

Intervention Activities

AIM : To help students identify that there can be many causes to bullying, some of which are not even clearly understood by the bullying student themselves. Attempting to clarify what causes a particular incident for the bully student, the aim is to open up conversations about other positive options the bully student could have chosen. The activities are by no means fully comprehensive and are provided as an additional tool for teachers when they do intervene to help facilitate clarification of the problem and in aiming for resolution.

Level A – Prep to Grade Three

I wanted it

This intervention is designed for the bully student to gain an understanding of the cause of the incident.

By breaking the incident up into three components - before, during and after, the student can be helped to see there were choices of behaviour available at each stage along the process. The intervention involves a re-enactment for the bully student with a new option of behaviour.

Level B – Grade Four to Grade 6/7

A piece of cake

Often bullying incidents can occur from misguided interpretations of behaviour. Using a cake diagram, it is illustrated how there are many sides to a story and therefore there can be different causes to a bullying incident.

This activity involves the bully student, the targeted student and the bystanders giving their explanation of what occurred and why. The purpose is to have the students realise they need to question their own actions before making quick judgements.

Level C – Grade 6/7 to Grade 9

Find the red smarties

Sometimes the cause of bullying behaviour can occur without the bully student giving it much thought or planning. Equally so, the bystanders can be oblivious to what is really going on. This activity is to get the students to identify their behaviour and why they behaved in the way they did. This activity has the bully student, the targeted student and the bystanders (where appropriate) sitting down together with a large plate in front of them, full of smarties for an exercise to draw attention to different ways of behaving.

Level D – Grade 10 to Grade 12

Do the means ever justify the end?

It is important for the bully to become fully aware of why they chose to do the behaviour they did. In doing so, the bully student may identify that the bullying incident was not a straightforward positive situation for them, and in fact they may come to realise that there were very real negative aspects for them, as the bully, too. The bully student is asked to answer a series of 'why' questions which leads them to weighing up if the behaviour was justified or whether alternative behaviour may have been more beneficial.

A piece of cake

Often bullying incidents can occur from misguided interpretations of behaviour. A cake diagram will be used to illustrate that there are many sides to a story; therefore there can be different causes of bullying. This activity involves the bully student, the targeted student and the bystanders giving their explanation of what occurred and why. The purpose is to have the students realise they need to question their actions before making quick judgements.

Materials Required

Board and chalk/marker

Step One

Have the bully student, the targeted student and bystanders all together. Explain that you will need to get the story of the incident from each student.

Ask each student what happened and why. Record this on the board.

Step Two

On the board, draw a large circle and divide the circle into segments (like slices of a cake) according to how many students are involved. In each slice of the cake, write the students account of the incident and why.

Step Three

Look at the different perspectives given as to why the bullying incident took place. Is there more than one reason for the incident?

Step Four

With more than one reason given for the cause of the incident, suggest there is more than one way of behaving. Be clear that the behaviour that occurred was wrong, ask students what could have been done differently that did not involve the targeted student getting hurt and would have stopped the bully student from getting into trouble for bullying behaviour.