



BULLY BUSTER BOARDGAME

Your mission is to beat the bully and make it around the board first before the others in your group. You will encounter challenges on the way and learn strategies for handling bullies.

YOU WILL NEED

4 to 6 players

Dice

The board game

Markers

Strategy cards (cut up 1 sheet per player)

HOW TO PLAY

- Deal each player 3 strategy cards and place the rest in a pile on the Strategy Cards space on the game board.
- Take turns to roll the dice and move the number of spaces indicated.
- Follow the instructions on the space you land on.
- BULLY BUG – choose a strategy card from your hand that would deal with the bully's behaviours.
If you don't have a 'good fit' strategy card miss a turn
- STRATEGY CARD – pick up a Strategy Card from the pile to add to your hand.
- YOU BULLIED SOMEONE – move back to the thinking chair to reflect on your behaviour.

* A good fit strategy card is one that is appropriate to use in a particular situation



STRATEGY CARD

Smile or laugh. If you do the opposite to what the bully expects the bully doesn't have any fun.

STRATEGY CARD

Don't react. Walk away and ignore the bully.

STRATEGY CARD

Inform an adult. It's not 'telling'. It's standing up for yourself and others

STRATEGY CARD

Communicate. Tell the teaser calmly how you feel. When you're clam the bully loses their power.

STRATEGY CARD

Be strong, confident, assertive and positive. Stand up straight, make eye contact, hold your head high

STRATEGY CARD

Refuse to join in. Stay firm. Tell the bully to 'cool it' and 'give the victim a break'.

STRATEGY CARD

Place anti-bullying posters around the school to let others know that bullying is not cool or acceptable.

STRATEGY CARD

Move away quickly to a place of safety. Tell someone you trust that there is a problem.

STRATEGY CARD

Avoid situations where bullying can happen. If possible don't be alone – stick with a group

STRATEGY CARD

Have a buddy. Be a buddy. Avoid being bullied –plan to walk, catch the bus or sit a lunch with a friend.

STRATEGY CARD

Don't fight back. Get out of the situation as soon as you can and then tell a teacher or adult.

STRATEGY CARD

Save or print out aggressive emails or messages you receive. They can be used as evidence.

STRATEGY CARD

Don't respond to offensive messages sent by cyber bullies.

STRATEGY CARD

Remove the incentives. **eg** If the bully is demanding your lunch money, start bringing your lunch.

STRATEGY CARD

Have a bully box at your school where students can write down any problems they have.

STRATEGY CARD

Use the internet safely. Deactivate any social media accounts that are being used inappropriately.

STRATEGY CARD

Don't show your feelings or get emotional.

STRATEGY CARD

Only give your phone number, email details and social media connections to those you trust.

Bully Buster Boardgame

START

THINKING CHAIR



STRATEGY CARDS

 You are walking home from school and bullies bother you

Strategy Card

 Your friend starts to harass another student pushing and shoving them.

You saw someone being pestered at lunch and you told a teacher.
Move ahead 2

 Joe is being hassled on the bus by another kid.



 Someone has been sending you nasty text messages.

Strategy Card

Strategy Card



You have been a bully.
Move to the thinking chair

 At lunch, a friend says to another student "You can't play with us loser."

Strategy Card

 Ben is being teased about the way he looks.



Strategy Card

 You receive a few nasty comments on a social network page.

 Lilly is being kicked and pinched by a girl in her class.

 You feel very upset at the names and insults you are being called.

You put anti-bullying posters around the school.
Move forward 1 space



 You are at the park alone and an older kid comes up and starts to pick on you.

Strategy Card

 A kid in your class takes your lunch off you regularly and throws it in the bin.

 Students are not aware of your school's anti-bullying policy .



You were a bystander.

Move back 3

 Students are giving the new kid grief about their skin colour and religious beliefs.

You have been Bully Proofed
Go to the Bully Free Zone.

Strategy Card



I'm the Bully Bug

Find a strategy to bust me.



Everyone Can be Friends!



 A student is too scared to tell a teacher about being bullied.

FINISH