Lesson 3

The nature of bullying

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

Do I recognise what bullying looks like, and that different people play a different role?
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Learning objective

To understand what bullying is, why it happens and the roles different people play in bullying situations.
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Target group: Young people

Did you use a mood app?

What did you think?

- Do our moods affect the way we deal with others around us?
- Does your mood lead you into negative situations?
- Is there a link to bullying?

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Target group: Young people

Group activity

Explore what we mean by bullying

Activity 1

Be prepared to share your work with the rest of the class
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Target group: Young people

Activity 1

What do bullies look like and how do they act?

Examples of bullying behaviour

Why does it happen?

What do witnesses do?
So...what is the definition of bullying?

Let’s put together some ideas
What roles do people play?

Players

Behaviours
Scenario

JENNY

Jenny is carrying her food tray through the cafeteria looking for somewhere to sit. The ‘popular group’ tell her she cannot sit with them. One of them, Monica, trips her up and Jenny falls, dropping her food.

Monica laughs loudly saying ‘fat cow, you cannot even stand, can you?’. Julian, one of the group, takes a photo with his phone. The group laugh at her. Ben, a boy in Jenny’s tutor group, helps her up and leaves the hall with her.
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Target group: Young people

Scenario

SAMANTHA

Samantha is having a disagreement with her friends. One of them, Anne, creates a “Rate Samantha” group on a social networking site.

They post embarrassing photos of her and invite their hundreds of “friends” to join the group to look at photos, and comment.

Cruel and crude comments are posted on the group’s message board. One message says that some girls were planning to beat up Samantha.

At school she gets a text message saying, “Take a look at what everyone thinks of you.”
Scenario

DAVID

David is in the queue for lunch.
Two of his friends, Seth and Trevor, walk up to him and start teasing him about the clothes he is wearing, call him names and say that his trousers are ‘gay’.

Two cafeteria staff members, Anna and Carol, overhear Seth and Trevor’s comments about David.
Scenario

ROY

Roy is taller and heavier than his peers.
Roy was getting off the bus, tripped on the last step and fell onto the ground.
Justin sees Roy fall and yells, “Look at the beached whale on the ground”. Roy turns red, picks himself up and heads into school.
Scenario

JANET

Kate and Maria are walking in the hall together. Maria sees Janet, a girl she regularly picks on. She pushes Janet against the lockers. Kate laughs and just stands there until Maria has finished pushing Janet around. Then the two friends go to class leaving Janet upset.
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Target group: Young people

Scenario

**PAUL**

Paul and Ben are friends. Ben asks Paul, “Do you like chocolate and vanilla cookies?”

Paul says, “Yes, why?” Ben responds, “Because you are one. Half chocolate and half vanilla.”

The others around them laugh.

Paul responds “That’s not true. I am not!” and runs off.
Next time...

Is it possible to understand the emotions of the different people in bullying situations?

Next lesson – The nature of bullying