

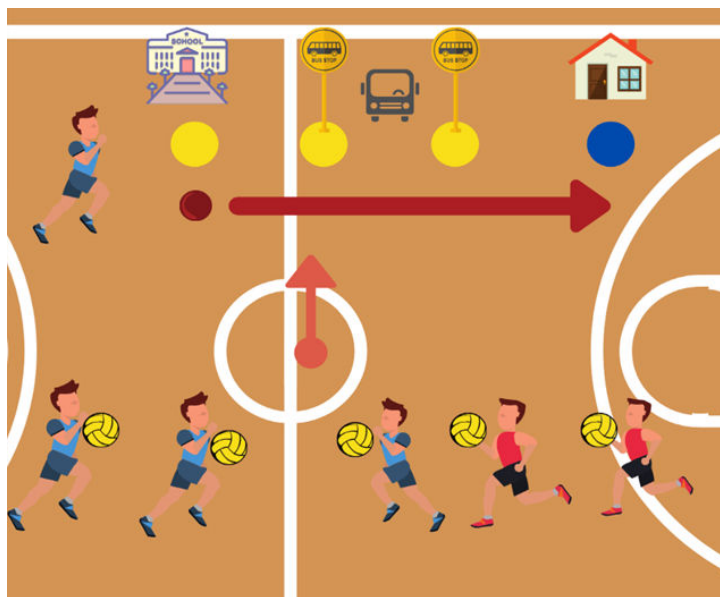
Game: Got Your Back

15-20 Minutes

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.

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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