

GET THE FACTS – Discussion

Worksheet GTF-1

What are some of the reasons people don't want to say they are being bullied?
Write down as many as you can think of.

[illegible]

For each reason you have written above, why do they feel this way?
Example: Why would a person feel embarrassed about being bullied?

[illegible]

GET THE FACTS – Follow up

Worksheet GTF-2

Re-read GET THE FACTS and find the answers to the following questions:

1. If a person is being bullied, is it their fault or the bully's fault?

.....

2. Is it a good idea to try to keep it to yourself if you are being bullied? Why do you think it is or is not a good idea?

.....

.....

.....

3. What does feeling empowered mean?

.....

.....

4. Give examples of three people you could tell if you were being bullied. Why would they be good choices?

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.....

5. Show this worksheet to your parent or carer and ask them to read what you have written above. Discuss your answers with them. (This is a private conversation so you won't be asked to share your answers at school unless you want to.)

WHAT IS BULLYING? A VICTIM OR A TARGET?

Worksheet WIB-AVOAT-3

1. What is the difference between bullying and a person being hurtful or thoughtless to someone else?

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2. What are some of the possible long term effects of bullying?

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3. How does the author describe how a “Victim” might feel in the book?

.....

.....

.....

.....

4. What are the first steps to becoming a “Target” instead of a “Victim”? What is your understand of what the author means by this?

.....

.....

.....

.....

Think about places you have been in the last year. E.g. sport, an event, park etc. Fill in below.

Column One: The place you went.

Column Two: Who did you go with, who was there e.g. Went with John, sports team there.

Column Three: Did you feel safe from bullying? If not, why not? If yes, why?

Column Four: Who is the person there I would have reported bullying to if it happened?

I went to:	I was with:	Safe/OK/Unsafe. Why?	Responsible Adult.

NO ONE LIKES BULLIES!

WORKSHEET RPCTB-5

SOME OF THE REASONS PEOPLE MAY CHOOSE TO BULLY.

Most of us feel insecure or lack confidence at times, or feel we want to prove something, but for some of us it can be an ongoing thing. Let's take a look at opposite emotions.

The left column has an emotion; can you think of an emotion to fill in the right hand column? We've done the first one for you.

If a person feels	They may want to feel
Weak	Strong or Powerful.
Unpopular	
Foolish	
Lonely	
Uninteresting	
Frightened	
Sadness	
Pitied	
Left out	
Jealous	
Disliked	
Resentful	
Angry	

ANYONE CAN BE A TARGET!

Worksheet ACBAT-6

From the adjectives on the board, or others that I have come up with myself, five words that I feel describe me are: (you can use words about the way you look, feel, your beliefs or anything else you want to – *there is no right or wrong answer*).

Examples: I see myself as a tall, thin, musical, shy and fussy person. I see myself as an outgoing, sporty, cheerful, helpful and sometimes nervous person.

I see myself as a.....
.....person.

Now think about people you know who are not in this classroom. Do not identify who they are. Using positive words only (no put downs) fill in the following:

I see person No 1 as a.....
.....person.

I see person No 2 as a.....
.....person.

Now here is the tricky bit. Look at your three sentences above and choose one word from each description and how that may be used by a bully. Example:

The bully says: That person is cheerful and I am miserable, therefore I am going to give them something to be miserable about. Now fill in the same for yourself, Person 1 and Person 2.

I am so a Bully may use that to target me because.....
.....

Person 1 is so a Bully may use that to target them because.....
.....

Person 2 is so a Bully may target them because:
.....

REMEMBER: Sometimes a person is targeted for no reason at all; you don't need to be different to be bullied.

BULLIES NEED A REACTION TO FEEL GOOD

Worksheet BNARTFG-7

Read this section in the *We Can Deal with Bullying!* book and then see what you can fill in the below. Check book for answers if you need to.

If a Bully gets a reaction to their bullying it may encourage them.....

.....

Ignoring a bad situation or pretending it isn't happening can make you.....

.....

You can try to CONTROL the way you respond to bullying on the outside and the inside.

