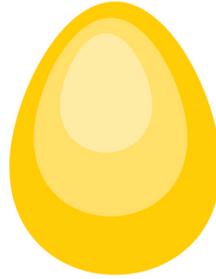


## Anti-Bullying Tactic 4 – Dealing with Prejudice by Finding the Golden Nugget



**Goal:** Teach students how to deal with bullies who use Prejudices as a Weapon

Time: 1 hour

Materials:

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

Leader's Note:

1. Prejudice is to judge someone, because they are different, before you know or understand them.
2. Sometimes people who have low esteem try to build themselves up by thinking they are better than others who are different.
3. Bullies use prejudices as a weapon.
4. A Golden Nugget is a method to use when a bully use prejudice as a weapon.
5. Kate Cohen-Posey, the author of *How to Handle Bullies, Teasers, and Other Meanies*, says a Golden Nugget is when the target/victim keeps asking questions until they find a bit of goodness in what the bully is saying with which to agree or compliment.
6. Below is an example...

**Bully:** You are a black n\*\*\*\*\* (n word)!

**You:** I don't know where you see a n\*\*\*\*\* but I am glad you noticed that I am black. Why are you going through so much effort to notice my race?

**Bully:** You people are always bringing trouble.

**You:** You are trying to make sure I don't bring people trouble?

**Bully:** Yeah

**You:** It is great that you care so much about other people.

**Bully:** Don't get smart!

**You:** No, it's true! I am sure your family and friends are proud that you are making sure no one brings trouble.

**Bully:** Yeah! (Looks confused and walks away)

Leader's Note:

1. It can be tempting to defend yourself and others against prejudice.
2. However, disagreeing with prejudice will only fuel the bully.
3. Instead, try to show interest in what a person thinks and try to find something good to point out about his ideas. This method will disrupt and confuse the bully.

Leader's Note:

1. Bullies can prejudge you based on your clothes or belongings.
2. This may happen at the adolescent age when kids want to start "fitting in" with the crowd.
3. The Golden Nugget method can be used these situations.
4. View the sample below...

**Bully:** Where did you get those ugly shoes?

**You:** Why does someone like you, who can dress so well, care what I wear?

**Bully:** I just wanted to tell you about your ugly shoes.

**You:** Thank you for being concerned about me.

5. You may be tempted to insult the bully but don't.
6. This will give the bully a chance to disagree with you and to be mean.
7. Remember turning insults into Compliments, Asking Questions, Agreeing and finding Golden Nuggets confuses a bully.

## **Activity 1: Find the Golden Nugget**

1. Tell students they will "Find the Golden Nugget" in the next activity.
2. Divide students into groups of 4.
3. The instructor will give the class ten insults below.
4. All groups are to identify the "Golden Nugget."
5. The first group to identify the "Golden Nugget" will get one point.
6. The same group gets another point if they can respond to the insult in question/statement form...
  - a. The question/statement should find something positive in the insult with which to agree or compliment (like the examples above).
  - b. The group has 15 seconds to create their question/statement.

- c. If the group can't create their question/statement in 15 seconds, then give another group the chance (if this group succeeds, then they get a point.)
- d. Each round begins when a new insult is given.
- e. Below is an example on how to play the game.

**Instructor (says the insult):** You are a sissy! You cry about everything!

**Group 1 (raises their hand first and identifies the Golden Nugget):** The bully notices that you are crying. He is observant. He notices your feelings are hurt.

**Group 1's response:** Wow! You are so observant! Thank you for noticing my feelings are hurt. Why are you going through such trouble to focus on me?

- 7. The team with the most points wins the game.
- 8. Below are insults for the game...
  - a. You really stink. I can smell you from down the hall!
  - b. Your father looks like an old man on a cane.
  - c. You are so ugly!
  - d. Why do I have to be your partner on this project? You are the dumbest person in class?
  - e. You are a wimp! My little sister can beat you up.
  - f. Your mother is a pig!
  - g. You look like a trash. Why are you dressed like that?
  - h. You cannot dance. You should just sit down when music comes on.
  - i. You walk like a duck.
  - j. No one like you because you are weird!
- 9. Sample Golden Nuggets for 10 insults above...
  - a. You really stink. I can smell you from down the hall! (great nose)
    - i. **Golden Nugget:** You have a great sense of smell!
    - ii. **Question/Statement Example:** You have a great sense of smell! Are you trying to ensure others don't smell me? Wow what a good person you are!
  - b. Your father looks like an old man on a cane. (great eyes)
    - i. **Golden Nugget:** You can see very well!
    - ii. **Question/Statement Example:** You have very good eyes. Should I tell my father that you noticed him today?
  - c. You are so ugly! I can't stand to look at you! (sharing/volunteering your opinion)
    - i. **Golden Nugget: Sharing your thoughts**

- ii. **Question/Statement Example:** Thank you for sharing your thoughts with me. Are you telling me this so I know why you are looking away when you see me coming?
- d. Why do I have to be your partner on this project? You are the dumbest person in class.
  - i. **Golden Nugget:** (ability to measure intelligence)
  - ii. **Question/Statement Example:** You will make a great teacher because you can measure how smart people are. Are you trying to make sure you get a good grade on this project? If so, this is great!
- e. You are a wimp! My little sister can beat you up. (your little sister is so strong)
  - i. **Golden Nugget:** Wow your sister is so strong!
  - ii. **Question/Statement Example:** Wow your sister is strong! Are you telling me this so you could brag about your sister's ability?
- f. Your mother is a pig! I heard she ate all the food in the grocery store last night! (reporting in your future)
  - i. **Golden Nugget:** You should be a news reporter when you grow up.
  - ii. **Question/Statement Example:** You should be a new reporter when you grow up. Should I tell my mom she is the talk of the town and you told me first?
- g. You look like a trash. Why are you dressed like that? (Thanks for noticing me)
  - i. **Golden Nugget:** Thank you for noticing me.
  - ii. **Question/Statement Example:** Thank you for noticing me. I had a bad day. Why are you so focused on my clothes today?
- h. You cannot dance. You should just sit down when music comes on. (Wants to ensure everyone at the party can dance)
  - i. **Golden Nugget:** Wants to ensure everyone at the party can dance
  - ii. **Question/Statement Example:** Why should I sit down? You want to ensure everyone at the party can dance?
- i. You walk like a duck. You should join them when you see them by the pond.
  - i. **Golden Nugget:** Noticing the way you walk
  - ii. **Question/Statement Example:** I am flattered you noticed my walk. Why are you complimenting me on my walk?
- j. No one likes you because you are weird!
  - i. **Golden Nugget:** You are leader because you know what everyone likes.
  - ii. **Question/Statement Example:** You would be a great leader because you know what everyone likes. So, when are you going to run for office?

10. Please note that groups are allowed to create their own Golden Nuggets.

11. Above are examples just in case students can't think of a Golden Nugget.

## Activity 2: ROLE PLAYS

1. Students should remain in their groups.
2. Each group should create a role play on Golden Nuggets.

3. The role play should include the following....
  - a. A bully or teaser
  - b. Insulting remarks
  - c. A person or persons being bullied
  - d. Golden Nuggets
  - e. Question/Statement
  - f. Storyline with Beginning, Middle, and End.
4. After each group has created their role play, have them perform it for the class.
5. After each role play, have the audience identify the Golden Nugget and Question/Statements.