

Game: Got your back

15-20 Minutes

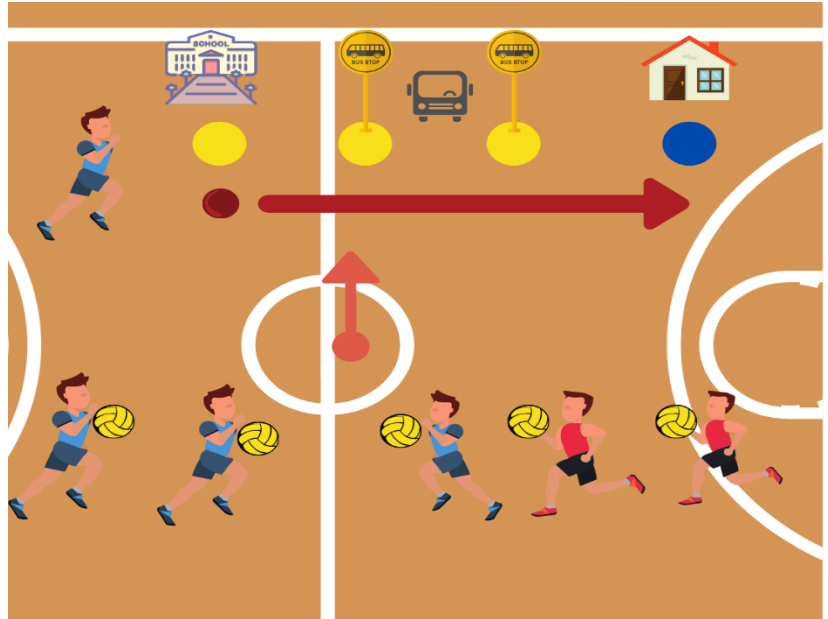
Learning outcome (s)

Participants will be able to:

- Understand what it is like to be subjected to bullying behaviour.
- Highlight the impact of bullying and how it feels when being bullied with feelings such as loneliness, anxiety, pain, etc.
- How to ask for help.

Equipment required:

- 👍 4 cones
- 👍 1 ball per person playing



Delivery notes:

- 👍 Arrange four cones in a line
- 👍 Arrange for 1 person to be on (Player A) must stand facing away from the other players beside where the four cones are
- 👍 The rest of the players will stand at the other side of the hall around 10 meters away
- 👍 Player A (bully) gets one ball
- 👍 The rest of the players get at least one ball

Activity

- 👍 We explain that when we say go, he must place the ball on the each of the four cones to complete the game.
- 👍 You go over to the other players and explain that they need to throw the ball at the player A and each ball that they through represents what a bully would say or do ie. Your fat, no one likes you, also it could represent physical violence.
- 👍 When we say go Player A tries to put the ball on the cones as the other players try and throw their ball at him.
- 👍 Once he puts the ball on all the cones, we then have a chat to ask how easy/hard it was doing the task while being hit with all the balls.
- 👍 Explain that's how it feels when you are being bullied.

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Progress (Part 2 of the Game)

- 👍 We then ask if he would like some help and let him pick 4 people to help him, we explain that the 4 people could represent his mum, dad, coach or aunt and they have his back and are there to help him at any time.
- 👍 We start a new game but this time the 4 helpers with Player A, their job is to protect player A and block the incoming balls.
- 👍 Once the game is finished, we then huddle round and ask Player A how he felt the second time when someone has his back and explain how you can always talk to someone and ask for help.

4 Types of BULLYING

PHYSICAL Bullying

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

VERBAL Bullying

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

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