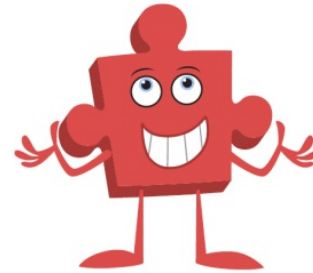


## Why Bully?

### **Please teach me to...**

know some of the reasons why people use bullying behaviours

tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one



### **Vocabulary**

Bullying behaviour

Direct

Indirect

Argument

Recipient

## **Play 'Zoom! Eek!'**

Sit in a circle

The first child turns to the child on his right, makes eye contact and calls out 'Zoom!'; that child then calls out 'Zoom!' to the person on his right and it continues around the circle.

To change the direction of the 'Zoom!' a child can call out 'Eek!' ('Eek' is the sound of screeching brakes) instead, at which point the zoom goes in the opposite direction around the circle until another 'Eek!' is called.

Calm me...

Let's calm with some mindful breathing.

Now focus your attention on one thing you can see, hear, touch and smell.

## Bullying? Not Bullying? Unsure?

1. Ismail spits into a glass of water and says he will make Ahmed drink it.
2. Anna keeps telling other girls in their group not to 'like' any of Marie's posts and to ignore her in school.
3. Jemma has a disability which means she can't always control her movements and causes her to jerk her hands up. A group of girls always laugh at her when this happens and mimic her actions.
4. Maddie and Amy won't let Jasmin play with them because they have fallen out.
5. Jake and Ryan have had an argument. Jake kicks Ryan's coat across the corridor and calls Ryan gay.
6. Jodie tells Marcus each day that if he doesn't give her his dinner money, she will get her group to beat him up.

# Definition of Bullying:



1. It doesn't just happen once: it goes on over time and happens again and again
2. It is deliberate: hurting someone on purpose, not accidentally
3. It is unfair: the person doing the bullying is older, stronger and more powerful (or there are more of them) and even if the bully is enjoying it, the person being bullied is not.

Brainstorm as a class a list of reasons as to why people may use bullying behaviours, e.g. power, fear etc.

Return to the scenarios.  
Ask yourself these questions...



- 1. What might be the reasons for the person/people using bullying behaviours?**
- 2. How did these behaviours make the recipient of them feel and what could they do to manage these feelings e.g. calming techniques, talking to someone.**
- 3. How could the recipient deal with/manage the situation?**

## Bullying? Not Bullying? Unsure?

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