

Scene 4 of the film brings us back to reality. The students who acted out the roles in the previous scenes give their own ideas about bullying behaviour. Their ideas are broken into two: what bullying behaviour occurs, and how do they react to it.

1 Brainstorm as a class to make your own responses to these two questions.

How is bullying behaviour experienced in your society?

What can people do about it?

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2 You have now come up with a variety of strategies for dealing with bullying behaviour. Divide these among your class. As a small group, look at the strategy or strategies you have been given, and list the main advantages and disadvantages of each one.

For example, three possible strategies are:

Strategy	Advantages	Disadvantages
<i>Just walk away</i>		
<i>Yell out</i>		
<i>Call a teacher</i>		

Fill in the advantage and disadvantage columns for each.

Don't worry that you may think the strategy you have is inappropriate. Just accept it as a possibility, and look for its main strengths and weaknesses, and list these.

Some of the relevant factors in evaluating these possible strategies will include:

- ➔ Your size and strength
- ➔ The likelihood of retaliation against you
- ➔ Who the aggressor is and your behaviour with them
- ➔ Your view of what you want your community to be like
- ➔ Who the target is
- ➔ The school policies
- ➔ How effective you are likely to be
- ➔ Your own values

And so on.

These summaries could then be posted on a wall noticeboard in your classroom.

Use the templates on the next page to organise your ideas.

A possible strategy for dealing with bullying behaviour in my community is:

Blank space for writing the strategy.

Advantages of this strategy are:

Blank space with horizontal lines for listing advantages.

Disadvantages of this strategy are:

Blank space with horizontal lines for listing disadvantages.

A possible strategy for dealing with bullying behaviour in my community is:

Blank space for writing the strategy.

Advantages of this strategy are:

Blank space with horizontal lines for listing advantages.

Disadvantages of this strategy are:

Blank space with horizontal lines for listing disadvantages.

3 Look at the collection of possible strategies that you and the class have created. Some of these will suit you, others will not.

Select those that appeal to you. In a small group role play some of these, and see how they might work out in practice.

Role plays are a great way to 'practise' different situations, see how they work out. But make sure you do not lock yourself into just one role or experience in a role play. Also make sure that every person in the group plays a variety of roles at different times — sometimes as a bully, sometimes as a supporter, sometimes as an opponent, sometimes as a bystander and sometimes as a target. In this way you will really come to understand everybody's feelings and reactions in situations, as well as deciding for yourself which strategy suits you best.

Here is some other information from experts that you can take into account:

What to do if you think someone is being bullied

Talk to them

It is a good idea to talk to the person you think is being bullied to find out what is going on with them. Try to remember that the person you are talking with may be very sensitive about the situation and may be scared.

Let them know you care

Help them feel good about themselves. If a person is being bullied their confidence may be low and they may feel lonely. It helps to let them know that you are a friend and care about them. It can often help to point out all the great things they have to offer to help them to feel good about themselves.

Include the person into your group — Making a special effort to include the person into your group may help to increase the person's confidence.

Stick up for them

If you see someone is being bullied it may be helpful to stick up for them. Take care to ensure that in trying to stick up for the person being bullied that you don't make the situation worse or put yourself in danger.

Speak to someone

Letting someone else know about the situation may help you to solve the problem. A teacher, counsellor or another adult could be helpful people to talk to. It may also be helpful to involve the person experiencing the bullying in this process. Together you can go and talk to someone about the situation.