

REDUCE BULLYING

CLASS ACTIVITY

Beat
Bullying



RESOURCES:
A4 PAPER FOR EACH STUDENT

1

STOP
CYBER-BULLYING



DESCRIPTION:

GIVE EACH STUDENT ONE PIECE OF PLAIN A4 PAPER. TELL THEM THEY ARE ALLOWED TO SCRUNCH IT UP, STOMP ON IT, REALLY MESS IT UP, THROW IT ON THE GROUND. THEY CAN DO WHATEVER THEY LIKE TO IT BESIDES TEAR THE PAPER.

2

THEN TELL THE STUDENTS TO UNFOLD THE PAPER, SMOOTH IT OUT AND LOOK AT HOW SCARRED AND DIRTY THE PAPER IS. THEN GET THEM TO SAY THEY'RE SORRY TO THE PAPER. NOW EVEN THOUGH THEY SAID THEY WERE SORRY AND TRIED TO FIX THE PAPER, POINT OUT TO THE CLASS ALL THE SCARS LEFT BEHIND ON THE PAPER. AND SAY THAT THESE SCARS WILL NEVER GO AWAY NO MATTER HOW MANY TIMES YOU SAY SORRY OR HOW HARD YOU TRY TO FIX THEM.



3

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THEN SAY THIS IS WHAT HAPPENS WHEN A STUDENT BULLIES ANOTHER; THEY MAY SAY THAT THEY ARE SORRY, BUT THE SCARS LAST FOREVER. GO AROUND THE ROOM AND ASK EACH STUDENT ABOUT HOW THEY FEEL AFTER DOING THIS TO THE PAPER. HAVE A CLASS DISCUSSION ABOUT BULLYING. THEN GET THE STUDENTS TO WRITE THEIR NAME ON THEIR PIECE OF PAPER AND STICK THEM ON THE WALL AS A DISPLAY. YOU CAN ALWAYS REFER BACK TO THIS IF A PROBLEM WITH BULLYING OCCURS.

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