

"What Do You Do, What If It's You"

Scenerios & Activity

TO THE TEACHER: There is one scenario for six types of bullying in this informal activity. Each scenario is also listed on a separate worksheet with instructions for the students. The overall objective is for students to review the importance of proper and meaningful communication to solve problems. When there is a threat of school violence, it is up to the students to stand up for not only themselves but also others who are being bullied by taking the appropriate action of telling a teacher, administrator, counselor, and/or parents. The end result in any case would be for the students to do the right thing and help others who are victims of bullying.

TYPES OF BULLYING	SCENERIO
1. Physical Bullying	A Student slaps the back of your friend's head while walking to class in the hallway. This is the third time it has happened this week. What do you do? What if it's you?
2. Verbal Bullying	Every day, at lunchtime, another student says that your friend is fat, ugly, and constantly making fun of them. What do you do? What if it's you?
3. Social/Psychological	A bully corners a student in the restroom and raises his fist acting like he is going to hit the student numerous times. He laughs and seems to enjoy the student flinching each time he pretends to hit him. What do you do? What if it's you?
4. Sexual Orientation	One student tells other students that a girl in you class is "gay" because all she ever wears to school are jeans and t-shirts and she looks like a boy because her hair is short. What do you do? What if it's you?
5. Sexual Harassment	During P.E., two boys make inappropriate comments about girl's anatomy. What do you do? What if it's you?

6. Cyberbullying

A friend of yours continues to get email and Facebook messages from fellow students saying that they are going to "Get" her. What do you do? What if it's you?

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1. After discussing socially appropriate responses to bullying situations, students will be encouraged to not participate in bullying and to help prevent bullying of others.
2. Divide students into groups of 3-4 (the size that works best).
3. Give each group a worksheet identifying one of the six most common types of bullying among school students. NOTE: If you are doing this activity with younger students, you may use discretion and change the scenarios to something more appropriate as well as eliminating numbers 4, 5, and 6.
4. Instruct each group to read the scenario and determine what they think an appropriate (nonviolent) solution or reaction would be if they observed AND experienced that type of bullying.
5. Based on their brainstorming, each group will conclude by performing a role-play in which they will show one resolution if they observed the bullying and one if they ex
5. Based on their brainstorming, each group will conclude by performing a role-play in which they will show one resolution if they observed the bullying and one if they experienced the bullying.
6. CONCLUSION: Using chart paper, have each group write one nonviolent way to address a bullying situation.

SCENARIO ONE : Physical Bullying

Group One Students: _____

Scenario: A Student slaps the back of your friend's head while walking to class in the hallway. This is the third time it has happened this week. What do you do? What if it's you?

1. **OBSERVER:** If you saw this bully behavior taking place, what nonviolent solution could you suggest?

2. **YOU ARE THE VICTIM:** If you were the victim of this bully behavior, what nonviolent solution could you suggest?

3. Prepare to act out #1 and #2. If needed, use the space below to plan.

SCENARIO TWO : Verbal Bullying

Group One Students: _____

Scenario: Every day, at lunchtime, another student says that your friend is fat, ugly, and constantly making fun of them. What do you do? What if it's you?

1. OBSERVER: If you saw this bully behavior taking place, what nonviolent solution could you suggest?

2. YOU ARE THE VICTIM: If you were the victim of this bully behavior, what nonviolent solution could you suggest?

3. Prepare to act out #1 and #2. If needed, use the space below to plan.

SCENARIO THREE : Social/Psychological Bullying

Group One Students: _____

Scenario: A bully corners a student in the restroom and raises his fist acting like he is going to hit the student numerous times. He laughs and seems to enjoy the student flinching each time he pretends to hit him. What do you do? What if it's you?

1. OBSERVER: If you saw this bully behavior taking place, what nonviolent solution could you suggest?

2. YOU ARE THE VICTIM: If you were the victim of this bully behavior, what nonviolent solution could you suggest?

3. Prepare to act out #1 and #2. If needed, use the space below to plan.

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SCENARIO FOUR : Sexual Orientation

Group One Students: _____

Scenario: One student tells other students that a girl in your class is "gay" because all she ever wears to school are jeans and t-shirts and she looks like a boy because her hair is short. What do you do? What if it's you?

1. OBSERVER: If you saw this bully behavior taking place, what nonviolent solution could you suggest?

2. YOU ARE THE VICTIM: If you were the victim of this bully behavior, what nonviolent solution could you suggest?

3. Prepare to act out #1 and #2. If needed, use the space below to plan.

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SCENARIO FIVE : Sexual Harassment

Group One Students: _____

Scenario: During P.E., two boys make inappropriate comments about girl's anatomy. What do you do? What if it's you?

1. OBSERVER: If you saw this bully behavior taking place, what nonviolent solution could you suggest?

2. YOU ARE THE VICTIM: If you were the victim of this bully behavior, what nonviolent solution could you suggest?

3. Prepare to act out #1 and #2. If needed, use the space below to plan.

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SCENARIO SIX : Cyberbullying

Group One Students: _____

Scenario: A friend of yours continues to get email and Facebook messages from fellow students saying that they are going to "Get" her. What do you do? What if it's you?

1. OBSERVER: If you saw this bully behavior taking place, what nonviolent solution could you suggest?

2. YOU ARE THE VICTIM: If you were the victim of this bully behavior, what nonviolent solution could you suggest?

3. Prepare to act out #1 and #2. If needed, use the space below to plan.

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ALTERNATIVE SCENARIOS

1. **Social/Psychological:** You see a student take another student's lunch out of his or her backpack or locker when you go to the restroom. You think it might be happening often since the owner of the backpack or locker is missing all or part of his or her lunch frequently. What do you do? What if it's you?
2. **Social/Psychological:** A new girl has enrolled in your school and is in your homeroom. Although she is shy and has a problem (speech, wears glasses, worn out shoes or clothes, etc.), you think she seems nice. However, at recess when she asked to play, some of your friends ignore her, walk away from her, or tell her that they already have someone to play with. What do you do? What if it's you?
3. **Physical:** A boy in your recess group pushes kids off the swings or pulls their legs so they fall off the jungle-gym. He laughs and calls them "baby", "wimp", and "loser". Several of your classmates have had bruises or really bad scrapes because of this. What do you do? What if it's you?
4. **Cyberbullying and Social:** Someone keeps calling your new friend's cell phone and calling him names like "loser", "dirt bag", "wimp" or saying "I hope you break your arm" then

hangs up. The boy is on the baseball team and has never played before. He is small but the coach has been having him pitch the last few games. What do you do? What if it's you?