

Prevention Activities

AIM: To provide students with strategies to deal with actual and potential bullying incidents. To increase students' confidence and skills in realising their intervention will have a positive effect and will not negatively affect their social standing within their peer group.

Level A - Prep to Grade 3

Trust walk

Students need to rely on each other and know they have each other for support to prevent potential bullying incidents from occurring as well as dealing with bullying incidents. This activity is conducted in groups of three where each student will take a turn in a) being blindfolded, b) leading a person on a walk, c) informing the student of obstacles along the way.

Cold wind blowing

This activity is designed for students to work together to stop something bad from happening to them. Students in the younger levels can use toys for this activity while the older students can construct the toys using craft materials. Students design a town then build items to stop damage from a big cold wind that is blowing. A discussion is held at the end equating damage that a wind can do to damage a bully can do. Students list statements that can be used to tell a bully to stop the bullying.

Petal Power

This activity is designed to promote the positive aspects of both the student's behaviour and the school environment rather than the negative aspects of bullying. Students complete a picture of a flower and record positive messages on the picture as a way of reinforcing positive behaviour and displaying aspects of the school ethos.

Level B – Grade 4 to Grade 6/7

M and M's

The purpose of this game is to help students understand the different roles played by people involved in bullying incidents. By working in small groups, students devise actions and words on how to respond to bullying incidents. Students are divided into groups of 6 and a bag of M and M's is required for each group. Each student's response to 'What would you say or do' are recorded on sheets of butchers paper.

Stepping Stones

The purpose of this game is to help students understand the importance of working together, communicating with each other and identifying potential dangers in bullying incidents. Students play a game where they cross a torrent of water on stepping stones (carpet tiles) to get safely across to the other side. The activity requires communication and strategy planning by the students. It can be played with a whole class group or as smaller teams.

Be an Upstander

The activity turns bystanders into upstanders. Upstanders are proactive students who work together in trying to stop bullying. Students devise upstanding techniques and present them in poster format. Posters are displayed around the school to raise awareness on how to stand up to bullying.

Prevention Activities

Level C – Grade 6/7 to Grade 9

Giants , Wizards and Elves

The purpose of this game is to provide students with an opportunity to use force and power to dominate another student and then compare it to diffusing a situation and having a student cooperate. The game played is similar to paper, scissors, rock. At the end of the game, students can discuss whether they feel they could stand up to someone and make a statement to alter the potential or actual bullying situation.

Capture the Flag

This activity is based on the traditional Capture the Flag game which is played by lots of school students. Players are required to capture the opposing team's flag, but in the process can be captured and placed in gaol. For players to be released from gaol, they need the support of their team members. In a bullying situation, a targeted student requires the support from other students to assist him / her. In this game, students support each other and quickly respond when being attacked. The variation from this traditional game occurs when the student in gaol is rescued by their own team member. If they are tagged in trying to get back to their side, they have two seconds to verbally respond to the student who tagged them. They must respond with, 'Go pick on someone else, we are not hanging around'; then they are to keep running back to their side. The purpose is to give students confidence to speak up and to speak up quickly.

All about signs

This activity is designed to show students that it is not always easy to detect a bullying situation as well as it is not always easy for a targeted student to ask for help. The activity is played as a large class group where students have to pass on a sign to other students without being noticed. A discussion is held at the end about noticing bullying behaviours in the playground and what they can do about it.

Level D – Grade 10 to Grade 12

It's a mural, Muriel

This activity is for students to identify their behaviour in relation to other students in terms of the Rights of a Child. Students identify the feelings of targeted students and ways to manage bullying incidents. They are to express this in a large mural which can be hung in the school corridors for other students to see as a way of increasing all students' awareness of bullying.

Crazy idea or what?

This activity involves students presenting persuasive arguments on the pros and cons of dealing with bullying behaviour. Students present the ideal method at the end of their speech. The focus is on students looking at the broader picture of bullying.

