



LESSON TOPIC: BULLYING - INTRODUCTION

EXPECTATIONS

Participants will

Prepare a list of words describing the feelings experienced by victims of bullying.

Identify bullying behaviours.



LESSON ACTIVITIES

If this curriculum is being used in conjunction with a performance of “The Diary”, this lesson will serve as a pre-performance introduction.

- ☆ **Identify bullying behaviours.**
- ☆ **Describe how it feels to be bullied.**

SUGGESTED STRATEGIES

Read a short story or poem to the class (Resource 1-1) written by a young person who has experienced bullying. Discuss the feelings experienced by the writer, the bullying behaviours described.

Using small group format, provide each group with one of the scenarios (Resource 1-2). Participants should read the scenario and answer the questions. Suggested roles for group members: reader, recorder, reporter, timekeeper, manager (facilitator).

Following the group activity, conduct a whole group discussion and sharing for each scenario

- Reader reads scenario for class
- Reporter shares the group’s answers
- Class input
- Summarize information under the following headings:

Victim Feelings and **Bullying Behaviours**
(Resource 1-3)

Optional Activity:

Participants write a reflection or learning log:

I now know ... about bullying ...

I still wonder about bullying ...



SOMETIMES I FEEL LIKE I'M GOING TO LOSE IT

by Chase, 12 years old, Canada

I often get teased a ton. Not like big bad old bullies trying to steal my lunch money or anything like that. I'm not very good at anything that is "cool". All my talents lie in schoolwork or things that people (school kids) don't care about, so I really don't have a chance to "shine". I get picked on by being put down or people spreading rumours or cracking jokes about me. They ASSUME that I don't hear them, but I do. When we talk about something and have an open discussion I stick to my opinion, which is often. NOT what they want to hear so the WHOLE class (or so it seems) is "up in arms" and putting me down and telling me to "sit down". I shrugged it off for quite a while. But thanks to "LCs" (stay with the same teachers and classmates) I have the same people picking on me, worse than ever. Once I pretty much lost it and grabbed a kid (a lot bigger than me) and in pure anger I threw him across the room and on top of a desk (which later fell on him. That just made it worse. That was about 3 months ago and it is just as bad as ever. I have kind of gotten used to it but it gets to you after awhile. Sometimes at home I just go up to me room and totally loose it. I have been very close to doing that in school. My parents say to "not let them see you sweat" but its just a relentless assault. Often I just get fed up with myself and stop participating in class. P.E. is the worst because I am always the last one picked. Often in kickball I am first in line to kick but I am pushed back and back until I am at the back and I always get stuck in the position where nothing EVER happens, so I don't get to do anything when everyone else is having fun. One time this happened when we where playing softball and on the last day I had NEVER gotten to bat and they did it again. I just went off the field and flat out refused to play. The P.E. teacher came up to me and told me to play and I tried to explain, but I went back on the field (still not getting to do anything) when she threatened to give me in school suspension if I didn't. Sometimes I wish I could be somewhere else or move away from this place. Now I just hope this story has a happy ending.



What Did I Ever Do to Make Them Hate Me?

by Kristel, 16 years old, Bangkok, Thailand

My name is Kristel and I attend the International School of Bangkok, Thailand. I am currently a sophomore and right now I'm 16 years old. I have been teased and bullied and it's is not fun. I have been teased through out my school year. Everyone has been teased at one point or another. I know that I'm not alone and I have all the strength to stand up for myself and what I believe. I am not afraid anymore of the ones you want to pick on me. I have had a couple of rough times in the past couple of years. One time it was from sports because I was a girl playing in guy sports such as baseball and basketball. It was hard going to practices because I would just get teased and none of the guys wanted to be my partner. One time the coach put me with the pitch of my team and I threw him a bad throw and he said to me that I would be sorry for it. He was right, I went up for bat at one of our practice games and he threw the ball at my stomach. One of my worst experiences is when I was in the 5th grade. I was teased from left to right with nasty insults and they were only 5th graders you just cannot believe what came out of their mouths. It was the same with this other girl in my class and we stuck together but I think she got it even worst then I did. At lunchtime me and the other girl could not even sit in the cafeteria because we were afraid of being trip when we were carrying our trays of food to a table or someone throwing something at us. So, we ate our lunch at the play around tables. I just didn't understand why they didn't like us. In my head each night I would go over in my head one question. "What did I ever do to make them hate me?" I asked them once that question when I became friends with some of my bullies. They did not give me a reply. I will never forget my close friend in 5th grade how she just ignored them and their insults. I have come across many different in my life so far and they have been a cross of the most popular people to kids who were thought to be outcasts. I

