

# BULLYING IS NEVER OK!



## Activity 3: Choose a strategy to respond to bullying

### Introduction

<b>Aim:</b>	Students learn which of the strategies are most appropriate to use for different types of bullying and different situations.
<b>Approximate duration:</b>	30 minutes, depending on time allowed for discussion.
<b>Format:</b>	Small group, but adaptable.

**Important note:** Ensure you have read the section of the *Teacher notes* headed *Before you run the classroom discussion starter activities*.

### Instructions

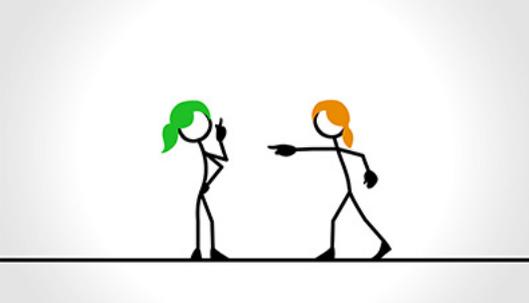
1. This task is ideally done after Activity 2, in which case some of these instructions can be skipped. If you are running Activity 3 in a later separate session, start by reminding students of the definition of bullying from the animation:  
**Bullying is when someone uses ‘power’ they have over you to try to hurt or upset you again and again.**
2. Explain the activity: *The video said there were some things people can do if they are bullied. Can anyone remember the strategies? If you wish, display the image for each strategy as students recall them. (See Images for Strategies document.) This activity will help us learn more about when to use the strategies.*
3. General discussion questions to start the topic — try to keep this brief:
  - *Why is it a good idea to try some strategies to stop the bullying yourself before you ask for help?*  
**Answer to convey:** Bullying is about taking power away from someone, so if a student can solve the bullying problem themselves they have taken back some power. It is okay, though, if a student does not feel safe or able to stand up to bullying; it can be scary and hurtful.
  - *When is it not a good idea to stand up to bullying?*  
**Answers to reinforce:** If you feel in danger; if you feel afraid all the time and you can't think about schoolwork or enjoying anything; if you feel depressed or like you just don't want to try anything. In this case, you should you get help immediately by talking to an adult who can help.
4. Ask students to work in small groups to complete the student *Choose a strategy worksheet* and let them know they will report back their ideas. Remind them to use examples of bullying that can happen in person and online.
5. Then either with each group separately or as a class, discuss or display students' ideas. Refer to suggested answers on the *Teacher Answer guide* on the following pages.



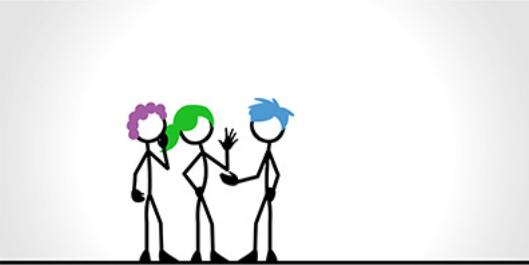
## Activity 3: Teacher Answer guide for Choose a strategy to respond to bullying

Strategy	Main points about this strategy	When is this strategy a good idea to try?	When is this strategy <u>not</u> a good idea to try or not useful?
	<p><i>This activity will help us learn more about when to use the strategies. Some of these will work sometimes. Some of them work better for some types of bullying. Some of them work if you do them right from the first time you get bullied, but might not be much help if the bullying has been going on for a long time. And sometimes they won't work, and you need to get help to stop the bullying. We will talk about <b>when</b> each strategy might be good to try.</i></p>	<p><b>NB:</b> The key sensitivity with teaching students about these strategies is avoiding implying that students <u>must</u> use them, or are failing if they can't deal with bullying themselves. It is understandable if a student does not feel they can stand up to bullying; bullying is disempowering. It can be scary and hurtful.</p>	
<b>Ignore them</b>			
	<p><i>Bullying can happen because the person doing the bullying gets a reaction they like.</i></p> <p><i>So sometimes the best response is <b>NONE!</b> It's normal to feel bothered, but don't let the other person see this.</i></p> <p><i>The main thing is not to show any reaction, so you are acting like you are ignoring them. If you can, turn your back and walk away (see next strategy).</i></p> <p><i>It doesn't mean you should pretend the bullying didn't happen though. You might still want to try one of the other strategies like 'Get support from your friends'.</i></p>	<ul style="list-style-type: none"> <li>• For verbal bullying and some social bullying.</li> <li>• When you feel safe to get away without being chased/pursued.</li> <li>• When you have somewhere safe to go nearby.</li> </ul> <p><i>NB: Teachers who suggest this strategy of 'Ignore them' to students when they report being bullied <u>must</u> give students much more information about how to do this, and what to do instead.</i></p>	<p>This might not be useful/good:</p> <ul style="list-style-type: none"> <li>• If someone is hitting or physically hurting you.</li> <li>• If someone is breaking or stealing your things.</li> <li>• If you think they might pursue you if you leave.</li> <li>• If you have a long way to go to somewhere safe.</li> <li>• If bullying has been going a long time.</li> <li>• If you can't hide your reaction.</li> </ul>

