

BAG BULLIES

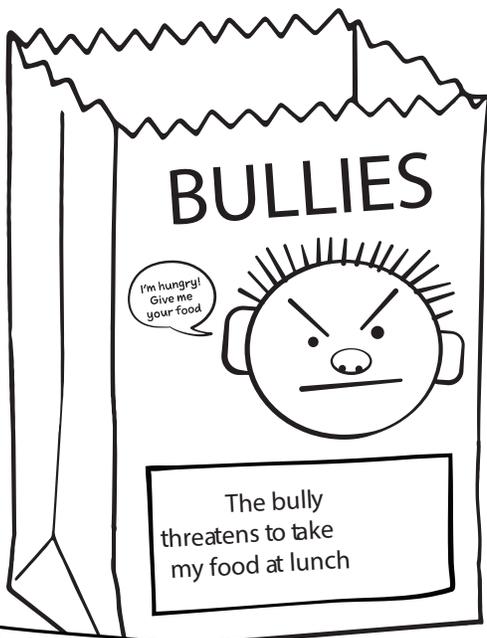
Zip up those meanies!

Materials: Worksheets, small lunch bags, pencils, markers, crayons, pre-cut paper strips

Directions: Read the worksheet, complete the activity and discuss with the Group.

How many of you have run into a bully? Someone who threatens to hurt or frighten you? A person who thinks they're tough and uses their power to try and control others?

Bullying comes in many forms. It may be direct and involve physical or verbal abuse. For example, name calling or hitting. Or, bullying can be indirect, like spreading false rumors behind someone's back.



Today, we're going to focus on bullying situations and possible solutions you could use to stop a bully from getting their way. Let's say, for example, a bully threatens to steal your lunch. What can you do to stop the bullying behavior?

You can joke back and tell the bully you're going to steal your own lunch — by eating it! Or, you could tell an adult who works in the cafeteria during lunchtime. Or, you could inform your teacher by writing a note, sending an email or telling them in person.

Let's read the instructions and begin the activity!

ACTIVITY INSTRUCTIONS

- 1 Write and describe a bullying situation on the front of your lunch bag. You also can draw a picture of the situation.
- 2 On the strips of paper, write at least three possible solutions to the situation. Place the strips inside the bag.
- 3 You'll have 6 minutes to think of a bullying situation and possible solutions to it.
(Set the timer for 6 minutes.)
- 4 When the timer sounds, we'll share our ideas. If you have additional solutions, speak up. It might help someone in the future!

Shout and bring attention to the situation

Stand up to the bully

Joke back

Try to sit at another table

Tell an adult