intertwined through the groups and I welcome anyone. Sometimes I catch myself making fun of another person then I stop and tell them sorry because I once was in their position and I know how hard it is. I have grown so much in my beliefs and my self-esteem. But the question still crosses my mind, "What have I ever done to those people who are teasing me?" I still do have people who tease me but I'm strong now and I just tell them to leave me alone. A couple of things I have learned over the past years is that you have to face the fear and you can not run from it forever because it will keep on following you. When you wake up each morning and look into the mirror you have to say to your self; I'm pretty, I'm smart, I'm athletic and no one can tell me other wise. Defend what you believe in and stand up for it. Don't let the people tear you down keep your head up high. Believe in yourself. I hope this helps you out.



The Bully Rap
by "The Rogue" in New
Brunswick, Canada*

Standing in the school yard
Minding my own business
Here comes the chic clique
Tell me I'm a geek

Says you
Not True
I'm cool
My way
Go Rogue!
Go Rogue!

Walking down the hallway
On my way to lunch
Here come the bullies
Safely in a bunch

Grab my books
Knock me down
Six of them
Bunch of clowns
Alone is brave!
Go Rogue!

Sitting in the classroom
Trying to do my work
Hit me in the back
What a jerk!

Teacher hears me yell
Sends me to the hall
Doesn't see the bully
Blames me for it all

But I'm cool
That's the rule
I'm moving on
Life waits
Go Rogue!
Go Rogue!

*Being bullied in school was both hard and painful for me. I know the pain. I know what it is like to be an outcast. Writing this song helped me even though sometimes I felt weak. It is time I reached out and helped others. I hope this song will help you be strong not to mention make you laugh.

"IF I KNEW"

BY MELINDA, AGE 15, IN ILLINOIS, USA

**IF I KNEW I'D BE HERE I WOULDN'T HAVE SAID THOSE WORDS
IF I KNEW I'D BE HERE I WOULD HAVE FOUGHT BACK
IF I KNEW I'D BE HERE I WOULDN'T HAVE LET YOU HURT ME
IF I KNEW I'D BE HERE I WOULD HAVE RAN AWAY
IF I KNEW I'D BE HERE I WOULDN'T HAVE LET IT COLLAPSE
IF I KNEW I'D BE HERE I WOULD HAVE CALLED 911
IF I KNEW I'D BE HERE I WOULDN'T HAVE LET IT GET THIS BAD
IF I KNEW I'D BE HERE I WOULD HAVE KEPT TALKING
IF I KNEW I'D BE HERE I WOULDN'T HAVE PERMITTED YOU TO
BEAT ME
IF I KNEW I'D BE HERE I WOULD HAVE HAD THE LAST WORD
IF I KNEW I'D BE HERE I WOULDN'T HAVE ALLOWED YOU TO
WIN
IF I KNEW I'D BE HERE I WOULD HAVE CONQUERED**



SCENARIOS for Group Activity

Mohammed is walking home from school with his friends, Allan and Marion. They have just left the schoolyard when two boys from another grade eight class, Georgio and Romano, approach them. Mohammed tries to think of a way to avoid them.

For the past few weeks Georgio and Romano have been following Mohammed home from school and making fun of him. They often call him names or shout put-downs. Mohammed is sure that these boys are the ones who are spreading rumours about him in the school.

This time, they start calling him names again. They repeat the rumours to Mohammed's friends, Allan and Marion. Mohammed tells his friends the rumours are not true. He can feel himself getting very angry. Suddenly Georgio reaches out and grabs Mohammed's arm, holding him tightly, while Romano starts to punch him in the stomach. Mohammed tries fighting back but he is knocked to the ground. He tries, but he cannot stop himself from crying. Georgio and Romano tell Mohammed and his friends that if they tell anyone then they will tell the whole school that the rumours are all true. Allan and Marion don't know what to do.

