



Bullying Awareness Week November 15th to 19th, 2004
“Rise Above the Rest, Don’t Be a Bystander”

Bullying Awareness Week Objectives:

- To raise awareness about bullying as a community issue
- To encourage the development and sharing of solutions
- To recognize that bullying is a serious issue that has damaging long-term effects for our society
- To help people recognize that bullying behaviours have different forms
- Raise awareness that bullying is NOT acceptable in our society
- To raise awareness that bullying is not simply a school issue, but is a larger community and societal issue
- To recognize that bullying is a behaviour and that behaviours can change
- To celebrate/recognize those who are making a difference in addressing bullying
- To prepare for further work that needs to be done in the future

What is bullying?

“Bullying is when a person or group tries to hurt or control another person. There are lots of different kinds of bullying, and they all hurt. Sometimes bullying means hitting, kicking, pushing, shoving, or making someone do something they don’t want to do. Sometimes bullying is using mean words or threats, calling someone names, or saying bad things behind their back. Bullying can even mean making someone feel unsafe or scared, leaving them out of games, or making them feel that they’re not important.

What can you do if someone is bullying you?

- Tell someone you trust. It’s not easy to solve the problem on your own.
- Stay away from the bully as much as you can.
- If a bully tries to hurt you, stand up for yourself, but try not to fight. Walk away or yell to get help.

What should you do if you are bullying others?

- Hurting other people doesn’t make you important, it just makes you mean. Think about ways you can be a leader without hurting like getting involved in sports, school groups and community activities. If you need advice, talk to someone you trust.
- People who bully often end up in gangs, or having other serious problems. There’s nothing good about being a bully.

What should you do if you see bullying happen?

- Go to the person who is being bullied and lead them away, without looking at the bully.
- Don’t make the bully feel important by paying attention to them. When you ignore bullies, you take away their power.
- Bullies like to look tough in front of others, so they almost always have an audience when they are being mean. Most of the time the bullying will end if someone like you steps in to stop it.

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Things that can be done to make a difference with bullying!

- Get the Facts: Learn more about bullying (www.bullying.org -“I Want to Learn” section)
- Ask everyone in your family to watch and listen to “The Pledge” about bullying on www.bullying.org or Family Channel (www.family.ca). Ask them to take “Take the Pledge” and then “BE the Change”. Discuss how you can try and make your school, home, business or community a more respectful, bully-free place.
- Watch the anti-bullying videos on www.bullying.org or Family Channel (www.family.ca), then discuss this with your family. What did the other kids do to help make a difference for the kids who were being bullied. Is this something that YOU could do?
- Hold a family meeting and talk about how everyone would like to be treated and how you should treat others.
- Befriend someone new to your school (Everyone has the right to be respected and the responsibility to respect others).
- Watch out for others who are alone in your neighbourhood or in the schoolyard and invite them to play with you and your friends
- Walk up to someone who is being bullied and talk with them and walk away with them while ignoring the bully.
- Create a “Peer Power” or “Peacemakers” group in your school, business or community group
- Register your local peer support/peer mentoring group with the “Peer Power” database on www.bullying.org
- Write a story, poem or song and submit it to www.bullying.org.
- Create a drawing or video and submit it to www.bullying.org.
- Add the www.bullying.org logo to your schools’ Web pages and then link them to www.bullying.org
- Form a local anti-bullying committee
- Hold a community bullying awareness walk
- Ask your local town/city council to make a proclamation stating that your community is “Striving to be Bully-free” as Cochrane, Alberta and Bradford, Ontario have done.
- Do a local survey to determine the community perception of and awareness about bullying
- Ask your local sports team coach, boy scout or girl guide leader etc. how they handle bullying.
- Write a letter to the your local newspaper to tell how you feel about bullying and why it needs to stop
- Create a play or presentation with others at your school about bullying. Contact another school with younger kids and ask the principal if you can come and share your play or presentation.

Bullying Awareness Week Activity Ideas:

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Possible reparations before Bullying Awareness Week

- Make it special
- Have refreshments/drinks, local businesses, service clubs etc. could possible sponsors/partners.
- Give it high profile, invite the local media, TV radio, press. Stress that your school/community does NOT have an exceptional problem with bullying, but your school/community is going to tackle it.
- Invite as many people as possible to not only attend, but to participate.

- Activities can be run by many others, not just by teaching staff, but by: Parents, Social Workers, Community police, mayors and town/city councilors, non-teaching assistants, senior students, peer mentors, school secretaries, janitorial staff
- An initial introduction about bullying for all participants
- Activities carried out in smaller groups
- A final closing for all participants
- Prepare/conduct a school-wide/community survey

*Note: Despite our various efforts, bullying will still occur, but bullying can be reduced by as much as 25-50% by whole school/community approaches

Monday: The Start/Kick-off: This is the crucial part. You need to capture students' interest, touch their hearts, and open their minds for a change in attitude. Introduce the objectives of the week. Define bullying:

Have students appreciate how serious bullying can be

Tuesday, Wednesday and Thursday: This is when and where the learning should occur.

