

STOOD UP

BULLYING PREVENTION | FAMILY RESOURCE CENTRE

BUILDING EMPATHY

BULLYING DISCUSSION FOR AFTERSCHOOL PROGRAMMES

OBJECTIVE

The objective of this session is for children to understand the impact of bullying and build empathy for other people.

INTRODUCTORY ACTIVITY

Squeeze a tube of toothpaste onto a plate. Then, try and put the toothpaste back into the tube using a toothpick.

WHAT IS BULLYING

Use the toothpaste activity to lead a discussion about bullying and how, even after an incident is over, it cannot be taken back.

Ask the class what they think bullying is, and outline the **Four Types of Bullying** and **Who is Involved in Bullying**. Have a discussion about what to do when someone is being bullied, from the perspective of the target and from the perspective of a bystander. Identify authority that can help.

BUILDING EMPATHY

Share the **Children's Wheel of Emotions** and ask them how they would feel if they are being bullied. Discuss emotions with children and correlating body cues to be able to identify how other people are feeling.

Address diversity and how children are different and also have different feelings but highlights the strengths of diversity in a group, family and community.

Share the **Brene Brown Video on Empathy** (<https://www.youtube.com/watch?v=HznVuCVQd10>) and have a discussion about what empathy is and how to demonstrate empathy with others.

COMMUNICATION

Talk to students about the difference between the **Three Types of Communication** and focus on the benefits of Assertive communication.

Teach students how to use **I-Statements** to be assertive.

Suggest that students be assertive when they are bullied to ask the bully to stop and report the bullying.

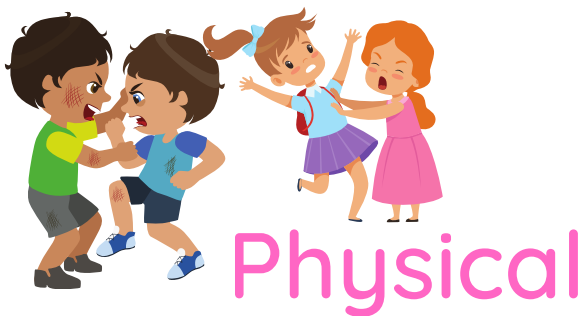
For additional support, contact the Family Resource Centre at frc@gov.ky.

BULLYING

"is when someone is being hurt either by words or actions on purpose, usually more than once, feels bad because of it, and has a hard time stopping what is happening to them.."

PACER Kids Against Bullying

4 TYPES OF BULLYING



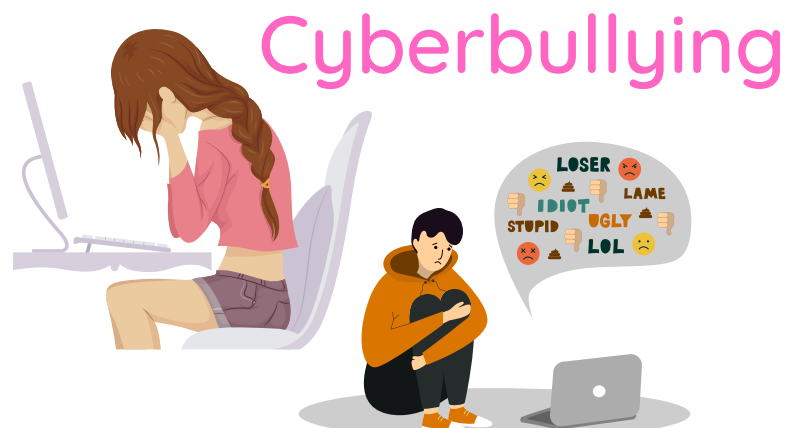
Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short term and long term damage.

Verbal bullying includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse. While verbal bullying can start off harmless, it can escalate to levels which start affecting the individual target.



Social bullying, sometimes referred to as covert bullying, is often harder to recognise and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and / or cause humiliation.

Cyberbullying is intentional and repeated harm inflicted through the use of computers, phones, and other electronic devices.



