



Activities for students Age 10

A focus on

Types of bullying

The following activities are taken from Friendly Schools PLUS Teacher Resource, 8 - 10 Years



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Key area 4: Relationship skills

Positive relationship skills

Focus 2: Types of bullying

“One of the basic causes for all the trouble in the world today is that people talk too much and think too little. They act impulsively without thinking. I always try to think before I talk.”

Margaret Chase Smith



Key messages




Bullying is more than just playful teasing.

There are different types of bullying, all of which can make people feel lonely, unhappy and frightened.

Bullying at any age can be harmful and must be discouraged by everyone who sees it.

This focus will enable students to:

- identify different types of bullying
- describe the effects of each of the different types of bullying
- demonstrate attitudes and behaviours which discourage all types of bullying behaviour

Focus 2 activities	Resources needed
Introducing key messages	
Types of bullying memory game	 Resource sheet: <i>Types of bullying memory game (situation)</i>  Resource sheet: <i>Types of bullying memory game (type of bullying)</i>
Developing key messages	
Literature	A text that provides an example of bullying. (Sample text: <i>Follow the leader</i> by Sandra McLeod Humphrey)
Y chart	Coloured felt pens, paper
Survey: What goes on here?	 Activity sheet: <i>What goes on here?</i>
Promoting the message	
Reflecting on key messages	
Journal	Journal, writing materials

Introducing key messages

Explain to students that bullying behaviour can be divided into different forms: physical or non-physical and direct or indirect. Explain the following three types of bullying situations are most common.

Bullying by an individual: While it is uncommon for students to bully others on their own, there are times when there is a dominant perpetrator.

Bullying by a group: In this case there will always be more than one perpetrator within a group. The group may be responsible for bullying individual students or another group of students.

Getting someone to do your bullying for you. This is when someone uses power over someone else to get them to carry out the bullying for them.

Reinforce with students that while some bullying situations will be considered more severe than others, all need attention and all people involved in these situations need support to stop the behaviour and to prevent further harm.

Draw a box on the whiteboard or a large piece of paper. Divide box into the categories below and ask students to provide examples for each. Once students have exhausted their list compare results with the box below and include any examples they may have omitted. Display for future reference.

Types of bullying ¹	Direct	Indirect
Physical	<ul style="list-style-type: none"> • hitting • kicking • pushing • spitting • pinching • throwing things, e.g. stones 	<ul style="list-style-type: none"> • getting another person to harm someone, either online or offline
Non-physical Verbal	<ul style="list-style-type: none"> • mean and hurtful name-calling • hurtful teasing • demanding money or possessions • forcing another to do homework or commit offences such as stealing 	<ul style="list-style-type: none"> • spreading nasty rumours, face-to-face or via social networking sites • trying to get other students to not like someone, either online or offline
Non-verbal	<ul style="list-style-type: none"> • threatening and/or obscene gestures 	<ul style="list-style-type: none"> • deliberate exclusion from a group or activity in an online or offline environment • removing, hiding and/or damaging others belongings
Cyber	<ul style="list-style-type: none"> • sending nasty emails or text messages 	<ul style="list-style-type: none"> • blocking someone on a social networking site

**Activity – Types of bullying memory game**

Copy, cut up and laminate the “types of bullying memory game (situation)” resource sheet and “Types of bullying memory game (types of bullying)” resource sheet. Use different colour card for each sheet. Provide enough copies for the game to be played in pairs or in groups of four.

Explain the aim of the game is to match the descriptions written on one colour card with the type of bullying it is referring to (written on another piece of coloured card). Place all cards face down on the desk or floor. The game starts with a player turning over one card of each colour. The player reads the situation aloud and tells the rest of the group if it matches the type of bullying behaviour card they have turned over. If it does, they keep both cards and the game continues until all situations are matched with a corresponding type of bullying card. If it does not match, both cards are returned face down ready for the next player to continue play. Allow time for students to discuss any differences in answers.

Variation: Provide blank cards for students to write their own descriptions to add to the game.

Developing key messages

**Literature**

Choose and read a text that provides an example of bullying. Conduct a guided discussion to identify the type of bullying (physical or non-physical and direct or indirect) and the impact the behaviour had on others. Discuss what friends and/or other students could have done to provide support to the target.

