

Activity 1

What Is Bullying Behaviour?

Equipment/Resource:	Activity 1 Task card 'Do you agree' or Picture Cards plus Agree, Disagree and Don't Know signs, flip chart paper and pens.
Group Size:	20 maximum
Venue:	Enclosed area to enable you to place headings on the wall
Target audience:	Any activity works better with young (6- 8 year olds) or less able children if pictures are used instead of statements.
Time/duration:	20/25 minutes
You will need to:	Print out one copy of the statements sheet and/or the pictures that correspond with this activity (see Activity 1 task cards).

Aim:

The aim of this activity is to develop an understanding by the Club members of what sorts of behaviours are acceptable in a club/sports setting and what sorts of behaviours could be considered to be bullying.

Learning outcome:

Participants will be able to identify behaviours by coaches, team mates and other participants that are both acceptable and unacceptable in sport.

Activity – Do you agree?

- Using the Agree, Disagree and Don't Know posters, establish a continuum or line with the Don't Know in the centre of the continuum.
- The leader will hold up a poster ([see list of flashcards](#)) or read out a task card, participants should consider the behaviours presented in the card/poster and decide if they agree/disagree/don't know if it is acceptable within the sports setting. They move to whichever part of the continuum they feel best reflects their opinion for how acceptable or unacceptable each type of behaviour is. This can also be done using 3 corners and participants choose a corner to move to. The questions do not all need to be asked they are merely examples of what you could ask. The important factor is to allow time for discussion about why people picked a particular response. Facilitator can add their own questions if they wish to, these may be relevant to an area specific to the sport
- Facilitator summarises the group's opinions on a flipchart or in the case of the posters by placing the acceptable ones together etc.

Key Teaching Points

- Respect for everyone's right to have an opinion
- Any behaviour that makes you feel uncomfortable should not be tolerated
- Different behaviours evoke a different reaction in some people, depending upon personal values this may influence how a person feels
- Make the link between the exercise and the club's codes of conduct.

Activity 1 Bullying behaviours/ statements – Do you agree?

- It is ok to be left out
- Children can bully coaches/adults
- Saying someone is stupid doesn't hurt them as much as hitting them
- Making someone feel uncomfortable or unhappy is alright as long as it doesn't happen all the time
- Coaches should challenge all types and forms of bullying in the club
- Making insulting comments about someone is not ok even if they deserve it
- You should give your friends a second chance if they make a mistake
- It is important to welcome new members
- Shoving another young person is fine during a match
- Stealing or damaging another person's belongings is ok if they have bullied you
- Spreading rumours is ok if the person has been nasty to you
- Making threats is ok if someone is picking on you
- Sending nasty phone text or e-mails is ok if you don't like the person you are sending them to.
- It's ok for supporters to embarrass you when they are cheering you on
- Taking pictures of someone on your mobile to send to others is ok
- Its ok to cheer on a bully when they are teasing someone
- It's ok to hit someone as long as they are the same age and height as you
- Repeating what someone says in a strange voice is fine if it is funny!
- Bullies come in all shapes, sizes and ages
- Bullies pick on people to try to prove something
- It is better to tell someone who is being bullied to remain silent about what is happening
- It best if others in the club try to ignore what is happening
- Anybody can be bullied
- Telling a coach or adult about a bully's behaviour is a bad idea.

AGREE

DISAGREE

DON'T KNOW

Poster List

The following images have been reproduced with the kind permission of Special Olympics Ireland from their Code Of Ethics and Good Practice:

www.specialolympics.ie/About_Us/Information_and_Resources/Code_of_Ethics_and_Good_Practice.htm

Click [here](#) for link to flashcards listed below:

Abusive language

Neglect

Applaud taking part

Physical abuse

Bullying

Respect the code/rules

Emotional abuse

Rumours

Happy sports people

Sexual abuse

Learn the rules

Shaking hands

Material abuse

Shouting at official