

Learning objectives

Understand how rumour spreading and name calling can be bullying

Understand a range of strategies and problem solving Skills to manage bullying situations

Vocabulary

Bullying

Rumour

Name calling

Racist

Sexism

Cyber bullying

Texting

Problem solving

Have a look through the key vocabulary for this lesson. If there are any you don't understand, research the meaning.

On the following page is a scenario.

Have a read and then decide whether you think it is bullying or not?

What advice would you give her?

Scenario 1



“Carol has recently moved to the school. She has few friends and recently a group of girls has made it obvious they will not accept her into their group, by isolating her and giving her nasty looks. They make her feel like they are talking about her and she has recently begun to receive anonymous text messages calling her names. Carol feels very lonely, sad and isolated and is feeling scared about coming to school.”

TP – is carol getting bullied? How is she feeling? What can she do?

Yes she is getting bullied

1. It doesn't just happen once: it goes on over time and happens again and again
2. It is deliberate: hurting someone on purpose, not accidentally
3. It is unfair: the person doing the bullying is older, stronger and more powerful (or there are more of them) and even if the bully is enjoying it, the person being bullied is not.

2 post it notes

On one post it note – write what Carol or some one in her class could do to help.

On the other post it note – write something that might make the situation worse.

Snakes and Ladders game

Think of a bullying scenario – racism, sexism, new school?

Think about what is happening, where, why etc.

Write down 6 ways someone could help.

Write down 6 things that could make the situation worse.

Create a snakes and ladders board game template on a piece of paper. Fill in your 6 helpful ways and 6 things that might make it worse. Then draw ladders from the helpful boxes and snakes from the worse boxes.