She's Falling

Using the lyrics, song and question sheet from the Pacer Centre in America for the song She's Falling; students answer questions about bullying, its effects and what they can do about it.

Trust walk

Students need to rely on each other and know they have each other for support to prevent potential bullying incidents from occurring as well as dealing with bullying incidents. This activity is conducted in groups of three where each student will take a turn in a) being blindfolded, b) leading a person on a walk, c) informing the student of obstacles along the way.

Material Required

For each group of three, a blindfold, a sheet of paper and a soft toy

Step One

Arrange students into groups of three. In a large cleared area, have students in defined segments of the area so they will not bump into each other and where they will be able to hear what other students in their group are saying to them.

Step Two

Give each group of students a piece of paper and a soft toy. Ask the students to place these on the ground near the students, making sure they place them side by side. Explain the rules of the activity. One student will be blindfolded. The second student will hang on to the first student's hand and will be the eyes for the first student to ensure the student does not injure himself / herself. Student one and two stand in front of the objects on the ground. The third student verbally directs the first student to walk around the objects to get to the other side by saying, for example, 'go sideways'; 'take a little step'.

Step Three

Repeat this activity so each student has a turn at being blind folded. When completed, have the students sit in a circle and talk about friendships and when friendships can sometimes get into a muddle. Explain that we need to trust each other and also behave in a way that is trusting and if we see that a student might be hurt or about to be hurt we should step in and help the student. Also, when someone is trusting us we should not go about intentionally hurting them, for example by giving a direction that might have them trip over the toy. So when someone might be getting bullied, we need to step in and help.

Cold wind blowing

This activity is designed for students to work together to stop something bad from happening to them. Students in the younger levels can use toys for this activity while the older students can construct the toys using craft materials. Students design a town then build items to stop damage from a big cold wind that is blowing. A discussion is held at the end equating damage that a wind can do to damage a bully can do. Students list statements that can be used to tell a bully to stop the bullying.

Material Required

Small boxes, sheets of paper, miniature figurines of houses, trees, craft materials, fan

Step One

Students need to be divided into small groups of 4 to 5 students. Explain to students that they are to make a village / town out of toys, blocks/cardboard, etc. The town will need things like houses, trees and people.

Step Two

Inform students that the weatherman has just announced that a big cold wind is coming. This wind is very destructive and will be as strong as a cyclone. It will harm and injure things in its way. The students need to work out how they can protect the town. Give the students 15 minutes to construct things. Allow free discussion and highlight to the class some of the things each group is constructing.

Step Three

When the time is up, ask each group to explain what they did to protect the town. Turn on a fan to see how each town holds up.

Step Four

Have a discussion with the students about bullying. Explain that bullying can be hurtful and damaging to someone just like a cold strong wind can damage things. What we need to do is to protect each other so we don't get hurt. Working together is a way of protecting each other. Helping each other is another way. Telling other students about dangers also protects each other. Explain that a big strong wind is a bit like a bully. Ask the students what is one thing they could say to a bully to stop the bully from hurting them or some other students. List these suggestions on a large sheet of paper that can be hung up on the wall as a reminder for students.

Petal Power

This activity is designed to promote the positive aspects of both the student's behaviour and the school environment rather than the negative aspects of bullying. Students complete a picture of a flower and record positive messages on the picture as a way of reinforcing positive behaviour and displaying aspects of the school ethos.

Material Required

Large sheets of butchers paper, paints, paintbrushes, pens

Step One

Provide students with a large sheet of butchers paper or cardboard. Provide paints and pens. Draw on the paper a large flower consisting of a straight stem and a circle for the centre of the flower. Inform the students that they will need to paint their own petals on the flower.

Step Two

Have each student paint their own petal on the flower and then write their name on the petal. For those students who cannot write, please provide assistance with this.

Step Three

Pin up the painting on the wall. Ask the students what special things they like about their school, the students at the school, the special things that make up a good friendship. Record these on the picture.