



General tips on Bullying

- **Make Sure Children Understand Bullying**
- **Practice What You Preach**
- **Assess the Extent of the Problem**
- **Create Healthy Anti-Bullying Habits**
- **Be a Good Example**
- **Treat Children and Others with Warmth and Respect**
- **Take Immediate Action**
- **Conduct Activities around Bullying**
- **Talk with and Listen to the Children Everyday**

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Helping in Bullying Situations



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Here are tools, activities and videos to help you with bullies, victims and bystanders.

Tools

Tools to help staff when they encounter bullying

Defuse The Situation

When you see an argument, disagreement or bullying situation do not be afraid STEP IN. Separate the students and stop whatever is going on to prevent further fighting.

Keep Emotions at a neutral level

When you approach an argument, disagreement or bullying situation bring the emotions down to a neutral level. Stop any yelling.

Listen to both sides of the situation in a quiet/ removed setting

It is important to listen to both sides of the argument. When the situation has calmed down, it is important to take all participants into a different setting and ask each one what happened. You must explain that only one person can talk at a time and if someone talks out of turn, they lose their turn to talk.

If the situation continues, separate the children into two separate activities

It can be beneficial to move the children into separate rooms. Have them do two separate activities so there is no competition. This will make them forget about the situation that may have happened, and occupy their minds with something else.

If a resolution does arise, have the students work together on an activity

This can help them find a new friendship and forget why they were fighting in the first place. This should always be monitored by a staff member.

Activities

Activities to help with situations where children have been bullied or are bullies

A Gingerbread Man

This activity is designed to show children that when you break people down, they are not the same afterwards. The facilitator cuts out a large figure such as a gingerbread man or snowman. Then you have the children write down mean things people have said to them, or they have said to others, on the paper figure. After each person goes, they rip off the piece they wrote on. Then when everyone has had a turn you tape the figure back together, apologizing for each insult. This shows the children that as hard as you try to repair relationships after saying hurtful things, not everything can be repaired.

Art Therapy

Art Therapy is designed for children to connect with their emotions. This can be good with all emotions whether it is happiness, sadness or anger. When having trouble getting through to a child, try connecting through color. Give the children an array of color pencils or crayons, then start with the color red; ask them "when I say 'red', what do you feel, what do you think about?" and have them draw it in red. Also have the child write a small sentence or two about what they drew and why. Do the same with all the colors you have available to you. Have the children keep the drawing in a folder or journal. This can give you a better connection to where the child is coming from.

A Play on Words

A play on words helps you to understand what the children understand and know about bullying. We will be using a "Bullying Stops Here Ball" to see what the children know and explain what they do not. We will put the children in a circle and toss the ball from person to person. The ball will have unfinished sayings like "A Victim is. . .", "List two types of bullying" and "Give one reason why people bully". This will help the children see how they feel themselves and how others feel around them about bullying. This exercise can also address other pun such as "Snitches get Stitches". The goal is to get children talking about bullying in a safe, fun environment.

Videos

Videos can be very beneficial to staff and parents in identifying and addressing bullying

What Bullying Is

This is a great video that explains the definition of bullying. It describes how hard it is for victims of bullying by putting you in the place of a victim, of their parent and of a bystander. This educational video helps staff members understand that there are multiple perspectives when bullying is addressed.

<http://www.stopbullying.gov/videos/2010/09/what-is-bullying.html>

How to spot Bullying

This is a five minute video on how to spot bullying by illustrating typical signs associated with bullying and providing advice for parents. This video can also be beneficial for staff to see the signs for children who may be more reserved.

www.direct.gov.uk/en/Parents/.../DG_10015786