

# Session 2.5: Bullying

## Activity sheet 2.5.1: Bullying



**Talk about what you think bullying is.**

Here are some ideas. You may have others.

- Bullies keep picking on people who they think are weak or different.
- Bullies hurt other people. Sometimes they might hit, pinch or push other people.
- Bullies might make threats, or spread lies or call people names.
- Bullies might damage or steal other people's property.
- Bullies try to make you feel bad about yourself. They humiliate people and shame people.

## **Activity sheet 2.5.2: Where does bullying happen?**

People get bullied in lots of different places. Bullies often plan to bully other people when no one is looking. Adults and children can get bullied. Talk about where you can be bullied.

You can get bullied at:

**1.**

**2.**

**3.**

## Activity sheet 2.5.3: Cyberbullying

Cyber bullying is bullying using social media. Talk about this in your group.



Write or draw about one thing that you have learned about cyber bullying.

## Activity sheet 2.5.4: Why is bullying wrong?

In Module 1 we learned how important everyone is and that we should respect everyone. We also learned that some behaviour was wrong. Bullying is behaviour which is wrong and does not respect other people.

Talk about why bullying is wrong.

The following statements may give you ideas.

<p><b>We should respect everyone both ourselves and others.</b></p>	<p><b>Everyone is important both you and others.</b></p>
<p><b>We are all similar but different. It is OK to look different from other people.</b></p>	<p><b>It is Ok to like different things, to be good at different things and to need help for different things.</b></p>
<p><b>We need rules and laws to keep everyone safe.</b></p>	<p><b>Prejudice and discrimination are wrong and are against the law.</b></p>



## Activity sheet 2.5.5: Assertiveness and bullying

We have learned how to be assertive. Talk about how being assertive can help stop bullying. The following ideas may give you some ideas.

<p><b>We don't have to be passive and get pushed around. We don't have to put up with bullying.</b></p>	<p><b>We don't have to try to please people or fit in with what others want us to do.</b></p>
<p><b>We don't have to be aggressive and get what we want by bullying other people.</b></p>	<p><b>We can stick up for what we believe and not join in bullying someone.</b></p>
<p><b>We can say 'No'. We can walk away.</b></p>	<p><b>We can say what we want and don't want.</b></p>
<p><b>We can ask for help. We can report bullying.</b></p>	

## **Activity sheet 2.5.6: Video about bullying**

There are lots of videos online about bullying. Watch one in your group. You may want to look at other ones later as well.

## Activity sheet 2.5.7: Bullying – asking for help



If you are being bullied you can get help. Do not try to deal with it yourself. Get help straight away. Do not wait. Find someone you trust such as a teacher or a keyworker. You can also get help from Bullying UK.

If you are bullying other people you can also get help. Do not try to deal with it yourself. Get help straight away. Do not wait. Find someone you trust such as a teacher or a keyworker. You can also get help from Bullying UK.

Write down here who you would ask to help you.