

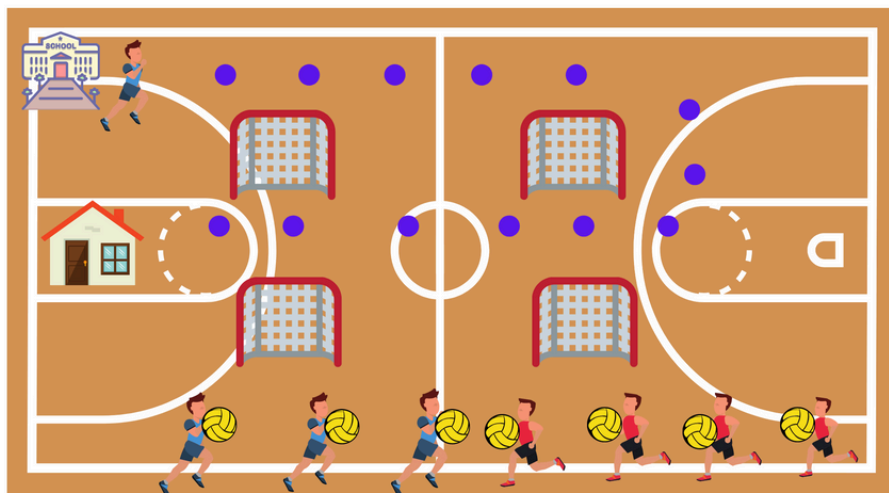
# Game: Run Bully

15-20 Minutes

## Learning Outcomes

Students will be able to:

- Promoting anti-bullying.
- Representing a student going through a difficult time coming from school to home.
- Helping everyone to understand what gravity feels like.



## Equipment required:

- Football goal
- Cones
- Soft balls
- Head shield

## Delivery notes:

- Set up an obstacle course using the football goal as a shield
- Set up a zone where people throw balls at the target - everyone should have a ball
- Laying out cones as a path from school to home

## Resource:

- Appoint a target person (the person who is suffering) who must follow the path from school to home
- Football goals are the same; bus stop, the bus, town bus stop, local shop, the walk home (all the places the bullies can find you)
- Line up the players and they have to throw balls at the target
- When the student leaves the school, the players who have balls must aim at them with them
- The target person is not intended to be hit
- Next, talk about gravity and what the balls represent

## Game: Run Bully

15-20 Minutes

- Appoint four students/adults to protect the target by knocking the balls out of the way
- During your conversation, focus on talking points about gravity and asking for helpful behaviour.
- Discuss how people feel protected versus unprotected (they should feel safer/better)
- The various people who are able to help you; friends, parents, teachers, coaches, youth workers etc.



**VERBAL Bullying**

- Name calling
- Insults
- Teasing
- Intimidation
- Homophobic or racist remarks
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm





**PHYSICAL Bullying**

- Hitting, kicking, pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures





**SOCIAL Bullying**

- Lying & spreading rumours
- Leaving someone out on purpose
- Telling others not to be friends with someone
- Embarrassing someone in public
- Damaging someone's social reputation or relationships





**CYBER Bullying**

- Posting/sending hurtful texts emails or posts, images or videos
- Making online threats
- Imitating others online or using their log-in
- Deliberately excluding others online
- Spreading nasty gossip or rumours



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**#Reach Out**



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