Example using: Follow the leader by Sandra McLeod Humphrey.

A short story from *Hot issues, cool choices: Facing bullies, peer pressure, popularity, and put-downs* by Sandra McLeod Humphrey.

This short story shows how one person can make another’s life miserable by manipulating others to pick on them. The questions at the conclusion of the story provide discussion starters and challenge students to look at the situation from another point of view.

Note: If teachers feel that the issue of anorexia is not suitable for this age group, adapt the story and substitute an issue more suited to your class.



Activity –Y chart

Divide students into groups of three and supply each group with coloured felt pens and two sheets of A3 paper. Assign one of the following categories to each group:

- physical bullying
- verbal bullying
- exclusion
- threatening behaviour
- cyberbullying

Ask students to draw a large Y shape on one of the pieces of paper and write their assigned category in the middle of the Y. Students write in the segments of the Y what their category looks like, feels like and sounds like. On the other piece of paper ask the group to discuss and script answers to the following questions:

1. How often do you think these sorts of behaviours happen in your school?
2. How do you feel about these behaviours? Are they acceptable in your school?
3. What can students do to try to prevent or stop this sort of behaviour from happening at school?
4. Name some safe actions students could take to help prevent these behaviours and promote a friendly schools message in your school.

Remind students these behaviours are only regarded as bullying when they are done again and again, with intention to hurt.

Display finished Y charts around the class. Ask each group to design an eye catching poster highlighting the answers provided to number 4. Display these in school corridors or outside areas to alert all students to safe actions they can take to discourage bullying behaviour of any form in their school.



Activity – Survey: What goes on here?

Hand each student a copy of the “What goes on here?” activity sheet and ask them to think about the different types of bullying behaviour that has been discussed before completing their sheet. Sheets can be used for class discussion or can be handed in and answers collated to find out about the most common beliefs about bullying in your classroom.

Note: This should be done anonymously.

Promoting the message

Arrange a time where students play *Types of bullying memory game* with other classes in the school.

Reflecting on key messages



Student journal

Ask students to complete the following in their journals.

- In a few short sentences describe what bullying means to you.
- What would you like to see happen in your school to reduce bullying behaviour?
- What would you like all students to do if they see someone being bullied?



Teacher reflection

How effectively were the key messages developed?

To what extent are your students now able to:

- identify different types of bullying?
- describe the effects of each of the different types of bullying?
- demonstrate attitudes and behaviours which discourage all types of bullying behaviour?

Name: _____



Types of bullying memory game (situation)

<p>At almost every soccer practice a player rakes your shins with their studded boots.</p>	<p>In science class whenever you ask the teacher a question the student next to you laughs and calls you stupid.</p>	<p>Every time you arrange to go to the movies with Jessica she calls and cancels, saying she needs to see someone else.</p>	<p>Every time you try out for the interschool sports team, another player trips you up, laughs at you and tells everyone you can't play sport.</p>
<p>Every day you are getting anonymous text messages from someone declaring that they are going to "get you".</p>	<p>Every recess when you try to join in a game of four square, the group pushes you aside and tells you to get lost.</p>	<p>At least three times a week another student steals your bag and throws it onto the classroom roof.</p>	<p>Every day, a student walking past kicks the leg of your chair, toppling it – and you – over.</p>
<p>Every time you get out your maths text book, Brody scribbles on it with a permanent marker.</p>	<p>You often play basketball at lunchtime. Whenever you miss a shot, one of your teammates starts yelling abuse.</p>	<p>Someone keeps putting the same note in your bag every day telling you they are going to beat you up after school.</p>	<p>Each afternoon on the school bus you try to sit next to another student, but they always put their bag onto the seat to block you.</p>
<p>Regularly in the canteen line, an older student asks to borrow some money. When you refuse, they pull you around the corner and pin you against the wall and threaten you.</p>	<p>A group of students discusses the local sports team every morning before school. When you try to join in the conversation, they roll their eyes, turn their backs and ignore you.</p>	<p>Each morning when you walk to school a group of older students teases you about something. This time it's about your new haircut.</p>	<p>A different, nastily photoshopped picture of you is emailed around your class every day.</p>

Name: _____



Types of bullying memory game (types of bullying)

PHYSICAL	VERBAL	RELATIONAL	VERBAL
CYBERBULLYING	RELATIONAL	PROPERTY ABUSE	PHYSICAL
PROPERTY ABUSE	VERBAL	THREATENING	RELATIONAL
THREATENING	RELATIONAL	VERBAL	CYBERBULLYING

Name: _____



What goes on here?