National Centre Against Bullying

TAKE ACTION TOGETHER

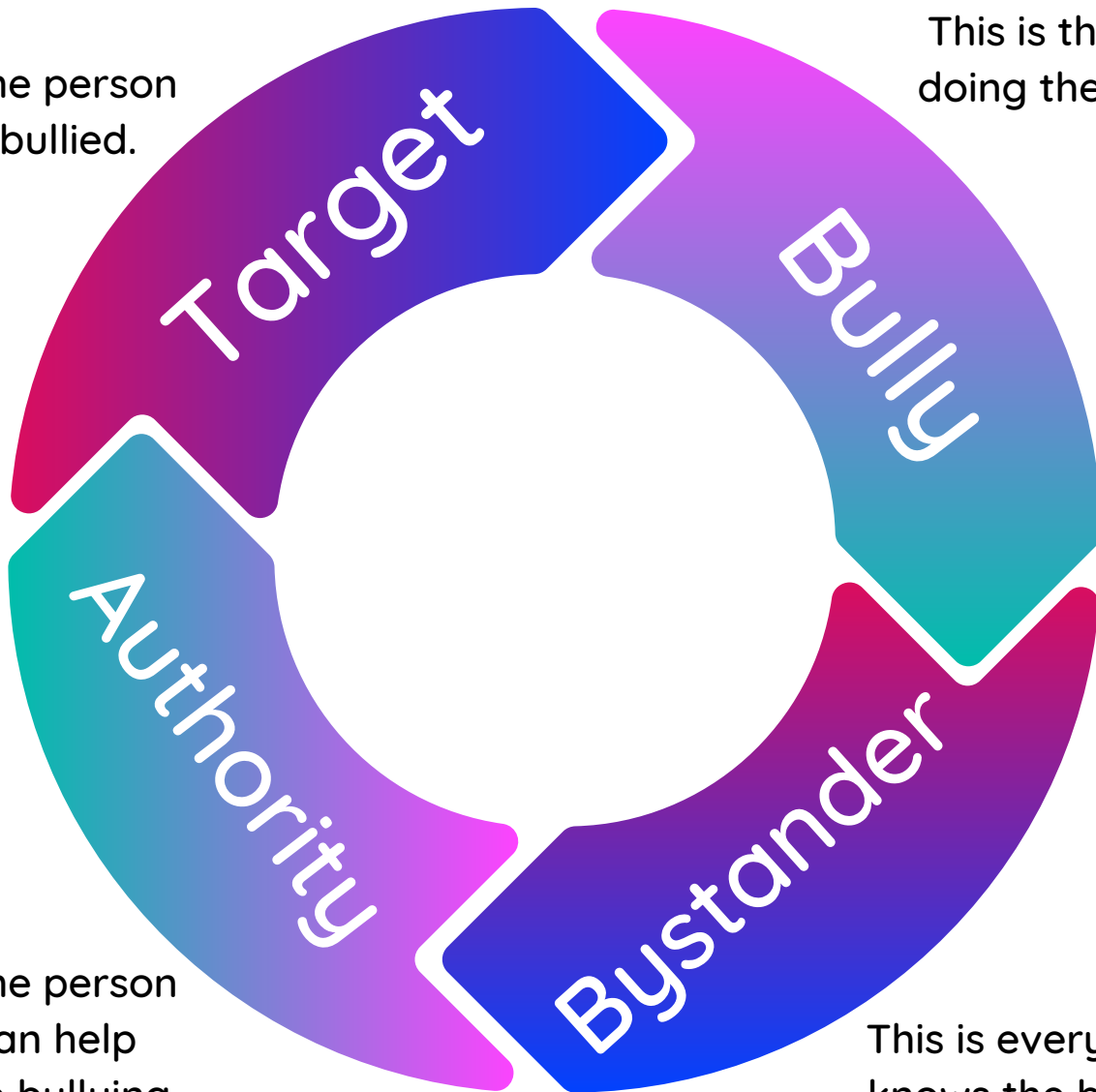


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WHO IS INVOLVED IN BULLYING?

This is the person
being bullied.



This is the person
doing the bullying.

This is the person
who can help
stop the bullying
by enforcing
rules.

This is everyone that
knows the bullying is
happening. Bystanders
can report it to an
authority to help end
the bullying.

