

## Anti-Bullying Tactic 6 – Tone Twisters and Disconnected Comments



**Goal:** Teach students how to release their frustration and defuse an argument simultaneously.

Time: 1 hour

Materials:

1. Paper
2. Pencils
3. Markers
4. Art Supplies on hand in the classroom. (below are optional)
  - a. Magazines
  - b. Playdoh
  - c. Clay
  - d. Paint and Paintbrush
  - e. Craft paper

Leader's Note:

1. **Tone twister** is a good method to get your frustration out and confuse the bully at the same time.
2. **Tone twister** is when you keep your tone the same as the bully's and say something nice that can be confusing to even make the bully smile.
3. Below is an example...

Bully: (Yelling) Your house looks like trash!

You: (Yelling) Your house looks like a castle!

Leader's Note:

1. It can be fun to use a tone twister to say something opposite.
2. Another technique is using **disconnected comments** from a bully's mean remark.
3. Below is an example...

Bully: Everyone is saying that you have smelly feet!

You: Everyone is saying that you like ice cream!

Leader's Note:

1. You may get a funny look or people may say you are weird when using tone twisters.
2. However, you are showing the bully that you won't take their remarks seriously.
3. If people say your weird, you can also **Play with their Insult** or by doing a silly move and saying "Really, I thought I was normal."
4. Below is an example of how to handle it...

Bully: You are such a baby!

You: (Sucking your thumb) Yes, I am! Wah! Wah!

Leader's Note:

1. You are showing the bully you can handle being weird or a baby in their eyes.
2. This confuses the bully.
3. It can be fun acting weird or like a baby.
4. This technique is good for people who like being silly.

## Activity – "Freeze Play"

1. Choose 4 volunteers from the class to be actors.
2. Divide the rest of the class into small groups.
3. Tell each group to create 2 short scenarios for the actors to play.
4. The scenarios should include the following...
  - a. Bully
  - b. Target/Victim
  - c. The storyline should have the Bully making an insulting remark to the Target/Victim
  - d. The Target/Victim will make insulting remarks back to the Bully.
5. The Volunteers, as a group, can create 2 scenarios as well.
6. All groups should give their scenarios to the volunteers.
7. Begin to play "Freeze Play" by following the steps below...
  - a. The volunteers will read each scenario and act them out one at a time.
  - b. After the volunteers have acted one scenario, then each group will have the chance to say "Freeze Play!"

- c. The FIRST group that says "Freeze Play" first will suggest an alternative response for the Target/Bully.
  - d. The alternative response can be a **Tone Twister, Disconnected Remark, or Play with their Insult.**
  - e. The group must name the type of alternative response and give the response.
  - f. Then the volunteers act out the scenario again but with the alternative response given by the group
  - g. The group that says "Freeze Play" first and gives an alternative response will get 1 point.
8. Below is an example of how Round 1 will go.
- The volunteers will role play Scenario 1
  - After the role play, the volunteers will say "Go."
  - After the volunteers say "Go," students are allowed to say "Freeze Play" as fast as they can.
  - The first group to say "Freeze Play" will name an alternative response and give the response.
  - Then the volunteers will act out the scenario again with the alternative response.
  - The group will get a point.
  - The next Round will start when the volunteers act out the next scenario.