's bullying or not, please tell an adult anyways. It is better to be safe than sorry, and hopefully the adult will understand that you are trying to help and not just tattling. If someone is being hurt, an adult should know about it even if it was an accident and not really bullying.

Are there different types of bullying?

Yes, there are 4 different kinds of bullying and they each hurt in different ways. It's important to learn what they are and be able to recognize them so that you can tell an adult you trust if any of them are happening to you or if you've seen or heard of them happening to someone else.

1. Verbal Bullying — can include name calling, taunting and teasing, belittling, racist comments, sexually suggestive or abusive comments, threats — possibly in order to take lunch money or possessions, abusive phone calls or emails, threatening notes, and spreading lies, rumors, and gossip. Sometimes the bully says 'What's the big deal, we were only teasing or joking around', but the truth is that saying mean things can hurt someone just as much or even more than physically hurting them.

2. Physical Bullying — this is what most people think of when they think of bullying, and includes some obvious things such as hitting, pushing, kicking, tripping, and anything else that inflicts pain on someone. It also includes damaging or destroying someone's clothes or possessions. Sometimes the bully says 'We were just fooling around, I didn't mean to hurt him' or 'He started it' to try to shift the blame, but the truth is that doing something to hurt someone who is smaller or weaker than you is wrong.

3. Relational Bullying — this can be the most difficult kind because it is sometimes hard to see exactly what the bullies are doing. It involves making someone feel bad about themselves by encouraging other people to ignore, exclude or shun them. Rumors are often spread behind their back, such as saying that someone has cooties or is a loser, and this is used as an excuse for encouraging everyone to ignore them. Sometimes a group of friends will decide all of a sudden to exclude one person who used to be part of the group simply to be mean and see how bad it makes them feel. You do not necessarily have to be friends with someone who you do not get along with or have a big disagreement with, but it is wrong to say things behind their back and encourage other people to ignore or not be friends with them.

4. Cyber Bullying

Cyber bullying is the use of the internet, cell phones, and other devices to commit acts of Verbal or Relational Bullying through email, online chatrooms, social media sites, posting to blogs, and texting. It is particularly dangerous and harmful for the following reasons:

- Bullies can act anonymously so that it is not easy to find out who is doing the bullying. This can be scarier for the victim and also can make the bullies feel like they can get away with saying things they would not normally say face to face.
- Supervision is lacking, even more so than at school or other places where a bully may be seen doing the bullying, which makes it hard for other people to step in to help.
- It is hard to escape it, even in the safety of your own home.
- Since young people sometimes know how to use the technology better than their parents and other adults, it can be hard for adults to find out about it and help stop the bullying.

When I See Bullying, What Do I Do?

You have a lot of choices when it comes to bullying. You've probably done different things at different times. The first ones on this list are the most hurtful and the last ones are the most kind and helpful. We in HOJA have done all the things on this list at one time or another while growing up. We wish we hadn't done some of the hurtful ones, but instead of just feeling bad about it we decided to try to do better next time by doing the next thing on the list instead. We asked our parents and our teachers for their ideas and help so that we could do better next time. Gradually we were able to work our way up to being a Hero and we were very proud of ourselves. You can do it too! Read the list to see which ones you do most often, and which other ones you have also done.

A. The Person Bullying — Sometimes I start the bullying and encourage others to join in.

Very hurtful — Everyone makes mistakes (we've bullied people before and we're sorry we did). But you don't have to do it again just because you've done it before. You can decide today to not act like a bully anymore.

B. Joiner/Follower — I do not usually start the bullying, but sometimes I join in with teasing or hurting when someone else starts it.

Very hurtful — Even if you are not the one starting the bullying, it is still wrong. But you don't have to do it again just because you've done it before. You can decide today to not join in when you see bullying anymore.

C. Supporter — I do not join in the actual bullying, but sometimes I laugh, cheer, and think it's fun.

Very hurtful — Sometimes it seems like you are not doing anything wrong if all you do is laugh and cheer, but this hurts the person's feelings too. And it encourages the people who are bullying to keep doing it. But you don't have to do this again just because you've done it before. You can decide today to not laugh or cheer when you see bullying anymore.

D. Watcher — I do not laugh or cheer, but sometimes I like watching the bullying and think it's fun.

Hurtful — This is not as bad as the first three choices, but it still hurts the person's feelings when they look around for help and see people watching for fun. But you don't have to do it again just because you've done it before. You can decide today to not watch bullying for fun anymore.

E. Walk Away — When I see bullying, I say it's none of my business or I walk away- I do not like it or dislike it.

A bit hurtful — This is a lot better than the first four choices, but when the person being bullied looks around for help they see no-one who will help them. Ignoring someone who needs help is almost the same as being the one hurting them. We believe you can do better next time. You can decide today to not ignore bullying anymore.

F. Nearly Hero — I dislike bullying and think I should help, but sometimes I do not help.

Almost helpful — Good for you for wanting to help! But it can be really scary, especially if you feel like you'll be the only one who will step in to help. Check out our list of Things You Can Do to Help online for some suggestions of what you can do and still stay safe. You can decide today to help someone when you see bullying.

G. Hero — I dislike the bullying and I try to help.

Very helpful — Good for you for having the courage to help when you see someone who needs it! It can be scary and we want you to stay safe, so check out our list of Things You Can Do to Help for some suggestions for how to do this. Keep up the great work! You can decide today to always help someone when you see bullying.