

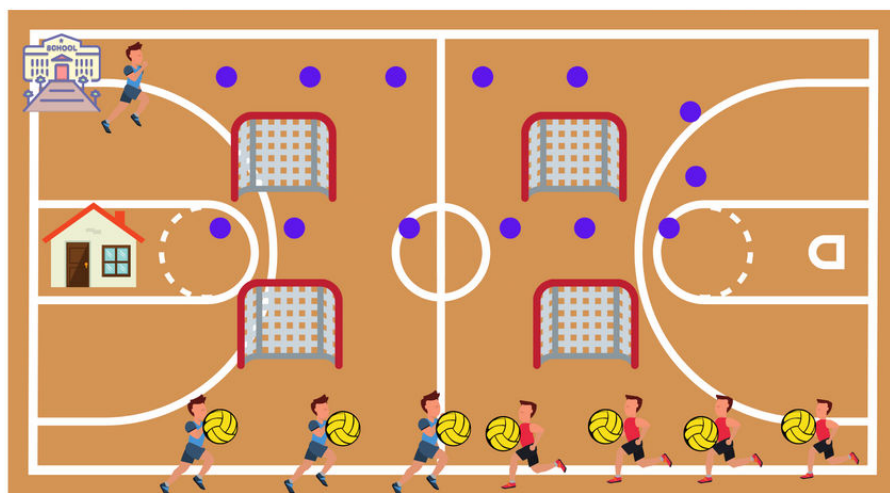
Game: Run Bully

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

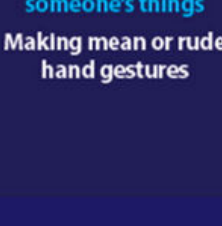
- Name calling
- Insults
- Teasing
- Intimidation
- Homophobic or racist remarks
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm





PHYSICAL Bullying

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





SOCIAL Bullying

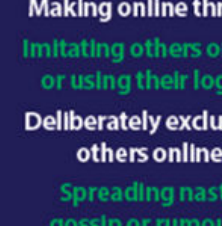
- Lying & spreading rumours
- Leaving someone out on purpose
- Telling others not to be friends with someone
- Embarrassing someone in public
- Damaging someone's social reputation or relationships





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



Your club logo

shout
85258



tell someone!

SEE SOMETHING

SAY SOMETHING

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk
0800 1111



COMMUNITY FUND
www.tamhi.org



End Bullying Now!

#Reach Out



TAMHI
www.tamhi.org