Lesson 8

Stealth and tactics: making a difference

Social & Emotional Learning lessons aimed at combatting bullying in a school environment by developing social and emotional skills of young people aged 11-14
Lesson 8

Learning objective

➜ To have strategies to overcome barriers and move towards recognising success

➜ Identify strategies that will change the dynamic and move the situation forward

➜ Understand what works and how to adapt strategies to move towards success

➜ Acknowledge that they can make a difference

Target group: Young people
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Remember: are you an agent of change?

What are the characteristics of someone who can make a change?

In pairs: list your own attributes and identify which attributes are more difficult to develop.
## Remember this?

<table>
<thead>
<tr>
<th>Self Aware (SelfA)</th>
<th>Social Awareness (SocA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self Management (SelfM)</td>
<td>Relationship Management (RelM)</td>
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</tbody>
</table>
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Target group: Young people

Overcoming barriers

What are the challenges?

- Lack of confidence
- Not part of the group
- Communication skills
- Fear
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Overcoming the barriers

Group work – How can the barriers be overcome?

Examples

➜ Talking it through with a friend or sympathiser
➜ Bringing in an adult
➜ Saying to individual rather than group
➜ Communicating positively through your own behaviour or body language
➜ Through technology rather than face to face
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Escape routes - necessary?

➜ How do you know if what you are doing is successful?

➜ What if this is unsuccessful?

➜ What is an “escape route”?
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Closing

➜ Do you have the confidence to try some of the strategies?

➜ Can we make a difference?

➜ How will that affect life at school if we all tried it?

The next lesson: Setting goals
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Target group: Young people

Take-away task

Talk to others, e.g. family members / friends and ask them about the strategies they use.