On the outside try to

On the inside accept that.....

Some ways suggested to not show a physical reaction are to:

.....

.....

.....

Some ways suggested to block the bully's words are to:

.....

.....

If you are being bullied, ask friends to support you by

.....

.....

.....

Remember – it takes time to practice these skills so be kind to yourself, do your best and always remember to ask for help if you need it.

A FRIENDLY TALK WITH THE BULLY

Worksheet TTTB-8

Refer to the text in the relevant sections and fill in the below.

Fogging is

If you were explaining to someone how to speak to a Bully while bullying is happening, what are some suggestions you may make about how to go about this?

.....
.....

Three things to consider before a person decides to talk with a bully privately are:

.....
.....

If the bully shouts.....

Be firm but never or

TALKING FIRMLY TO THE BULLY

Some points to remember when speaking firmly with the bully are:.....

.....
.....

Write down two possible reactions you may get and what you would do next.

Reaction 1.....

.....

Reaction 2.....

.....

REMEMBER TO ALWAYS PUT YOUR SAFETY FIRST. WHAT ARE SOME WAYS YOU WILL DO THIS?

.....
.....

WAYS TO BE AN UPSTANDER

Worksheet WTBAU-9

Referring to the text and using your own ideas, fill in the below

What is an Upstander and what are some of the ways they may upstand?

.....

.....

An Upstander can make an impression on which three people?

1.....2.....3.....

In what way can they make an impression on the above three?

.....

.....

One way to upstand is to report the bullying. What suggestions would you give to someone who wanted to upstand and report bullying?

.....

.....

.....

What suggestions or advice would you give to someone who wanted to upstand by speaking to the bully?

.....

.....

.....

What are some of the ways you can raise awareness about bullying? Try to come up with some ideas of your own.

.....

.....

.....

SUPPORT THE TARGET

Worksheet STT-10

On this page, think carefully about someone you may know who is being bullied. If you do not know anyone, imagine someone. Pretend that you are not able to speak with them personally, but you want to show support. Write them a letter to show you support them and to offer them suggestions on what to do. Do not use real names on this worksheet. The letter has been started for you below.

Dear.....

My name is..... and I go to the same school as you. I

know that you are going through a tough time right now and I wanted to

say.....

.....

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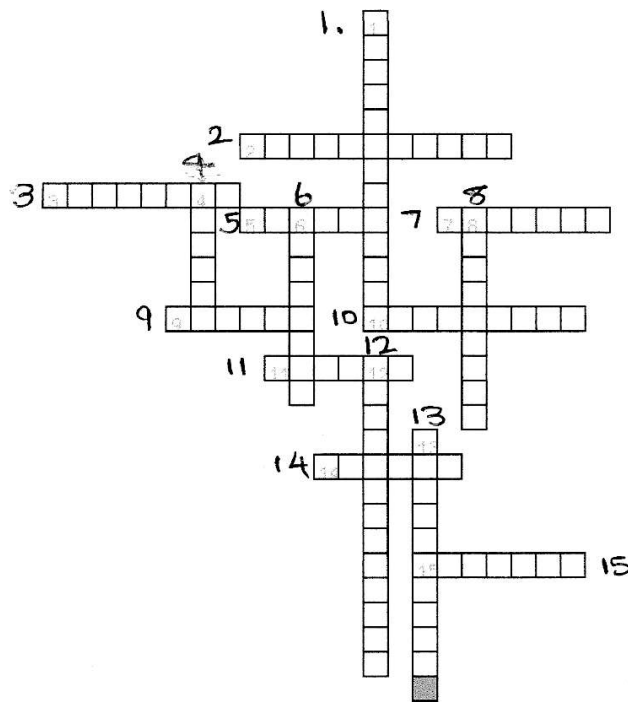
.....

Anyway, I hope this letter has helped and if there is anything I can do let me know because I would like to help more if I can.

Yours sincerely,

.....

