

Activity 4

Impact of Bullying on the Individual

Equipment/Resource:	Photocopy sufficient number of Worksheets and sets of task cards for each groups of 2/3 young people, Flipchart Paper and Pens.
Group Size:	Approximately 20
Venue:	Any
Target audience:	Older children 10+
Time/duration:	15 minutes
You will need to:	Photocopy, cut out and prepare a set of task cards for each group. Top tip – place each set of task cards in an envelope that can be returned with all cards after task is completed!

Aim:

The aim of this activity is to develop the members understanding of the impact of bullying on individuals.

Learning outcome:

By the end of this activity participants will understand how bullying can impact on victims.

Activity

- Divide into smaller groups of 2/3
- Cut up the individual feelings on the Task card and give out a complete set of task cards to each group of 2/3
- Each task card has a feeling on it. Ask participants to group the cards/feeling into 3 categories (Always, Sometimes and Never) depending on how often they think that someone being bullied would feel like that. Give them 5 minutes to do this.
- Conclude by explaining that Bullying always has a negative affect on a victims feelings no matter how tough/strong they appear
- End the discussion by identifying ways in which club members can help people feel good about themselves. E.g. praise, encouragement, inclusion, look to for advice, picking for teams, etc

Main teaching points

- Explain that it can be difficult to understand how people are feeling by observing body language alone.
- All bullying has consequences and making people feel sad and bad both about themselves and others. It affects a person's confidence, self-esteem and self worth.

SOMETIMES	ALWAYS	NEVER

Angry	Unloved
Aggressive	Unwanted
Anxious	Popular
Afraid	Wanted
Ashamed	Vulnerable
Bashful	Worried
Embarrassed	Suicidal
Bored	Special
Depressed	Nice
Down	Interesting
Distressed	Odd
Empty	Friendly
Envious	Loved
Fearful	Nasty
Assertive	Moody

Attractive	Misunderstood
Bright	Let-down
Happy	Left-out
Cheerful	Frustrated
Calm	Terrible
Energetic	Trapped
Sad	Unhappy
Unconfident	Intelligent
Worthless	Content
Tearful	Relaxed
Positive	Negative

The meaning of some of these words may need to be explained dependent on age and vocabulary range of children especially if any have learning difficulties.