Lesson 7

Sowing the seed

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

How can I move a bad situation towards a positive outcome?
Introduction

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Learning objective

In bullying situations, identify people whose behaviour can be positively used and influenced. Develop strategies that begin to change the dynamic and move the situation towards a positive outcome.
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Target group: Young people

An agent of change

Can you remember the purpose of the project?

This lesson is about bullying and the responsibilities of all those involved. Everyone plays some role when bullying occurs.

Are you an agent of change?
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Secret agents: James Bond

Discussion and mindmap?

What makes a good field agent?
Did you have the following?

Knowing where and when to “go in”

- Timing
- Focus
- Language
- Communication skills
- Reading a situation
- Escape routes
- Self defence
- Resilience and coping
- Courage
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Target group: Young people

What’s your contribution?

What contribution does anyone make?

1. a student who bullies
2. bullied students
3. bystander
4. upstander
5. cheerleader
6. stirrer
7. admirer
8. sheep
9. joker
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Target group: Young people

Negative or positive contribution?

**Question:** How do you know when something is wrong?

- Trust your emotions
- Assess the situation

**Question:** What strategy would you use to change the outcomes of the situation?

- What can you say or do?
- How do you say it or do it?
- When should you do it?
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Scenario

You will find other scenario images in L7R1.
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An agent of change

Can you remember the purpose of the project? This lesson is about bullying and the responsibilities of all those involved. Everyone plays some role when bullying occurs.

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Strategies

Are you an agent of change?

➢ Identify your target (is the bully always the target of your intervention?)
➢ Take action
➢ Step back (meta-moment) and observe

What happened during your meta-moment – were you successful or would you need to use an exit strategy?
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Closing

Review the agents of change that improved the situation?

Do you think this is a strategy that you feel you could use?

What are the barriers?

The next lesson: Overcoming barriers, keeping things moving forward, identifying success.