Worksheet TOB-11



Down

1. Type of bullying - you may feel left out (2 words)

4. ... can be a Target

6. Bullies need this to feel good

8. A person who takes action when they see bullying

12. Type of bullying - spreads fast on devices

13. How you feel about yourself (2 words)

Across

2. Means we feel stronger

3. Type of bullying - don't hang around

5. Type of bullying - don't let your brain get tricked

7. Type of bullying - think first how it may damage you

9. To tell an adult about bullying is to...

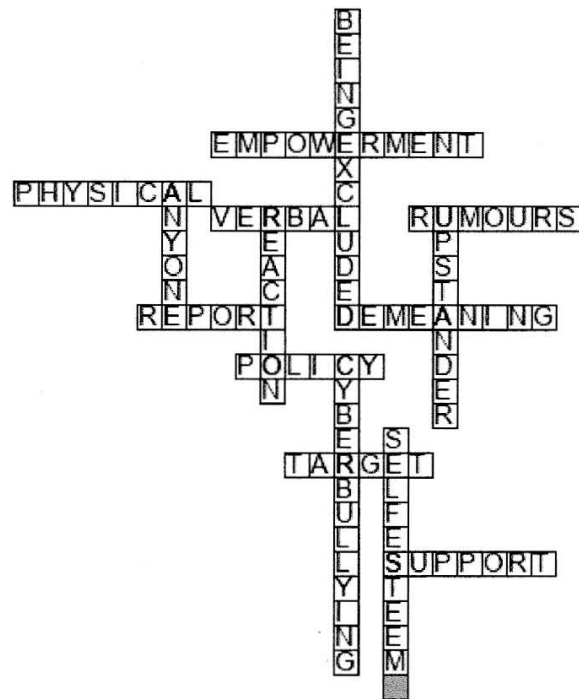
10. Type of bullying - consider healthy friendships

11. A set of rules within your school to manage bullying

14. A person being bullied

15. Every Target needs...

Worksheet TOB-11 answers



Down

1. Type of bullying - you may feel left out (2 words)
4. ... can be a Target
6. Bullies need this to feel good
8. A person who takes action when they see bullying
12. Type of bullying - spreads fast on devices
13. How you feel about yourself (2 words)

Across

2. Means we feel stronger
3. Type of bullying - don't hang around
5. Type of bullying - don't let your brain get tricked
7. Type of bullying - think first how it may damage you
9. To tell an adult about bullying is to...
10. Type of bullying - consider healthy friendships
11. A set of rules within your school to manage bullying
14. A person being bullied
15. Every Target needs...

Consider the following and write your thoughts:

We have discussed several types of bullying, and NO bullying is okay. All bullying can be upsetting.

Of all of the bullying types, which do you personally think would be the most difficult to deal with and why? (There is no right or wrong answer, write what you feel).

.....

.....

.....

.....

.....

Relating to the bullying type you have chosen above, what would be positive steps to take if you were being bullied in this way.

.....

.....

.....

.....

.....

What would be negative steps to take and why?

.....

.....

.....

.....

I CAN LEARN TO PROTECT MY BRAIN AGAINST BULLYING

If the Bully...	I won't...	Instead I will...
Calls me names...	They must be right	Know that just because the bully says it, that doesn't make it true.
Spreads a nasty rumour about me...		
Tells me I have to do something I don't want to do to stay in the group...		
Gets on line and makes up stories about me...		
Knows something about me and threatens to use it to blackmail me...		
Touches me in a way that makes me uncomfortable...		

Now share your ideas with the class and listen to theirs.

LET'S PRACTICE "I" statements.

An "I" **statement** is often a good way of letting another person know that you feel strongly something. It can be useful to say exactly what's going on for you, and it describes but does not blame.

Your "I" **statement** should be simple and "CLEAR" so that you get a message across.

An "I" statement is clear because it has three parts, 1. The way you feel, 2. When you feel that way and 3. What you would like to happen about it.

General Example:

1. I feel afraid 2. When I walk past that house and 3. I would like it if you walked with me.

Make up your own sentences to practice. They can be about bullying or something else you feel strongly about.

I FEEL.....WHEN.....

SO

I AM.....IF

AND

I WOULD LIKE.....

.....

I PLAN TO

.....

