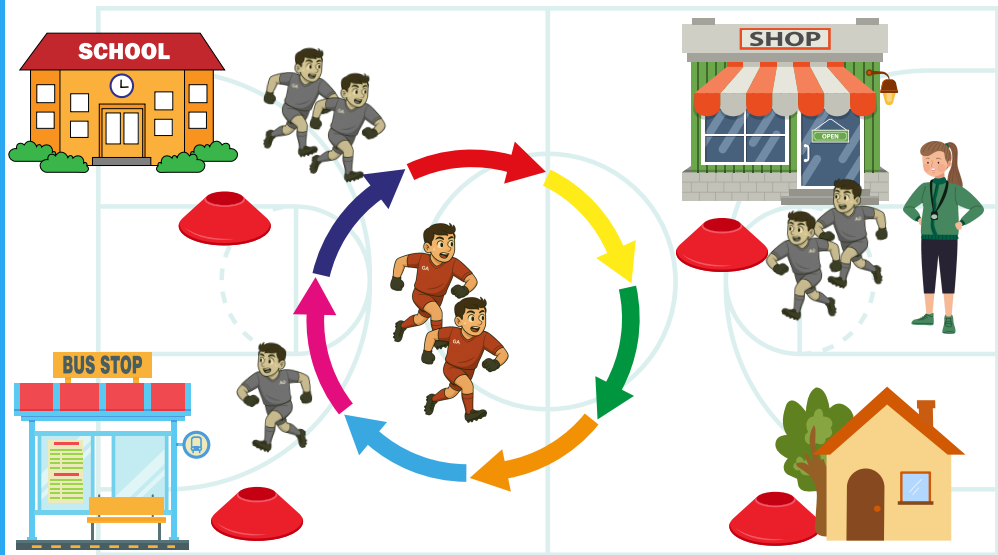


Intended Learning Outcomes

- By the end of this activity, participants will be able to recognize the emotional and physical impact of bullying on individuals.
- By the end of this activity, participants will be able to explain the importance of seeking support from trusted people when experiencing bullying.
- By the end of this activity, participants will be able to demonstrate how teamwork and support from others can reduce the negative effects of bullying.

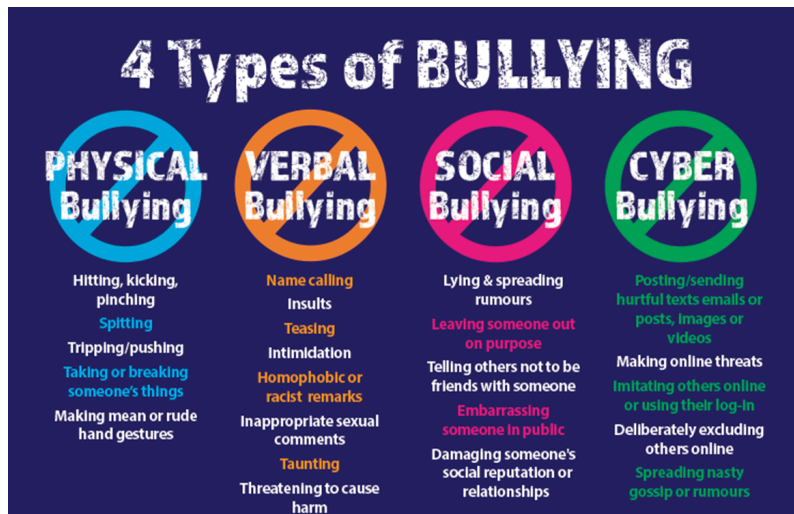


Delivery notes:

- Arrange four cones in each corner
- Each will represent a safe space.
- 2 players will display bullying behaviour

Game Delivery

- **DISCUSS: 4 spaces people see as “safe” e.g.**
- **Layout 4 corners = each will represent a safe space**
- **Position 2-3 players at each corner**
- **2 players go into the middle - they will target people (chase them) and act as bullying behaviour.**
- **When the coach says “Go” players must get from one safe space**
- **The player in the middle “Bullying behaviour” have to catch the others and they are out**
- **When all targeted players are out - reflect on 4 types of bullying, who we can talk to (Parents/Guardians, Friends, Teachers, Youth Workers, Coaches)**
- **Reflect / discuss how it feels when you are being subjected to bullying behaviours.**



Progress (Part 2 of the Game)

- We pick 3 players who form a circle/chain around those who are displaying bullying behaviour.
- We explain that the 3 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 the coach shouts go and those who were displaying bullying behaviour are restricted
- Once the full game is finished, we then huddle round and communicate with the targeted players about 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.