- How do you think Mohammed is feeling? Make a list of at least five feelings he might have.
- What are the ways Georgio and Romano have been bullying Mohammed?

Edward seems to get into trouble a lot. He always says it is not his fault. Sometimes he cries, even though he is in Grade 6. Edward wants to fit in and have friends but no one wants to be his friend because of the way he behaves.

Elizabeth, Joshua and Ellen and some of the others in the class know that it is very easy to get Edward upset. They often hide his coat or take things out of his lunch. Elizabeth and her friends tease Edward a lot, saying nasty things about him and to him. Last week they used sidewalk chalk to write nasty things about him on the sidewalk in front of the school. Ellen and Joshua purposely bump into him in the hallway or on the playground and sometimes even push him down and kick him. When this happens Edward will sometimes get so upset that he starts to cry, other times he will throw things, yell and hit back. Edward always seems to get caught and then he is the one that gets into trouble.

- How do you think Edward feels? Make a list of at least five feelings he might have.
- What are the ways that Elizabeth and her friends have been bullying Edward?

Marcellus has tried to make friends with the boys in his class ever since he moved to this school but they ignore him and seem to laugh at him behind his back. Last week during Phys. Ed. Class, John ran behind him imitating the way he was running. Marcellus saw the other boys laughing. Later, during silent reading, John told Marcellus that his team lost the relay race because Marcellus was too slow. Now John has started calling Marcellus names like "fatso" and "pig" and tells him in front of everyone that he needs to go on a diet.

Marcellus is afraid to tell the teacher, because John always does these things when they are alone and no one else is there to see. Marcellus is having a hard time concentrating on his schoolwork and has been getting into trouble from his teachers for not handing in his work on time. Sometimes he doesn't have the work in at all.

- How do you think Marcellus is feeling? Make a list of at least five feelings Marcellus might have.
- What are the ways John is bullying Marcellus?

Marcia missed the sleep-over last month. All her friends were there. Since then some of the girls have been telling lies about Marcia. Louise, Olivia and Lee told the other kids that Marcia missed the sleep-over because she wets her bed at night. They're telling everyone not to do things with "Baby Marcia", or else. Even other girls who used to be Dawn's friends won't eat lunch with her now and don't return her phone calls.

Last week Marcia found a diaper stuffed into her backpack at school. Everyone laughed at her when she pulled it out in class. Marcia burst into tears.

- How do you think Marcia feels? Make a list of at least five feelings Marcia might have.
- What ways are Louise and the other girls bullying Marcia?

LeAnn sees Parmjit, Hose and Frederick standing by the door to the classroom. She wishes she didn't have to walk past them on her own, but her friends have already gone into class. Lately these students have been bugging Le Ann. Whenever they see her they tease her about her hair, her glasses, her height, or they make put-downs about the way she looks. Sometimes they even make quacking noises and say she walks like a duck, or they just make rude sounds when she walks by. In class, they are always whispering about her, making faces at her, or leaving notes on her desk. When the teacher asked Parmjit what was going on, he said he was just asking to borrow an eraser.

Last night someone phoned her house and made rude sounds into the phone.

- How do you think LeAnn is feeling? Make a list of at least five feelings LeAnn might have.
- What ways are Parmjit, Hose and Frederick bullying LeAnn?

SAMPLE CHART OF RESPONSES TO GROUP DISCUSSION

Victim Feelings	Bullying Behaviours
Hurt Sad Lonely Confused Left out or excluded Humiliated Embarrassed Nervous Anxious Upset Angry Unsure of self Intimidated Scared Worried Threatened Reluctant to come to school	Telling lies Spreading rumours Excluding Ignoring Playing dirty tricks Setting up to look foolish Humiliating Making fun of Making rude sounds Taking things and hiding them Pushing Kicking Calling names Grabbing Punching Threatening Mimicking Put-downs Tripping Shoving