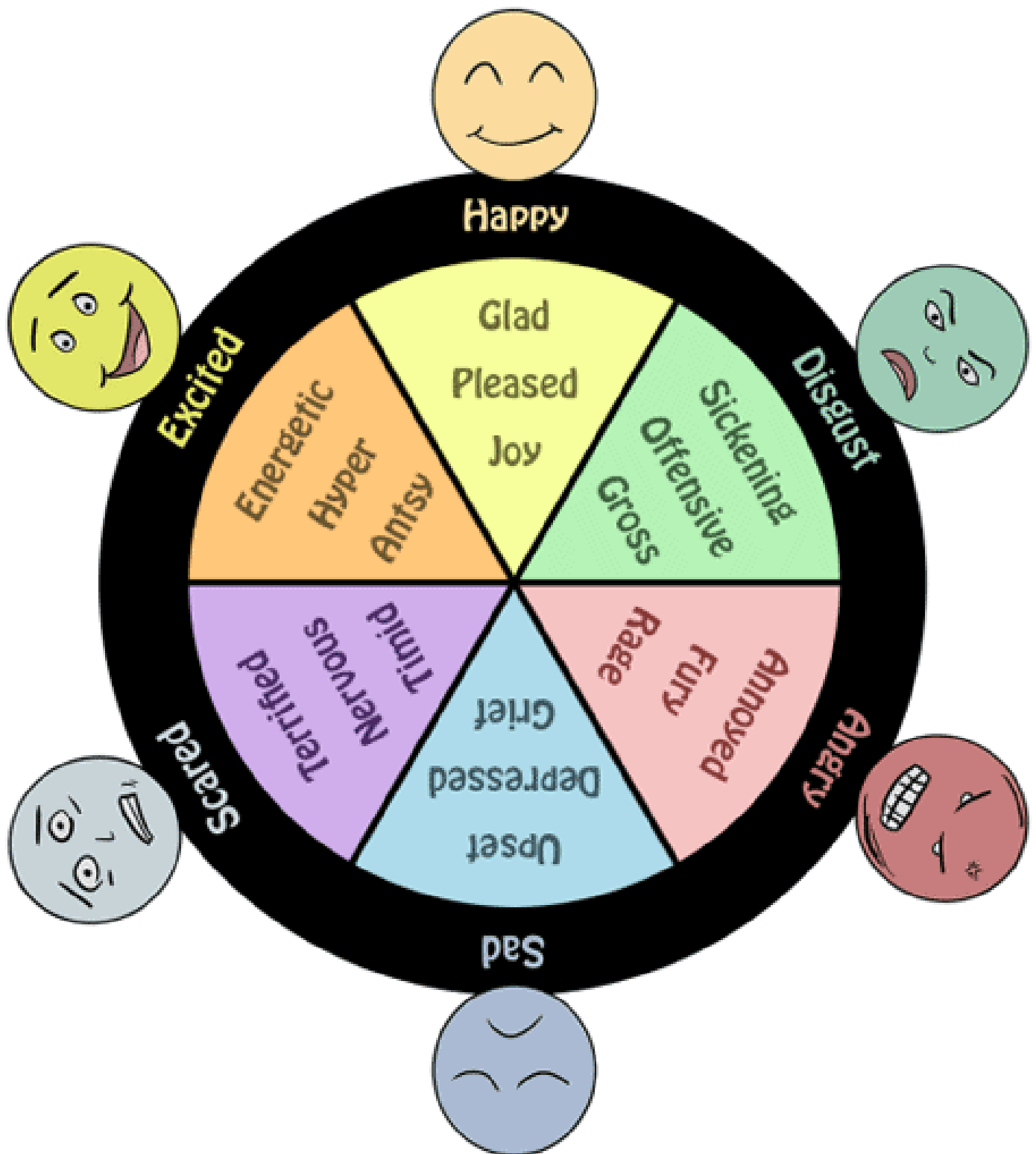
TAKE ACTION TOGETHER



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Emotion Wheel



EMPATHY

is the ability to understand and share the feelings of another.

3 TYPES OF COMMUNICATION

Aggressive: hurting others people's bodies or feelings to express yourself or get what you want or need.

Passive: not standing up for yourself or expressing your wants and needs.

Assertive:
Standing up for yourself or expressing yourself without hurting other people's bodies or feelings.



GoodTherapy.org

Art of Social Work

TAKE ACTION
TOGETHER



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WHAT TO DO ABOUT BULLYING

If you are being bullied...

Assess the situation

Make sure that you are safe and report it to an authority.

Be the bigger person

Ignore the bully and walk away or ask them to stop.

Control yourself

The only person you can control is yourself. Don't retaliate.

No one deserves to be bullied.

If you are a bystander and you see something, say something. Report it to an authority.

**TAKE ACTION
TOGETHER**



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