What kind of bullying goes on at your school? Write down all the types of bullying behaviours that you know happens at your school, and then tick the box to show how often you think this type of behaviour occurs.

Use the following scale:

- 1 = everyday
- 2 = quite often
- 3 = every now and then
- 4 = hardly ever
- 5 = never

Types of bullying behaviour	1	2	3	4	5
Calling someone names					
Teasing someone about how they look					
Not letting someone join a group					
Using another student's password					
Emailing or texting nasty comments					

What do you think is the most common type of bullying among students in your year level?

Where do these types of bullying most frequently occur?

Name Purchase Order #

Name of School

Address

Suburb..... StateP/Code

Country Email:.....

School/Organisation Credit Card Personal Credit Card Invoice School

Visa Mastercard Amex (4% Surcharge)

Card Number: Amount: \$ _____ Expiry Date: _____

Signature: _____

QTY	CODE	TITLE	PRICE
	FSP7601	Friendly Schools PLUS Teacher resource book + CD-ROM-ROM (Years 4–6)	\$60.00
	FSP7618	Friendly Schools PLUS teacher resource book + CD-ROM-ROM (Years 6–8)	\$60.00
	FSP7625	Friendly Schools PLUS teacher resource book + CD-ROM (Years 8–10)	\$60.00
	FSP7632	Friendly Schools PLUS teacher resource book + CD-ROM (Years 10–11)	\$60.00
	FSP7649	Friendly Schools PLUS teacher resource book + CD-ROM (Years 11–14)	\$60.00
	FSP7656	Friendly Schools PLUS: Evidence For Practice + CD-ROM (E4P)	\$65.00

QTY	CODE	TITLE	PRICE
	FSP7001	Friendly Schools PLUS primary pack	\$275.00
	FSP7002	Friendly Schools PLUS middle/high pack	\$160.00
	FSP7000	Friendly Schools PLUS complete pack	\$300.00
	FSP8813	Friendly Schools poster set of 9	\$40.00
	FSPSURS	Friendly Schools: Student survey *	\$20.00
	FSPSURT	Friendly Schools: Staff survey *	\$20.00
	SUB8851	Friendly Schools: Map-the-Gap tool ** (Yearly Subscription)	\$20.00
	FSP8868	Friendly Schools: Parent booklet	\$9.95
TOTAL			\$

TERMS AND CONDITIONS

Staff and Student Survey

- Surveys are valid for thirty (30) days once survey links have been sent
- Email address for host contact for schools is required. This is used to set up survey and send report.
- Schools will receive survey link via email within two (2) working days of orders being processed
- School will receive an analytical report of survey purchased within five (5) working days of completion.
- Schools requiring more than thirty (30) days to complete survey will incur an additional \$20.00 (inc GST) fee. This allows additional access for up to thirty (30) days.

Map-the-Gap

- Map-the-Gap is valid for one (1) year from the date login details are received
- Email Address is required to set up login details for schools
- Schools will receive login details via email within 48 hours of orders being processed

TERMS OF TRADE

- Prices are quoted in Australian dollars (\$AUD) and include GST
- All prices are subject to change without notice.
- For New Zealand customers, at the time of invoice, we will convert the amount into New Zealand dollars (\$NZD) so that you can pay by cheque or credit card in New Zealand dollars (\$NZD).
- Full money-back guarantee.
- We do realise it is difficult to order sight unseen. To assist you in your selection, please visit our website <www.hbe.com.au>. Go to 'Browse Books' and most titles will give you the option to view the first few pages of the book. Click 'View Contents' on your selected book page.
- We will supply our books on approval, and if they do not suit your requirements we will accept undamaged returns for full credit or refund. Posters are for firm sale only and will not be sent on approval. Please be aware that delivery and return postage is the responsibility of the customer.
- Freight costs are determined at Australia Post rates, with a minimum delivery charge of \$9.50 within Australia and \$15.00 for New Zealand for each order.
- Please provide your street address for delivery purposes.