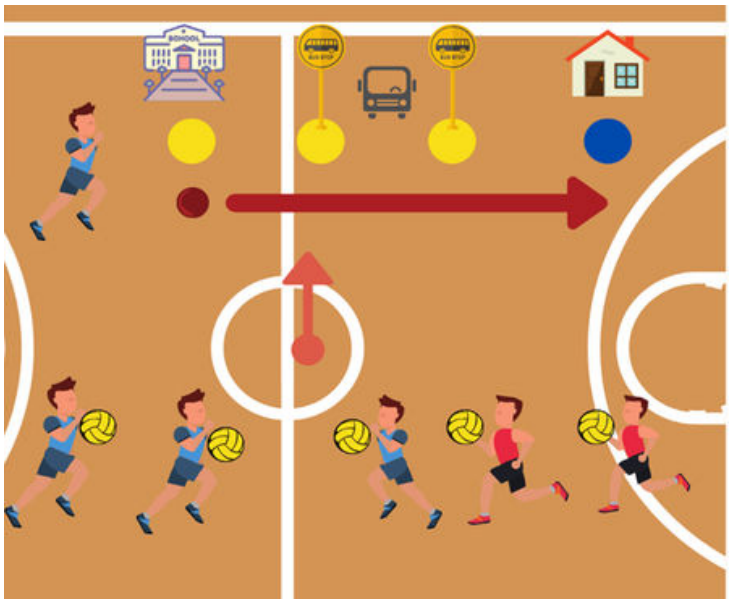
Game: Got Your Back

15-20 Minutes

Learning Outcomes
Students will be able to:

- To be able to identify bullying behaviour, highlight bulling 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.**

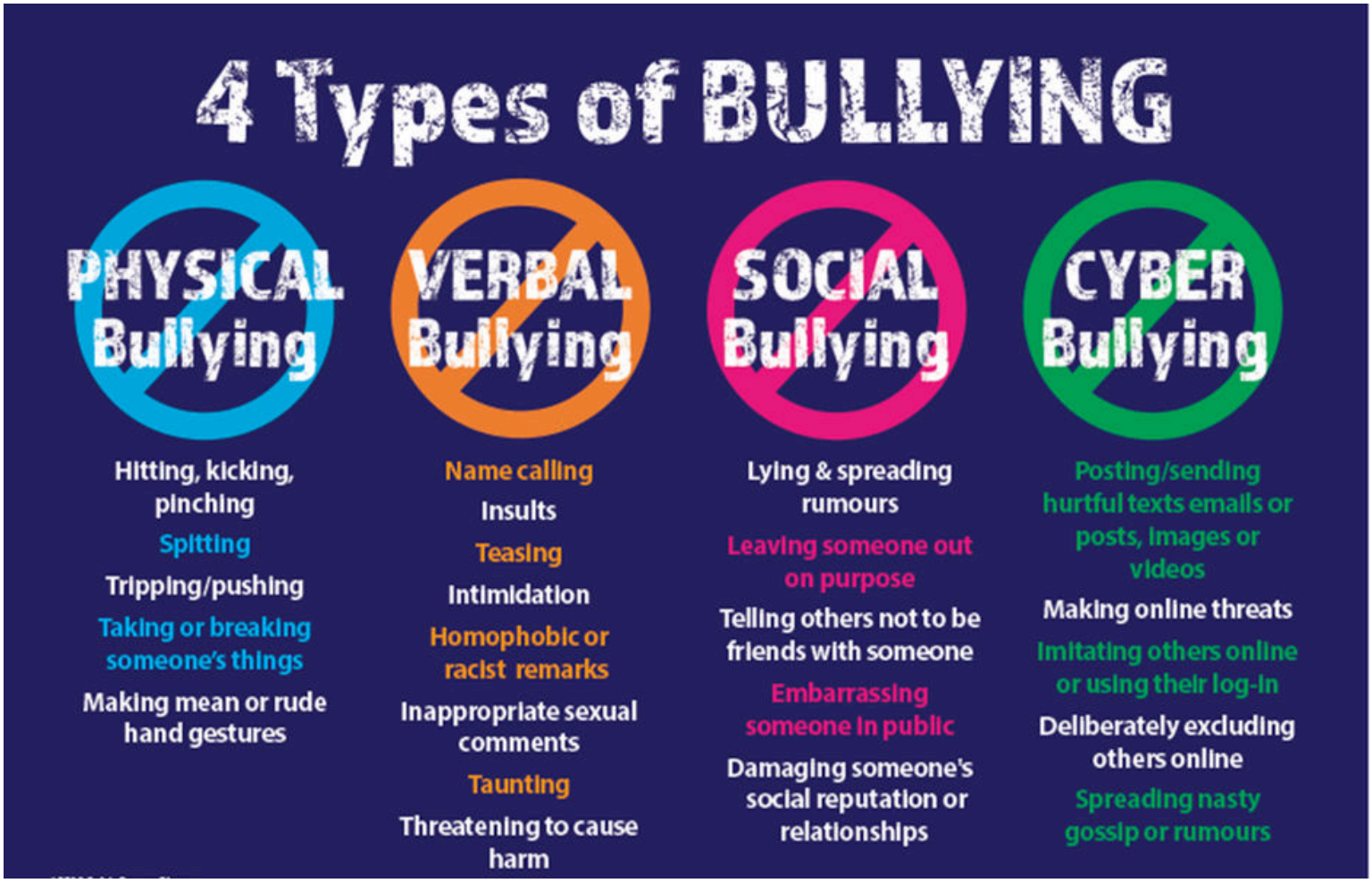
NIC 104363

Game: Got Your Back

15-20 Minutes

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.



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