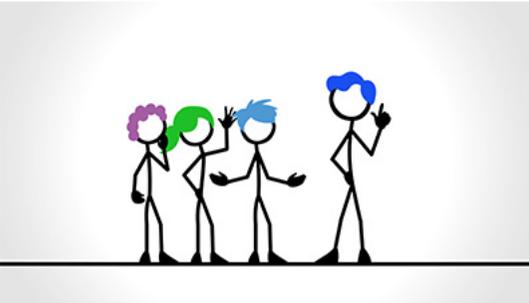
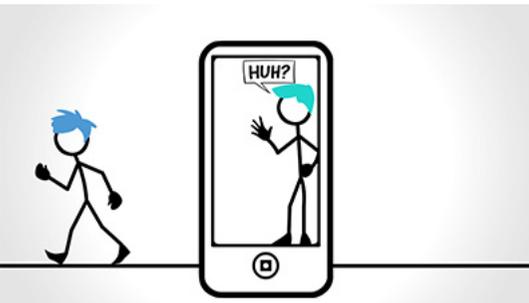


Strategy	Main points about this strategy	When is this strategy a good idea to try?	When is this strategy <b>not</b> a good idea to try or not useful?
<b>Tell them to stop and then walk away</b>			
	<p><i>The main thing is to talk calmly and firmly.</i></p> <p><i>After saying something calmly, leave the situation as soon as you can. Walk away as calmly as you can (and if you need to, show your feelings when you get somewhere safe).</i></p> <p><i>Another important thing is to use okay language that doesn't make the other person annoyed.</i></p> <p><i>If you feel in danger, tell someone immediately.</i></p>	<ul style="list-style-type: none"> <li>• For verbal and social bullying and for threats of physical bullying.</li> <li>• If you can get away somewhere safe fairly quickly.</li> </ul>	<p>This might not be useful/good:</p> <ul style="list-style-type: none"> <li>• If you feel too upset to talk calmly.</li> <li>• If you're on the bus or somewhere you can't leave.</li> <li>• If you think the person will say something like 'Just make me stop it' or make it worse.</li> <li>• For physical bullying — hitting or other sorts of hurting your body.</li> <li>• If someone is stealing or breaking your belongings (you might need adult help immediately).</li> </ul>
<b>Pretend you don't care and act confident</b>			
	<p><i>The main thing is that you <b>act</b> as though you are unimpressed or you <b>pretend</b> you don't care what they say or do. It is also important to use okay language that doesn't make the other person annoyed.</i></p> <p><i>One way to look confident is to use 'fogging' to distract or discourage the person without making them annoyed. 'Fogging' is making a joke or funny comment that makes the other person think you don't care about what they say, or pretending to agree with them so they have nothing to bother you about.</i></p>	<ul style="list-style-type: none"> <li>• For verbal and social bullying.</li> <li>• If you feel safe staying in the area.</li> <li>• If you can make quick jokes.</li> </ul>	<p>This might not be useful/good:</p> <ul style="list-style-type: none"> <li>• For physical bullying.</li> <li>• If you feel too scared to talk calmly or your voice might shake and show you are upset.</li> <li>• If you feel in danger (then you should tell someone immediately).</li> </ul>



