



ACTIVITY 1 SURVEY

Complete this survey about bullying. It should be anonymous and your answers kept confidential. Circle the best fit answer.

1. **Have you ever been bullied?** YES NO
 - If you answered yes, how often did someone bully you?
Occasionally Often Every day
 - Where did it happen?
School Park Home Neighbourhood Somewhere else
 - If it happened at school, where?
Classroom Playground Toilet Block Library
Eating Area Somewhere else
2. **Have you seen other students being bullied at school?** YES NO
 - If you answered yes, how often did it happen?
Occasionally Often Every day
 - Where have you seen other students bullied?
Classroom Playground Toilet Block Library
Eating Area Somewhere else
3. **What kinds of bullying have been done to you or to someone you know?**

Physical – hitting, pushing, shoving, slapping, kicking, spitting, stealing property YES NO

Verbal – name calling, teasing, insults, threats YES NO

Social – excluded from group, rumours spread, made to look silly, ignored YES NO

Electronic – been threatened, embarrassed, had secrets or images revealed through emails, phone messages, social networks YES NO

4. **How much of a problem is bullying for you?** Very much Not much None
5. **Have you ever stayed away from school to avoid being bullied?** YES NO
6. **Have you ever tried to help another student who was being bullied?** YES NO
7. **When do you think a student is most at risk of being bullied?**

before school during lunch weekends
during class after school
8. **If you are bullied you:-**

do nothing tell an adult tell the bully to stop
get away from the bully stay home from school
tell a friend hurt other kids never bullied
9. **If you have been bullied who have you told?**

my parents my sister or brother another student
no-one a teacher or other adult at school never bullied
10. **If you have been bullied, what happened after you told someone?**

It got better It got worse nothing changed
I never told anyone I don't get bullied



ACTIVITY 2

THE BEGINNING AND THE END

Match the sentence beginnings with the sentence endings.

- | | |
|----------------------------|---------------------------------------|
| Being a bully | to spread stories about you. |
| Bullies like to receive | people and leave them out. |
| Bullies like | to feel powerful. |
| If you are bullied | because they are different. |
| Bullies are | your lunch money and possessions. |
| Bullies can be difficult | for other people's things. |
| Sometimes bullies ignore | cyber space to humiliate others. |
| Bullies have no respect | to have power over others. |
| Bullies think it's funny | you should speak up about it. |
| A bully might try to steal | you should talk to someone you trust. |
| Bullies target victims | attention. |
| Bullying is wrong and | is not cool at all. |
| Bullies can use | to pick out of a crowd. |
| Bullies like an audience | around us all the time. |



ACTIVITY 3

WHAT WOULD YOU DO?

Read the scenarios and write down what you would do in each case.

Peter likes going into cyberspace to talk to his school friends. Lately, one of his mates is using rude and inappropriate language about others in his messages. Peter is uncomfortable with such language. He is afraid his parents will see the words on his computer screen and get angry. They might take away his internet use. Peter's friend doesn't act like this in school or at the park.

What should Peter do?

Why do you think Peter's friend is acting differently on-line?

Lizzy's mobile beeped again – another text message. She didn't want to open it. It was probably another one of the mean comments continually being sent to her. 'You're fat. You're ugly. You smell. You're stupid. Loser Lizzy' For weeks she has tried to ignore the messages and has just deleted them. The messages were even being sent late at night waking Lizzy up to more taunts.

Lizzy needs her phone to keep in touch with her parents while travelling to and from school.

What should Lizzy do?



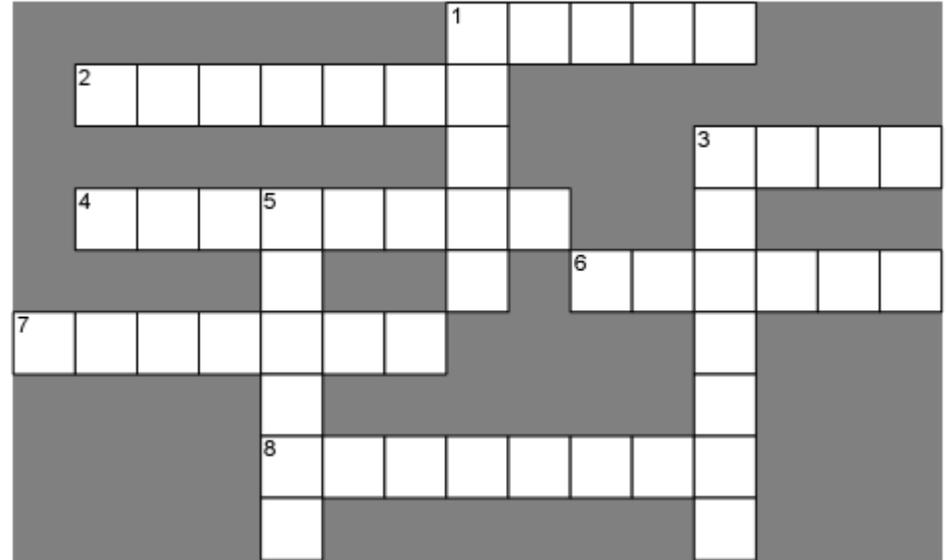
ACTIVITY 4 TRUE or FALSE

After reading the NiE page answer true or false to these questions about bullying.

1. As many as 20% of students in Australian schools have experienced bullying. (True) (False)
2. You shouldn't save or print offensive emails or messages. (True) (False)
3. Those being bullied have high self-esteem. (True) (False)
4. Most students who bully are insecure. (True) (False)
5. A bystander is someone who sees or knows about bullying but doesn't get involved. (True) (False)
6. You should post all your personal information on social networking sites. (True) (False)
7. Bullies behave badly to get attention. (True) (False)
8. Always respond to offensive messages sent via mobiles or email. (True) (False)
9. Cheering on and encouraging a bully supports their behaviour. (True) (False)
10. If you are being bullied it's best to handle it alone. (True) (False)



ACTIVITY 5 CROSSWORD



ACROSS

- 1 Someone who picks on or teases others
- 2 Someone you should talk to if you are having problems at school
- 3 True/False The best way to stop bullying is by telling an adult or someone you trust.
- 4 'Be _____!' Antonym: Negative
- 6 How a bully makes you feel
- 7 People you are related to that love you and want to keep you safe
- 8 Your faith; the reason why some bullies tease others

DOWN

- 1 Quality you should have when a bully tries to scare you; synonym: courageous
- 3 Something a bully does to make you feel bad; saying things like "You're weird! Take that thing off your head."
- 5 To pay no attention to someone/something; something you can do when a bully teases you