I SOMETIMES FEEL.....

.....

AND MY MESSAGE TO ANYONE WHO CHOOSES TO BULLY IS:

I FEELWHEN I SEE BULLYING AND

.....

MY SELF-HELP LIST

Think about people you can talk to you if you are being bullied or want to discuss a bullying situation you know of.

<u>AT SCHOOL I COULD APPROACH</u>	<u>FRIENDS I COULD TALK TO ARE</u>
<u>WITH MY FAMILY, INCLUDING EXTENDED FAMILY, I COULD TALK TO</u>	<u>AT OTHER PLACES I GO TO REGULARLY I COULD TALK TO</u>

Research and write down the phone numbers of three organisations that could help you. Then keep this paper somewhere safe to refer to if you need.

1. Organisation:Phone:.....
2. Organisation:Phone:.....
3. Organisation:Phone:.....

WHERE TO FROM HERE?

Worksheet WTFH-16

MAKE AN UPSTANDER PLAN

If I become aware of bullying, even though I haven't seen it I plan to

.....

.....

If I see bullying and am an accidental Bystander I plan to

.....

.....

If I receive or see on social media nasty comments about someone I plan to

.....

.....

If I feel afraid for my safety to speak out against bullying I plan instead to

.....

.....

There is safety in numbers. An idea to get some people to stand together against bullying is

.....

.....

.....

I would like to share my idea with the people below to see if they think my plan is a good one and would support it.

.....

.....

BULLIES CAN GET HELP TOO

Worksheet BCGHT -17

Do this sheet in private. You won't be asked to share your answers. The purpose of the worksheet is so you can learn a little about yourself.

We can all improve our behaviour towards others! Here are some questions to ask yourself. At the end of each question, write the word that you feel applies. The words to choose from are

NEVER NOT OFTEN SOMETIMES USUALLY ALWAYS

Do I speak without considering if what I say may hurt or upset someone?

Do I find myself in arguments with people often?

Do I feel jealous?

Do I feel angry inside?

Have I been bullied myself?

Do I want to feel better about myself?

Do I want people to like me?

Do I like to be in control of situations and people?

Do I have friends who like me?

Do I think the number of friends I have and how popular I am is the most important thing?

ADD UP HOW MANY TIMES YOU ANSWERED FOR EACH WORD.

NEVER: NOT OFTEN: SOMETIMES: USUALLY: ALWAYS:

However you answered these questions, it doesn't make you a bully!

If you answered sometimes, usually or always more than anything else, it might be a good idea to try to work out why you feel the way you do. If you need help, talk with a trusted adult.

If you know deep-down that you do bully people, read the text in the section

"Bullies can get help too"

and answer the questions it asks.

It takes a brave person to make change, but you can do it if you try.

LOOK AFTER YOURSELF! SO THAT'S THAT THEN.

Worksheet LAYSTTT-18

Read the above sections of the book and share with friends or parents. Have a chat.

You are a unique and worthwhile person. Complete the following sentences any way you wish.

Something unique about me is.....

Something I am proud of is

I am looking forward to.....

I am good at.....

Something I did well this week is.....

I enjoy.....

Five positive words that describe me are.....

.....

When I am with friends I try to.....

I am very fortunate that.....

I think my biggest strength is.....

Something I am working on improving is.....

My teacher thinks I am.....

My best friend thinks I am.....

One way I look after myself is.....

I know that things go wrong in life, but I know that these things will pass. One day I would like to

.....

WHATEVER YOUR ANSWERS ARE, YOU ARE AMAZING. AND YOU WILL BECOME EVEN
MORE AMAZING SO LOOK AFTER YOURSELF.

SO TO FINISH OFF, LOOK AROUND FOR SOMEONE YOU KNOW TODAY, THINK ABOUT
THE THINGS YOU LIKE ABOUT THEM AND GO AND PAY THEM A COMPLIMENT!

AND WHEN YOU GO HOME, SAY SOMETHING NICE TO EVERY PERSON IN YOUR FAMILY!
THEY WILL FEEL GOOD – AND SO WILL YOU!