Strategy	Main points about this strategy	When is this strategy a good idea to try?	When is this strategy <u>not</u> a good idea to try or not useful?
<p><b>Find somewhere safe</b></p> 	<p><i>The main thing is to plan beforehand to find somewhere safe.</i></p> <p><i>Sometimes leaving (and not reacting) is the best strategy. It is helpful to think beforehand about safe places you could go.</i></p> <p><i>This strategy is not a solution, but a temporary option before other strategies are used. Stress that if a student feels at risk of being physically hurt, they must report this to the school immediately.</i></p>	<ul style="list-style-type: none"> <li>• Physical bullying — avoid places out of the sight of teachers.</li> <li>• If someone is stealing your belongings; keep your belongs in a safe place e.g. the school office, or leave them at home.</li> </ul> <p><i>NB: This should not be the only strategy; this is a short-term solution.</i></p>	<p>This is not usually useful for social bullying as that might happen when you are not there.</p>
<p><b>Get support from your friends</b></p> 	<p>The main thing is that real friends will support you by staying with you, talking to you and, if they feel safe, standing up for you.</p>	<ul style="list-style-type: none"> <li>• Physical bullying.</li> <li>• Verbal and social bullying.</li> </ul>	<p>This might not be useful/good:</p> <ul style="list-style-type: none"> <li>• If all your friends are taking the side of the person bullying you</li> <li>• If your friends want to get back at the person doing the bullying — that can go wrong very easily, and then everyone is in trouble.</li> </ul>



Strategy	Main points about this strategy	When is this strategy a good idea to try?	When is this strategy <u>not</u> a good idea to try or not useful?
Talk to an adult who can help			
	<p><i>The main thing is to talk to someone else and not to think it's your problem to deal with on your own. Bullying can be very challenging to sort out on your own.</i></p> <p><i>Talking about issues can really help you feel better and then think more clearly about what to do. Another important thing is to be clear about what you want them to do.</i></p> <p><i>It's also important to try to find a time to talk to an adult when they are not very busy with something else.</i></p>	<ul style="list-style-type: none"> <li>• Physical bullying — hurting you or stealing your belongings.</li> <li>• Verbal bullying.</li> <li>• If you know someone who will stay calm too and listen to you.</li> </ul>	<p>This is not always useful for social bullying as it's hard for people outside the situation to see how the group interacts; but sometimes it does apply.</p>
Leave the online conversation or chat			
	<p><i>Some of the same strategies that apply in person also work if you are online — just like ignoring and walking away in person, you can do the same thing online.</i></p> <p><i>The main thing is to leave the online conversation or chat, and for you not to <b>show</b> a response that encourages them to continue bullying you.</i></p>	<p>Verbal or social bullying online.</p>	<p>This is not suggested for physical threats or suggestions that you hurt yourself — these should be reported immediately. They may even be a crime.</p> <p>Just leaving the chat may also not be useful for some social bullying online; instead, you could ask your real friends to respond to tell them (calmly and firmly) to stop the bullying.</p>



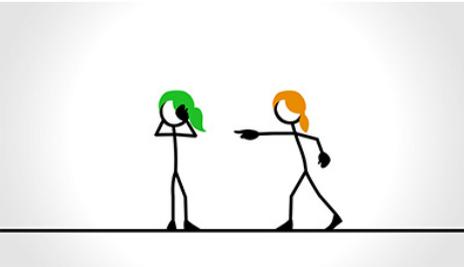
Strategy	Main points about this strategy	When is this strategy a good idea to try?	When is this strategy <u>not</u> a good idea to try or not useful?
<p><b>Block and report the person</b></p> 	<p><i>The main thing is to know where to get information about how to block or report people or know who to ask to help you.</i></p> <p><i>The website of the eSafety Commissioner has up-to-date information for students, parents and teachers.</i></p> <p><i>It is important to keep records to use in reporting.</i></p>	<ul style="list-style-type: none"> <li>• Verbal bullying online.</li> <li>• Physical threats online or suggestions that you hurt yourself.</li> <li>• If you know how to keep a record by taking screen shots, etc.</li> </ul>	<p>This is sometimes challenging for social bullying as you might really want to be part of a group.</p> <p>If you haven't kept any records, it can be harder to report.</p>
<p><b>Protect yourself by using privacy settings</b></p> 	<p><i>The main thing is to know where to get information about how to use the privacy settings on your mobile phone and social media.</i></p> <p><i>The website of the eSafety Commissioner has up-to-date information for students, parents and teachers.</i></p> <p><i>Learn how to change the settings when you get a device.</i></p> <p><i>If you keep records, you can use these if you need to report serious online bullying.</i></p>	<ul style="list-style-type: none"> <li>• All types of bullying, as well as other unwanted or unpleasant behaviour.</li> <li>• If you know how to keep records and to use the settings on your device.</li> </ul>	<p>If you haven't kept any records, it can be harder to report.</p>



