Lesson 5

It’s not bullying, it’s only ......

Social & Emotional Learning lessons aimed at combatting bullying in a school environment by developing social and emotional skills of young people aged 11-14

Target group: Young people
Lesson 5

Question

How do others excuse their behaviour?
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Learning objective

Understand the strategies used to excuse or hide bullying, and the impact on others.
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Class discussion

Remember our definition of bullying?

Sports changing rooms

School

Classroom

Lunch queue

Tutor group room

Online
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When is it bullying?

Discussion
What excuse do people give for being mean?

- Banter
- Joking
- Stereotype
- Context
- Blaming other people
- Messing around
- Teasing
- Blaming a situation
- Fair game; everyone does it
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Misunderstood Phrases

What emotions do you feel if this is aimed at you?

How do you think others feel?
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Behavioural norms

Group task

How would I behave if I arrived at a queue at the same time as somebody else? Would I shove in, or allow the other person to join first, or would I accuse them of queue jumping?

The way we interact with the world is defined by social or behavioural norms
Definition: Norms

Norms provide order in society. Social norms are unwritten rules about how to behave. They provide us with an expected idea of how to behave in a particular social group or culture. For example, we expect students to arrive to lesson on time and complete their work.

Social norms are the accepted standards of behavior of social groups. These groups range from friendship and work groups to nation states. There are norms defining appropriate behavior for every social group. As we move from one group to another, our behaviour changes accordingly.
Next time...

➜ What have you learnt today?
➜ Have you enjoyed the session?

Next lesson we will look at positive mindset and the concept of “meta-moment” as a supporting strategy or meta cognitive process.

The meta-moment is a brief step back from the situation, when we pause and think before acting.
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Target group: Young people

Take-away task

Have you tried out any mood apps? Try one out again and record your emotions!