Possible Workshop Timetables:

9:00 – 9:30 Introduction –everyone together
 9:35 – 10:35 Session one –in small groups
 10:45 – 11:05 Break
 11:10 – 12:20 Session two –in small groups
 12:20 – 1:30 Lunch
 1:30 – 2:45 Choice of Workshops
 2:50 – 3:30 Closing Session –everyone together

Possible Small Group Sessions:

- Computer lab, introduce www.bullying.org, show students how they can learn from, and contribute to www.bullying.org through personal stories, poetry, oral stories, music, videos, and multimedia and replies to current submissions.
- Drama –have students create and then practice short dramatic skits and plays (These could be filmed and submitted as videos to www.bullying.org), these could have students acting out various bullying scenarios that might include: teasing, exclusion/shunning (Being left out), name calling, extortion (Taking/damaging others things), verbal threatening/aggression, physical threatening/aggression, cyberbullying (The best and most positive results are produced by the drama groups when they have been provided with outline notes for scenarios.
- Learn about the Peer Support Approach
- An introduction to virtues through the Virtues Project
- Facilitate small group discussions: How many of them have been bullied? How many of them have bullied others? How many of them have seen others being bullied? How did this make them feel? Why don't victims and bystanders report bullying.
- Watch the video "Broken Toy" by Tom Brown, ask students "Why is the clock important? Why is the movie called Broken Toy? What role do the girls play? If you could have been in the movie as a character and changed things, what would you have done?"

- Dance: Eg. The Jets and the Sharks music and scene from West Side Story?
- Art activities: Posters illustrating the theme “Everyone has the right to be respected and the responsibility to respect others. Posters encouraging students that it is safe to tell, Collages depicting the feelings of the people involved in bullying, Paint a large white mural paper with a red brick background –have students write anti-bullying graffiti slogans, etc. on the “brick wall”. Cartoons/line drawings with captions or speech bubbles
- Writing -students can write their own personal stories, poetry, news stories for local newspapers about the schools’ anti-bullying activities.

Friday: This day should be a celebration of what has happened during the week. This should be a day where students leave the week feeling positive about what has happened throughout the week and about the future. It should be a time where the school draws together and shares their learning. This might be done through the presentation of dramatic skits and plays, raps, speeches, music, films, multimedia presentations.

This can also be a day where students, staff and parents meet to plan how the school will move forward with what has been learned, and how to ensure that the schools’ policies will be supported on a daily basis.

School Visit / Presentation / Discussion Ideas:

- Begin by sharing information
- Develop school/community survey
- Take the temperature of the school (establish baseline data with a survey)
- Bullying can happen to anyone
- When it happens, it is very upsetting, is very hurtful and the effects can last a lifetime or even have tragic consequences.
- Victims feel very alone, miserable and sometimes desperate
- Lots of nice young people join in and behave in bad ways because they think it is fun, because they think it is one way to be part of the group, because they are scared that the bully may make them a target
- Everyone should feel that they can be themselves
- Everyone can do something positive about bullying –What can you do?
- Refuse to join in, tell the bullies to stop, be friendly to the victim, report bullying to someone you know and trust (a teacher, parent)
- How many of them have been bullied? How many of them have bullied others? How many of them have seen others being bullied? How did this make them feel? Why don’t victims and bystanders report bullying?
- Ask students, “Why do people bully?” It’s not usually anything that YOU have done wrong, it’s because they think that it’s one way that they can get what they want from others? Power, control, things etc. This is something that they have learned from others. They CAN learn that there are many positive ways to get what they want without hurting others. We have to show them what these things are and give them the chance to change their behaviours.
- Victims almost always ask. “What did I do to deserve this? Or why me?”
- Ask students to “Put up your hand if you are NOT different”. We are ALL special and unique.
- Celebrating difference: ask students to stand up and say why it is they are special.
- Lead to building empathy/understanding about bullying. Define bullying behaviours. Remind participants that anyone can be a victim of bullying and that lots of nice people can sometimes

bully others. Remind others that the silent majority, 85% can not be silent any longer, they must **“Rise Above the Rest, Don’t Be a Bystander”**

- Identify bullying “hotspots” in and around the school/community as well as times when bullying is most likely to occur (Eg. School bus, bathrooms, hallways, near lock
- Do you feel confident reporting bullying? If not, why not?
- If you know that bullying is happening and you do nothing, then you are involved
- Have students work with staff to create a school anti-bullying policy for the school. Post the agreed-upon policy throughout the school along with actions that the school (students, staff and parents) will promise to take to support this policy. Post this policy on the school’s Web page. List this policy in the “Helpful Resources) Laws and Policies” section of www.bullying.org.
- Add a graphic link from the schools’ home page to www.bullying.org
- Provide students with creative opportunities to express how they feel about bullying. Identify students who would like to become members of a school “Peace Maker” or “Peer Power” (mentor) group. Ask students to nominate fellow students who would be good in this role
- Create a school-based “Peace Makers / Peer Power” peer-mentoring youth group
- Circle time, chairs in a circle, Rules: Listen to others, No put-downs, the right to pass
- Register this group with the “Peer Power” network in the “I Want to Help” section of www.bullying.org
- Create a safe, anonymous way for members of the school community to report bullying, then develop an action plan re. How such reports will be handled (No blame approach)
- End with a school/community pledge, “Take the Pledge, then BE the change” (a call to action, then identify the actions with input from the students. “What can we do? What WILL we do?”

Changing the culture of a school or an organization should emphasize:

C reative thinking

A dult involvement/support for youth as well as for youth leadership initiatives

R elating to other people

E mpathy

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