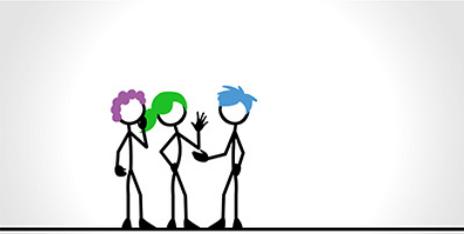
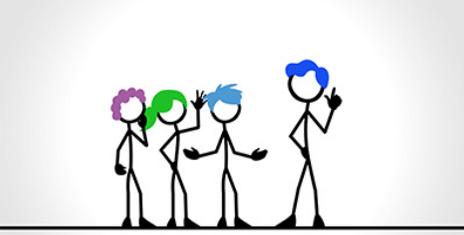
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<b>If these strategies don't work, talk to an adult (reporting)</b>			
	<p><i>The main thing is to realise that sometimes the strategies don't work and students can't work it out for themselves. In this case, you need to <b>report</b> it to an adult — a teacher, parent, other carer, or another adult.</i></p> <p><i>Another important thing is that you might need to keep asking for help until the bullying stops.</i></p>	<ul style="list-style-type: none"> <li>• If you've tried a few things and the bullying hasn't stopped.</li> <li>• If you feel in immediate danger or you have been assaulted; contact the police.</li> <li>• If you feel afraid all the time at school and you can't think about schoolwork.</li> </ul>	<p>This may not be effective if the adult is busy. Choose a time when the adult can listen to you or ask them when would be a time you could talk to them later about something.</p> <p>If you can't find an adult to listen to you or take your worries seriously, you could call Kids Helpline.</p>
<b>Summary, wrap up</b>			
<p>At the conclusion of Activity 3, summarise the key findings from students' discussion.</p>	<p>You might like to present this handy reminder 'summary' of what to do: usually the best immediate response to physical bullying is get out/away; to verbal bullying is saying something calm (like 'Whatever', 'Yeah, yeah'); and to social bullying, giving no response.</p> <p>Stress that students should get help for immediate danger. Remind them also that reporting bullying is not the same as 'dobbing'. The school wants to know and ensure the school is a safe and happy place for learning.</p>		



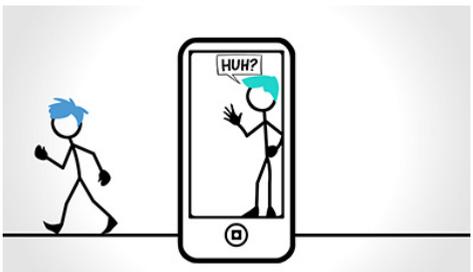
### Activity 3: Choose a strategy worksheet

Strategy	What are the main things to remember when you try this strategy?	When is this strategy a good idea to try?	When is this strategy not a good idea, or not useful?
<b>Ignore them</b>			
			
<b>Tell them to stop and then walk away</b>			
			
<b>Pretend you don't care and act confident</b>			
			



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Get support from your friends			
			
Talk to an adult who can help			
			



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Leave the online conversation or chat			
			
Block and report the person			
			
Protect yourself by using privacy settings			
			



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If these strategies don't work, talk to an adult (reporting)			
			
<p><i>Are there other strategies you can think of that might work for different types of bullying?</i></p>			

