

STOOD UP

BULLYING PREVENTION | FAMILY RESOURCE CENTRE

TAKE ACTION TOGETHER

BULLYING DISCUSSION FOR SCHOOLS

OBJECTIVE

The objective of this lesson is for students to be able to identify bullying behaviour and know how to get help.

INTRODUCTORY ACTIVITY

Give each student a piece of paper and ask them to crumple it up without tearing it. Then, ask them to flatten the paper to its original state

WHAT IS BULLYING

Use the crumpled paper activity to lead a discussion about bullying and how, even after someone has apologized or changed their behaviour, the relationship does not go back to normal.

Ask the class what they think bullying is, and outline the **Four Types of Bullying**. Discuss the difference between teasing and bullying which can be focused on how it makes the other person feel, the intention behind the behaviour and whether it is a one-time thing, or a recurrence.

WHO IS INVOLVED IN BULLYING

Discuss **Who Is Involved in Bullying** and the role of each person, as well as how each person can impact the interaction.

Brainstorm ideas about **What to Do** when someone is being bullied, from the perspective of the target and from the perspective of a bystander.

Identify authority figures that children can go to for help when they are at school and outside of the school setting.

BULLYING AT OUR SCHOOL

Ask the students whether they think bullying is a problem at their school.

Brainstorm ways to stop or prevent bullying within your school and community and discuss putting those ideas into action.

Choose one idea to implement in the classroom or create posters with positive messages to put around the classroom to remind students.

Be sure to continue the conversation about bullying within your school.

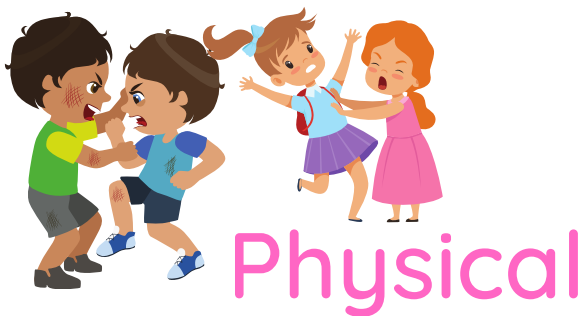
For additional support, contact the Family Resource Centre at frc@gov.ky.

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



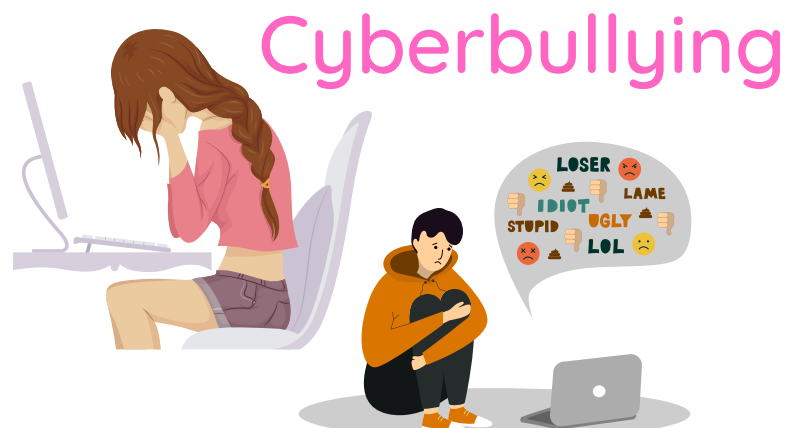
Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short term and long term damage.

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

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IS IT BULLYING?

When someone says or does something
unintentionally hurtful and they do it once, that's

RUDE

When someone says or does something
intentionally hurtful and they do it once, that's

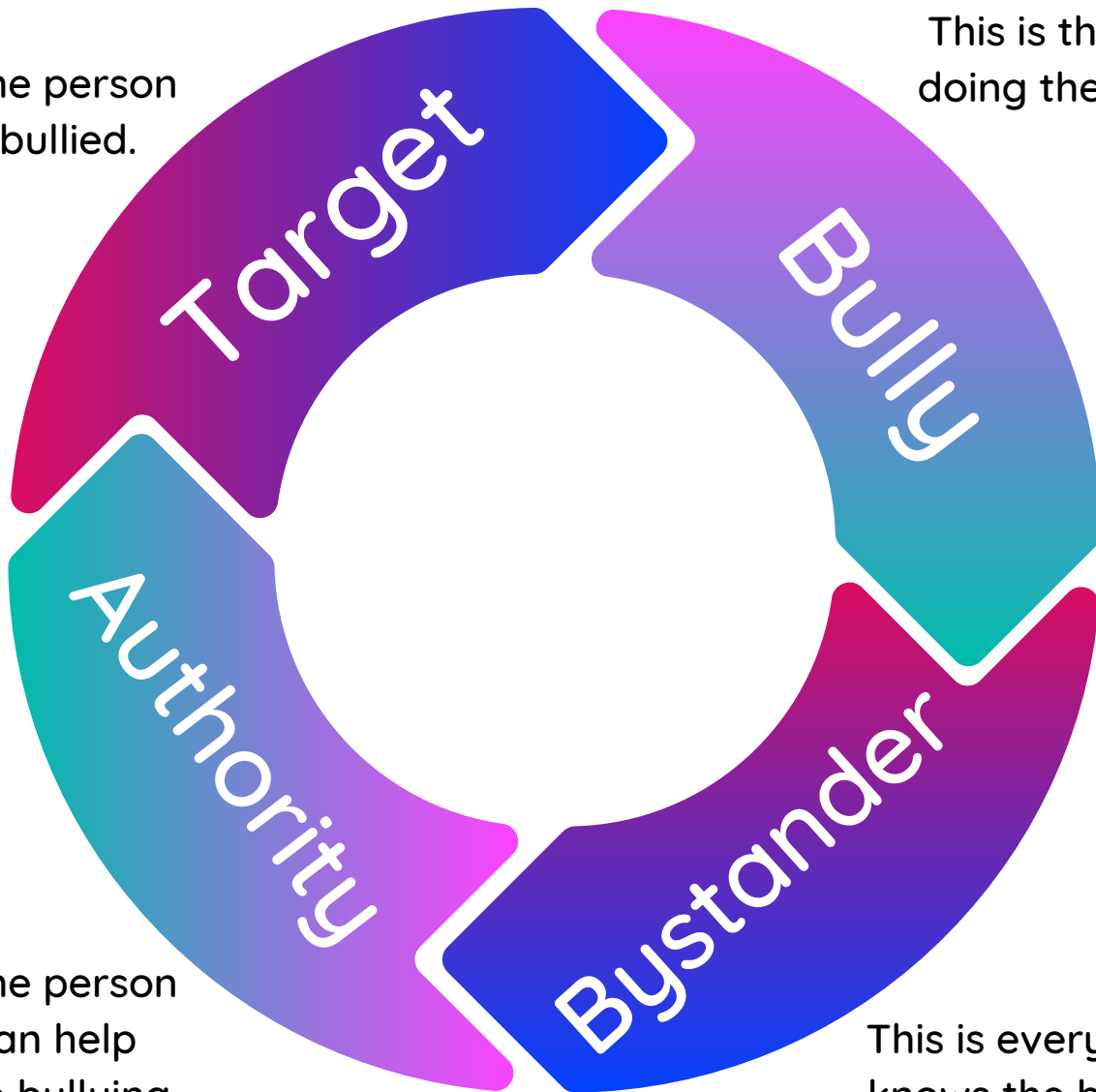
MEAN

When someone says or does something
intentionally hurtful and they *keep doing* it - even
when you tell them to stop or show them that
you're upset, that's

BULLYING

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.

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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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