

**Alternative Idea:** Instead of printing sticky labels, the chains can be mixed up for groups to sort.



**FACT BOX:** The Back-to-School Clothing and Footwear Allowance is given to families who need assistance with the financial costs of the new school year. In August 2012, almost 1,000 applications were received every day by the Department of Social Protection (*Source: Irish Times, 27 August 2012*)



**WARM UP:** Ask each person to silently choose two others from the group in their mind. Don't let them know that they have been chosen. On the word 'Go!', everyone should start moving. Each person needs to form a triangle using the two people chosen as their triangle. They should try to form a perfect triangle, but try not to show 'the chosen' that they are following them. After a few minutes, shout 'Stop!'. Ask participants if they think they are in a perfect triangle. Now ask the group if they have any idea who was following them. Invite participants to try it again, with the same people and see if they can all form the perfect triangle. Did you manage to do it this time? What was different? Which way was more relaxed?

## Title: Bullying Perspectives

**Aim:** To explore what bullying is and how it affects our lives

**Age:** 10+ (Alternative idea for 6+ included)

**Time:** 40 minutes

**Materials:** Copy of statements, 'Bullying' poster and 'Not Bullying' poster, blu-tac and copies of case studies



### WHAT TO DO

**Part 1:** Allocate one end of the room as 'Bullying' and the other as 'Not Bullying'. Gather everybody in the centre of the room and explain that you will read out a number of statements. Participants should go to whatever end of the room they think best fits the statement. After each statement, ask for some reasons why they chose the end they did.

#### Statements:

- Bullying only happens in schools
- Bullying is only serious if someone gets hurt
- Bullying means one person is stronger than another
- Countries can bully each other
- We should only care if bullying happens to us

**Part 2:** Create teams of up to four people. Give each team a case study and ask them to discuss if bullying is happening in the story? If so, how? How would they feel if what happened in the story happened to them? Are there different types of bullying? If so, what are these? Can friends bully each other? Encourage them to list ways in which the bullying can be stopped and who should be involved? Do they think bullying only happens to individuals? Can it happen to communities – which ones? What helps people to overcome bullying? If countries bullied other countries, why and how might they do this?



**Case Study A:** Every day going into school, I felt my stomach twist into knots, trying to make my parents believe I was “sick”, having to deal with being called “fat” and “stupid” and “crap”. Being sensitive didn’t help either. It got to the stage where I couldn’t trust people. I was paranoid that they were only pretending to be nice to me and that soon enough they would bully me also. I was hanging around with a bunch of fake people. One girl in particular was trying to eliminate me from the group. She had spread lies about me and told me I was useless (Source: [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie))



**Case Study B:** An Australian newspaper reporting on the number of medals won by countries at the 2012 Olympics named South Korea as “Nice Korea” and North Korea (which is communist) as “Naughty Korea”. North Korea said that the paper was foolish and only acting to make money. The newspaper replied that it was looking for a harmless way of describing the two countries (Source: *The Guardian*, 8 August 2012)



**Case Study C:** We came to Ireland for a better life. We were afraid in Slovakia because we were attacked by a group of people with baseball bats and iron bars. They came into our house and destroyed our belongings. The police did nothing to try and catch the people who did it, even though we know who it was. We were scared to walk in the streets and even in our own home. When I started in Irish secondary school, I asked my mother not to pick me up from school because she wears a long skirt and if she collected me; my classmates would know that I was Roma. I didn’t want my classmates to know because I was afraid they’d bully me (Source: [www.paveepoint.ie](http://www.paveepoint.ie))

**Alternative for children aged 6+:** Show the short video clip “For the birds” by Pixar on YouTube. Ask what the group think this video is about. What are the birds doing? Why are they acting that way? Do people ever act like that? Who, and why?



**FACT BOX:** Bullying happens when someone keeps saying or doing things to have power over another person. There are different types of bullying:

- Physical: Contact like hitting, kicking, punching and taking something that belongs to someone else
- Verbal: Name calling, making offensive remarks or jokes about a person’s religion, gender, ethnicity or about the way they look
- Cyber: Sending abusive messages, pictures or information using electronic media, computers, mobile phones and websites
- Social: When someone is left out of games, deliberately ignored and made feel an outsider
- Mental: When someone is stalked or intimidated

Peer Pressure: Peers are friends who are part of the same social group. The term ‘peer pressure’ refers to the influence that peers can have on each other (Source: [www.antibullyingireland.com](http://www.antibullyingireland.com))



**DID YOU KNOW?** An Irish video tackling homophobic bullying has reached the magical 1 million viewers’ mark on YouTube, making it the most viewed online video from any Irish charity. The video, “Stand Up! Don’t Stand for Homophobic Bullying”, comes from BeLonG To, Ireland’s national organisation for lesbian, gay, bisexual and transgender (LGBT) young people. (Source: *Irish Examiner*, 27 August 2012) To see the video, visit their website [www.belongto.org](http://www.belongto.org)