

Anti-Bullying Tactic 7 – Do's and Don'ts of Bullying



Goal: Review and apply all anti-bully strategies from this program

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. Review with students the Do's and Don'ts of Bullying
2. Below are the Do's...
 - a. When a bully makes insulting remarks, try to confuse bullies where their intent to hurt you will not work.
 - b. Confuse the bully by using tactics learned in this program: Compliments, Asking Questions, Agreements, Finding the Golden Nugget, Expressing Feelings, Tone Twisters, Disconnected Comments, and Play with their Insult(s).
 - c. If you are outnumbered by a gang of bullies, try to leave the area as quickly as possible.
 - d. Practice the techniques discussed in this program.
 - e. Write down your feelings in a journal or letter
 - f. Say and believe good things about yourself
 - g. Speak confidently when telling a bully not to touch you

- h. Ignore Them
 - i. Say good things about yourself (Refer to “Strengths, Talents, and Goals” in the BEAUTY Program (if you are girl) or the Kings Program (if you are a boy).
 - j. Say Nothing (when you think the time is right)
 - k. Say “Stop It” and practice saying it (when you think the time is right)
 - l. Make a Support Map, which is a map of people who can help you deal with a bully like your family and friends (Introduced in the next lesson)
 - m. Seek help from friends
 - n. Seek help from adults
 - o. Walk away (Refer to our Conflict resolution program for the *Walk Away lesson*)
 - p. Get adults involved
3. Below are the Don'ts
- a. When a bully makes insulting remarks, don't think of more insulting responses to make them stop bothering you.
 - b. Don't give explanations, lecture or reason with the bully.
 - c. Don't make accusations
 - d. Don't believe the insults are about you.
 - e. Don't waste time in places online where bullies will target you.
 - f. Don't believe you deserve to be picked on.
 - g. Don't get into a fist fight or try to retaliate in other ways.

Activity – Word Up!

1. Tell students they will play a game called Word up!
2. Give students the following insults below (one for each round)...
 - a. You are a baby! You cry about everything!
 - b. I am glad my mother isn't ugly like yours!
 - c. That girl told me you are not pretty.
 - d. A gang of 11-year-old bullies knocked over the robot you just built
 - e. Why do you have on those ugly clothes?
 - f. You are so stupid!
3. Divide students into groups of 3 or 4.
4. Give each group paper and pencils.
5. At the beginning of a round, give the group the first insulting remark.
6. Students are to create the following responses for each insulting remark in the 1st, 3rd, 5th and 7th rounds.
 - a. Compliment
 - b. Question
 - c. Agreement
 - d. Finding the Golden Nugget
7. Each group will get a point for each response.

- a. For example, 1 point for Compliments and 1 point for Asking Questions
8. Give the groups a time limit to create their responses.
9. Students are to create the following responses for each insulting remark in the 2nd, 4th, and 6th, 8th rounds.
 - a. Expressing Feelings
 - b. Tone Twisters
 - c. Disconnected Comments
 - d. Play with their insult
10. Each group will get a point for each response.
 - a. For example, 1 point for Expressing Feelings and 1 point for Tone Twisters.
11. If there are groups with a tied score then play the Determination Round.
12. Below is how to play the Determination Round...
 - a. Instructor will create the insulting remark
 - b. The Instructor will tell the groups the insulting remark
 - c. Each group will have to create the following response to the insulting remark...
 - i. Compliment
 - ii. Question
 - iii. Agreement
 - iv. Find the Golden Nugget
 - v. Expressing Feelings
 - vi. Tone Twisters
 - vii. Disconnected Comments
 - viii. Play with their Insult
13. Each remark will be a separate round.
14. In round 1 the groups will give their Compliment response.
15. The instructor can give a time limit.
16. The groups who are not playing will vote on which Compliment response they like the best.
 - a. If all groups are playing in the Determination round, then the first group to create the Compliment response will win a point and so on.
17. The group with the most points will win that round.
18. In the second round, the groups will give their Questions response.
19. The groups who are not playing will vote on which Question response they like the best.
20. The group with the most points at the end of the game wins.