

## Anti-Bullying Tactic 1 - Turning Insults to Compliments



**Goal:** To diffuse the power of an insult by teaching students to turn the comment into a compliment

Time: 1 hour

Materials:

1. Paper
2. Pencils
3. Art Supplies on hand in the classroom.

Leader's Note:

1. Begin talking to students about what makes someone a bully.
2. People are not born bullies. Usually they have been exposed to a bigger bully some time in their lives.
3. This bigger bully could have made the younger bully feel low or small.
4. The younger bully wants others to feel their lowness so they may hurt others to feel powerful.

Leader's Note:

1. Another type of bully is a Teaser and/or Attention Seeker.
2. Teasers are not born this way either. Sometimes they don't receive enough attention in life.
3. Many people don't receive the amount of attention they need.
4. Most people would like attention by being listened to; however, when this is hard to find, a person may settle for getting attention by making others angry.
5. It can be easier to get attention by getting others angry through teasing them than finding someone to listen.
6. Teasers get attention when others are around to witness the teasing.

7. Teasers initially feel good when they have an audience but then they feel bad when people don't want to hang around them.

Leader's Note:

1. Some people can be generally mean.
2. They are mean because they are hurt inside.
3. They may not know how to express their feelings, so they act out by saying or doing things to hurt others.

Leader's Note:

1. A great way to handle the bully, teaser, or general meanness is to talk to the hurt person inside these people.
2. One way is to use your brain and turn insults into compliments.
3. The purpose is to ignore the bully's mean words and pretend they said something nice.

Leader's Note:

1. Review examples below with students...

**Bully:** You are stupid!

**You:** Thank you so much for the compliment!

**Bully:** I can't stand you!

**You:** You love me! That is why you are talking to me!

**Bully:** Look at all those pimples! You have a pizza face!

**You:** Yes, and I know pizza is your favorite food.

Note: IF YOU CAN'T THINK OF ANYTHING TO SAY, JUST SAY "THANK YOU."

2. Compliments can be used to stop insults because you are beating the bully with kindness.
3. Most likely the bully will leave you alone or in a few cases want to be your friend.
4. If someone keeps poking you, you can try to following...

**Bully:** (Keeps poking you)

**You:** Yes, I know you find me irresistible. That's why you can't keep your hands to your yourself.

Leader's Note:

1. Another tactic is using "Reverse Psychology."
2. Reverse Psychology is complimenting someone for their bad behavior and asking them to do it more.
3. Below is an example:

**Bully:** You have dragon stinky breath!

**You:** That was a good line! Tell me what else you can say about my breath. Yes, keep going! You are really good at this!

**Note:** Bullies expect insults or weakness in reply to their comments. They will be confused if they hear a compliment.

### **Activity: From Bad to Good**

1. Divide students into groups of 3 or 4.
2. Students will remain in these groups for the entire class.
3. Have each group create 5 bullying insults.
4. Then have each group exchange insults with another group.
5. Once the groups receive the insults, have them create a Compliment as a reply.
6. The groups must also create a "Reverse Psychology" reply to the insults as well.
7. View the sample below...
  - a. Group 1 received from Group 2 the insult, "Your mom is fat!"
  - b. Group 1's reply is "Yes my mom is big, beautiful, and more for me to love!"
  - c. Group 1's "Reverse Psychology" reply is "Keep going with the mom jokes. Let's see if you can get to 100 jokes. I will count!"
8. Then have each group present their insults, compliment, and reverse psychology replies to the class.

### **Activity: Spread the Good News**

1. Your students have been armed with the "Turning Insults to Compliments" Tactic.
2. Now they have to teach their fellow classmates, who have been bullied with this strategy.
3. Give students the following scenario:

*Your Principal has a group of students (your age) in his office that have been bullied. Their parents have called the school complaining about it. The Principal was informed about the “Turning Insults to Compliments” strategy you just learned. He wants you to teach the students this strategy and help them confront their bullies. Your job is to teach these students in a fun and effective manner.*

4. Student can choose the teaching strategy. It can be through...
  - a. Song
  - b. Role play
  - c. Commercial
  - d. Game
  - e. Talk Show
  - f. Radio Show
  - g. Other student ideas

**Debrief the Activity: Ask the students the following...**

1. Did you find the “Turning Insults into Compliments” helpful?
2. If this were helpful, how can you apply it?
3. How do you think a bully will react to this strategy?
4. Can you think of other strategies to confront a bully (with your brain)?