

# Prevention & Awareness Activity B

Title of Lesson:	Bullying – What is It?
Club or Program utilizing Lesson:	Suitable for in-school, after school or community clubs. Most suitable for classroom or indoor environment.
Objective/Goals:	<p>Bullying is word that people talk about a lot but don't always fully understand. This lesson explores the different types of bullying and helps the participants understand the many different types of bullying.</p> <ul style="list-style-type: none"> <li>• Learn about the different types of bullying.</li> <li>• Discuss different ways to bully.</li> <li>• Create a definition for bullying.</li> </ul>
Materials Needed:	<p>Part A: Handout “Bullying – What Is It”; Index Cards (one set per team); pens or pencils.</p> <p>Part B: Handout “Why We Bully” (2 sets, cut apart)</p>
Description/Directions:	<p><b><u>Part A (20 Minutes)</u></b></p> <ol style="list-style-type: none"> <li>1) Divide the group into teams (3-5 people work well). Give each team a set of index cards. Tell them they have 10 minutes to come up with as many different ways that people bully as possible. Write each reason (only one) on each index card.</li> <li>2) When the 10 minutes is up; hand each group one of the “Bullying – What is it” handouts. Tell them to divide the ways people bully into the categories on the handout. After the have ways people bully for each category, have them create a definition of bullying and write it in the square on the handout.</li> <li>3) Have some or all of the groups share their definitions for each type of bullying.</li> </ol> <p><b><u>Part B (10 Minutes)</u></b></p> <ol style="list-style-type: none"> <li>1) Divide everyone into eight teams (of at least three people).</li> <li>2) Have each team draw one of the “Why We Bully Cards” from a hat.</li> <li>3) Give the groups 2 minutes to come up with SHORT role play that illustrates what’s on the card. The other teams have to guess the “reason” that the person is bullying. The first team to guess the reason gets 5 points.</li> </ol>

	<p>4) When all teams have done their role play, have a lightening round where each time (simultaneously) calls out reasons NOT to bully. Each original reason that is stated wins the team 10 points. The team with the most combined points wins.</p> <p>5) Process your activity. See instructions under the “Processing and Wrap Up” section of this manual.</p>
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Processing Questions:	Go to the “Processing & Wrap Up” section of this manual to process this activity.
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Created/Adapted by:	Adapted by Mark Mains, Extension Specialist for 4-H Youth Development, University of Kentucky from “101 Bullying Prevention Activities” ( 2007), The Bureau of At Risk Youth from activities on page 6 -7.
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# Handout Page – Bullying: What is it?

<b>What is Bullying?</b>	
<b><u>Cyberbullying</u></b>	<b><u>Emotional</u></b>
<b><u>Verbal</u></b>	<b><u>Hazing</u></b>
<b><u>Physical</u></b>	<b><u>Gossiping</u></b>

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# Handout Page – Why We Bully

Cut apart the cards below. They can be laminated for extra durability.

People bully because other people do it.	People bully because it makes them feel smarter, stronger and/or better than the person being bullied.
People bully because they want to be accepted by a certain group.	People bully because it keeps them from being bullied.
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People bully because they want to be accepted by a certain group.	People bully because it keeps them from being bullied.

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