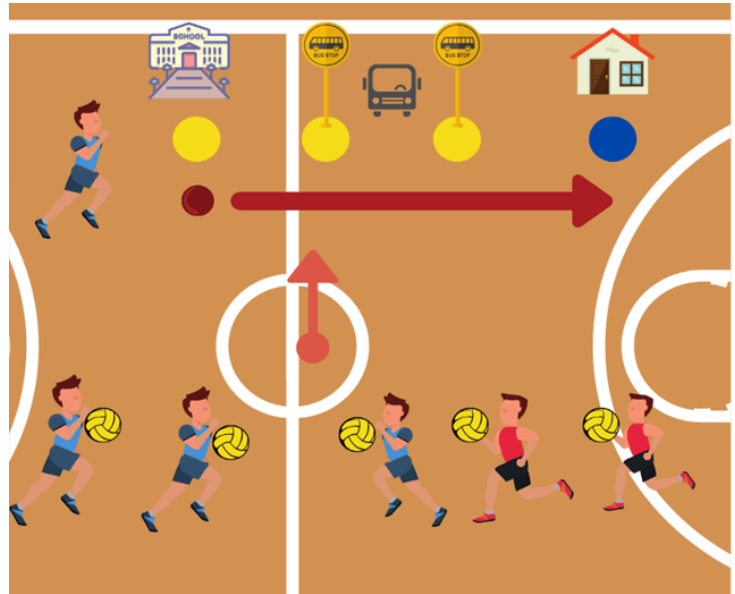


## Learning Outcomes

Students will be able to:

- To be able to identify bullying behaviour, highlight bullying and how it feels being subjected to bullying behaviours.
- The impact of this and associated feelings such as loneliness, anxiety pain, etc. and how to overcome these.
- What is help seeking behaviour.



## Equipment required:

- Cones
- Soft balls
- Head shield (optional)

## Delivery notes:

- Arrange four cones in a line and place a ball on the starting cone
- Arrange for 1 person to be on (Player A). They must stand facing away from the other players at the first in the line of the 4 cones
- The rest of the players will stand at the other side of the hall, ideally around 10 meters away
- Player A gets one ball – the starting cone ball
- The rest of the players get at least one ball (as balls are fired up the hall towards Player A you can have someone returning them down the hall)

## Resource:

- We explain that when we say “Go” Player A has to place the ball on the each of the four cones, in order from start to end, to complete the game.
- You go over to the other players and explain that they need to throw the ball at Player A and each ball that they through represents a bullying behaviour eg. Name calling “You’re fat” / “No one likes you”. Or the balls can represent physical violence such as kicking, punching etc
- Player A has to move the ball along the cones, successfully setting it on each cone one at a time as the other players try and throw their ‘bullying ball’ at them.
- Once they move across all the cones we then have a chat to ask how easy/hard doing the task while being hit with all the bully balls.
- Reflect / discuss how it feels when you are being subjected to bullying behaviours.

## Progress (Part 2 of the Game)

- We then ask if Player A would like some help and let them pick people, we usually opt for 4 additional participants, to help them.
- We explain that the 4 people could represent a parent, coach, teacher or other trusted adult and they have their back and are there to help them at any time.
- We start a new round/game but this time the 4 helpers with Player A, are tasked with protecting Player A and block the incoming bullying balls.
- Once the full game is finished, we then huddle round and ask Player A how they felt the second time when someone had their back – compared to the first round - and reinforce the message how you can always ask for help by talking to someone and ask for support.

## 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