

Match the bullying behaviour

7-13

Objective:

There are three types of bullying behaviour. This activity will help students understand when bullying is physical, verbal and/or social, or if it's not actually bullying.

Materials:



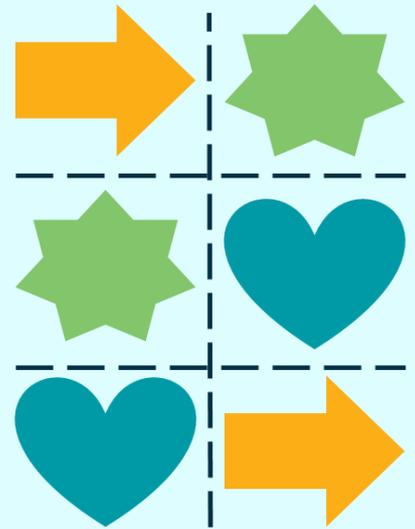
Bullying behaviour cards
(see over page)



Pens



Worksheet (see over page)



Method:

Work in small groups or as a whole class.

- Remind students of the definition of bullying:
 - *Bullying is deliberate – harming another person intentionally.*
 - *Bullying involves a misuse of power in a relationship.*
 - *Bullying is repeated, or has the potential to be repeated over time.*
 - *Bullying can be verbal, physical and/or social.*
 - *Bullying can happen in person or online; and it can be obvious or hidden.*
 - *If someone behaves in a mean or violent way on one occasion it isn't bullying, even though it's not right. It is also not bullying if you sometimes fight with a friend and you sort it out.*
- Read out the bullying behaviours (over page) to the class or provide students with the behaviour cards (printed and cut out) to place on the worksheet. You can print A4 for group work or A3 for whole class discussion.
- Some examples of behaviours may raise discussion and disagreement. For any behaviour, the context, power imbalance and repetition are all important in establishing if the behaviour is bullying (e.g. saying mean things may be bullying if a power imbalance and repetition exist, but may not be bullying if it happens between equals and only once).



Behaviour cards:

Repeatedly hitting or punching someone.	Spreading rumours or lies about someone.	Talking (that is meant to be overheard) about how someone looks.
Coming up with an offensive nickname for someone and getting others to use it.	Everyday poking the same student in the back of the head with a pencil.	Taking an unflattering picture of someone without their permission, then distributing it.
Pushing someone out of line most mornings.	Not liking someone who is in your group.	Labelling someone as gay (whether they are or not) and then relentlessly insulting them.
Refusing to let another student sit with your group at lunch even though there's plenty of room at the table.	Regularly teasing someone during PE because they "throw like a girl".	Continually picking on someone to make them feel bad (e.g. calling a student 'fat boy' whenever he passes).
Being rude to someone once, but then realising you're wrong.	Making fun of someone to others, like "Hey you, give me that ball. You can't play, you're a freak!"	Calling someone names because of the colour of their skin.
Damaging someone's prized artwork or other property.	Saying or doing lots of mean things to upset someone.	Being annoyed with someone who has taken your things.
Telling others not to be friends with another student.	Saying you disagree with someone's comment online.	Pushing a student against the wall and threatening to do it again if the pushed student tells.
Arguing about who sits where in class.	Sending nasty messages to someone online.	Getting others to agree with you and be 'against' another student.
Forcing someone to 'give' their belongings.	Threatening online to hurt someone in person.	Not sharing your things with someone.
Joking with someone that they always forget their sports gear.	Spreading gossip to be accepted in a group.	Constantly making fun of another student because they have a disability.

Student worksheet:

Physical bullying	Behaviour
Verbal bullying	Behaviour
Social bullying	Behaviour
Not bullying	Behaviour

Answer guide for matching types of bullying behaviour:

<p>Physical bullying</p>	<p>Behaviour</p> <ul style="list-style-type: none"> • Repeatedly hitting or punching someone. • Everyday poking the same student in the back of the head with a pencil. • Pushing someone out of line most mornings. • Forcing someone to 'give' their belongings. • Damaging someone's prized artwork or other property. • Pushing a student against the wall and threatening to do it again if the pushed student tells. • Threatening online to hurt someone in person .
<p>Verbal bullying</p>	<p>Behaviour</p> <ul style="list-style-type: none"> • Talking (that is meant to be overheard) about how someone looks. • Coming up with an offensive nickname for someone and getting others to use it. • Labelling someone as gay (whether they are or not) and then relentlessly insulting them. • Regularly teasing someone during PE because they "throw like a girl". • Calling someone names because of the colour of their skin. • Saying or doing lots of mean things to upset someone. • Sending nasty messages to someone online. • Continually picking on someone to make them feel bad (e.g. calling a student 'fat boy' whenever he passes). • Constantly making fun of another student because they have a disability.
<p>Social bullying</p>	<p>Behaviour</p> <ul style="list-style-type: none"> • Spreading rumours or lies about someone. • Taking an unflattering picture of someone without their permission and then distributing it. • Refusing to let another student sit with your group at lunch even though there's plenty of room at the table. • Making fun of someone to others, like "Hey you, give me that ball. You can't play, you're a freak!" • Telling others not to be friends with another student. • Getting others to agree with you and be 'against' another student. • Spreading gossip to be accepted in a group.
<p>Not bullying</p>	<p>Behaviour</p> <ul style="list-style-type: none"> • Not liking someone who is in your group. • Being rude to someone once, but then realising you're wrong. • Being annoyed with someone who has taken your things. • Saying you disagree with someone's comment online. • Arguing about who sits where in the classroom. • Not sharing your things with someone. • Joking with someone that they always forget their sports gear.