

BULLY-IN-A-BOX

Clear your worries through sharing

Materials: Worksheets, lidded box with mailbox opening cut on top, craft paper, scissors, glue or tape, markers, crayons

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

When it comes to bullies, it's important to have a safe haven to share your thoughts and concerns. Or, a way to simply vent your frustration and anger.

A "bully box" allows you to share things you might not otherwise.

What is a "bully box"? It's a safe place to express how bullying behavior or situations are affecting you or those around you.

Using the bully box means simply writing down who or what is bothering you and dropping it into the box. If you choose, you can write the message anonymously and not disclose your name.

But always remember, the bully box is NOT for emergency situations. If someone is harmed, or you overhear a plan of violence, or you see a weapon, report these things immediately to a trusted adult.

BULLY BOX IDEAS

Things you can drop into the bully box include:

- Concerns and questions from something you've observed.
- Feelings about being a bullying victim.
- A bully requesting help to stop their bad behavior.
- Reporting acts of bullying behavior.
- A request for a conference with a teacher or counselor.

We're going to create a "bully box" for all of us to use. Only the Adviser will have access to its contents. The messages you write will remain confidential, but when appropriate, the Adviser will handle the bullying behavior.

Working together, let's cover the box with craft paper, label it "Bully Box" and decorate it with pictures and tips to stop bullying behavior.

