

NOT MY TYPE

Bullying comes in many forms

Materials: Worksheet copies, template copies, pens or pencils, timer
Directions: Read the worksheet, complete the activity and discuss as a group.

What does a bully look like?

Mean, dirty, unhealthy, aggressive, loud and scary?

Maybe... Or maybe not. There is no one-size-fits-all bully.

Today, we're going to learn about different forms of bullying and discuss ways to counteract them.

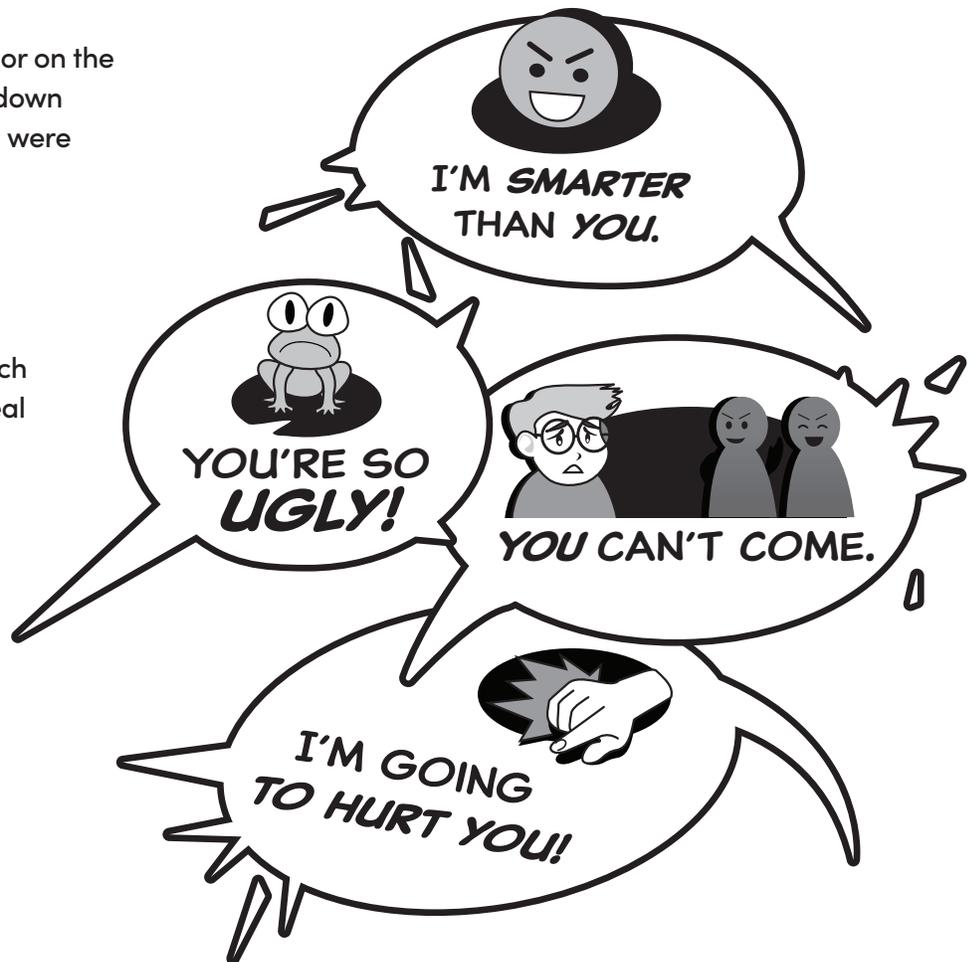
STEP ONE

Read each definition of bullying behavior on the template. Below each definition, write down how you'd deal with the behavior if you were bullied. You'll have 8 minutes to write.

(Set the timer for 8 minutes.)

STEP TWO

When the timer sounds, let's discuss each type of bullying and share how we'd deal with the behavior.



TYPES OF BULLYING BEHAVIOR

Directions: Read each definition of bullying behavior. Below each definition, write down how you'd deal with the behavior if you were bullied.

Physical bullying is the most obvious form of intimidation. It includes kicking, hitting, biting, pinching, hair pulling and making threats.

.....

.....

.....

Verbal bullying often accompanies physical behavior. It includes name-calling, spreading rumors and persistent teasing.

.....

.....

.....

Emotional intimidation is closely related to the former types of bullying. For example, a bully may deliberately exclude someone from a group activity, like a party or school outing.

.....

.....

.....

Racist bullying can take many forms: Making racial slurs, spray-painting graffiti, mocking cultural customs and making offensive gestures.

.....

.....

.....

Cyber-bullying is using electronic devices and communications (emails, websites, chat rooms, instant messaging, texting) to torment, threaten, harass, humiliate, embarrass or target another youth.

.....

.....

.....

