Level B

Activity One

Why Me?

This activity is to help the bully student and the targeted student identify bully characteristics and targeted student characteristics. It also provides an opportunity for both students to look at changing their behaviour as well as learn new interpretations for a behaviour.

Materials Required

✔ A4 paper and pens

Step One

Ask the bully student to list 1 – 4 reasons why they chose that particular student to bully. Ask the targeted student to list 1–4 reasons why they think the bully student chose them. Make sure you ask them separately and have them write their answers down to show you and to discuss.

Step Two

Compare the two lists; were there any similarities or differences? Reframe any common items on the list that are written as negative features into positive strengths.

For example, 'because she wears daggy socks' could be reframed into clarifying that leading fashion designers of the world create clothing that is different and clothing that can be worn differently.

Perhaps the targeted student will grow up to be a leading fashion designer.

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Or as another example; "she won't let me play with the group" to perhaps the targeted student might be very good at playing the game and the bully student might be afraid the targeted student would be better than the bully student.

Step Three

Ask the bully student if they want to be known as the bully student or by some other label. Suggest that the behaviours listed on the list provided by the targeted student highlights what a bully is. If a student continues to exhibit these behaviours, they may well be remembered in a negative light as the school bully. Perhaps looking at more positive behaviour such as helping, being friendly, supportive, funny, etc. might be better.

Step Four

Ask the targeted student if they would want to be known as the student who gets picked on. By looking over the list provided by the bully, would there be any behaviour the targeted student could change so that the student wouldn't be such an easy target?