

# Kia Kaha

## Years 9–10

## Focus area 1

This section of the Kia Kaha programme contains one of the following focus areas for students at years 9–10 (ages 13–14):

1. **Bullying defined**
2. Bullying unravelled
3. Managing bullying
4. Healthy groups and relationships

**Note:** Research suggests that an effective programme should include learning experiences from each of the focus areas.

## Focus area 1: Bullying defined

### Contents

Focus area 1: Bullying defined.....	2
Notes for the teacher.....	2
Curriculum links.....	2
Resources.....	2
Learning intentions.....	2
Activities.....	3
Looking at bullying behaviour .....	3
What is bullying? .....	3
Why is bullying unacceptable?.....	3
Homework.....	3
Copysheet: Examples of Bullying Behaviour .....	5
Copysheet: Types of Bullying.....	7

## Focus area 1: Bullying defined

### Notes for the teacher

This focus area needs to be handled with care. There may be students in the class who are victims of bullying. They must not be made to feel that any forms of bullying are less harmful than others, or that being bullied is their fault.

Identify (for yourself) bullies in the class. Remember that blaming them is not helpful. They should be supported to learn new ways of behaving.

Choose examples from those provided on Copsheet: **Examples of Bullying Behaviour** that are relevant to your school and/or class.

Ensure that inclusive methods are used to put students into groups, and reinforce co-operative ways of working together.

### Curriculum links

**Key Competencies:** Relating to others; Participating and contributing

**Learning areas:** Level 4 Health and Physical Education – Strand A: Safety management; Strand C: Relationships with other people

**Underlying concepts:**

- Well-being, Hauora (especially taha hinengaro and taha whānau) – expressing feelings associated with being bullied
- Attitudes and values – describing why bullying is unacceptable

### Resources

Copsheet: **Examples of Bullying Behaviour** (Teachers may choose to select only examples that are especially relevant to their class)

Copsheet: **Types of Bullying**

### Learning intentions

At the end of this focus area students will be able to:

- define bullying
- explain why bullying is unacceptable.

## Activities

### Looking at bullying behaviour

#### Either

Divide students into groups and give each group one of the cards showing examples of bullying behaviour, made from Copsheet: **Examples of Bullying Behaviour**. Walk along a continuum line across the classroom, and indicate that one end is Most Worrying and the other end is Least Worrying.

Each group discusses their example and decides where on the continuum line it best fits, and why.

One at a time, the spokespeople from each group place their cards on the line, justifying its location. When all cards have been placed, provide an opportunity for class members to challenge the position of any card and to move it to a new location, explaining why they have done so.

#### Or

Divide students into groups. Give each group a set of bullying behaviour cards made from the copsheet and a set of the headings from Copsheet: **Types of Bullying**. Invite each group to sort the cards under the appropriate headings.

#### After either activity

- Ask:
- Which example/type of bullying do you think is worst? Why? (All types of bullying are harmful)
  - Are any of these examples of bullying okay? Why, or why not? (There is never any excuse for bullying)
  - Are there any situations that make bullying acceptable? Give details. (Bullying is never acceptable)

### What is bullying?

Working in their groups, students come up with their own definition of bullying. These can be shared and a class definition developed.

### Why is bullying unacceptable?

Work with the class to come up with a list of points to explain why bullying is unacceptable behaviour. They should consider the effect of bullying on:

- the victim
- the person who bullies
- the school or class environment
- others, such as families.

### Homework

Students could find definitions of:

- assault
- cyberbullying
- homophobia
- bullying because of race or disability
- abuse
- harassment

and compare these with their definition of bullying.

## Copysheet: Examples of Bullying Behaviour

Making someone give up their food or lunch money at the canteen.

Sending a text message to a girl in your class saying she is pregnant because she is putting on weight.

Flicking someone's ear every time you pass them.

Making fun of what someone is wearing.

Making racist remarks to someone of different ethnic origin.

Isolating someone because of their perceived sexual orientation.

Making younger students give up their seats on the bus.

The teacher picking on a student yet again.

Preventing a transgender person from going into the toilet because of their gender identity.

Forcing someone to have sex.

Telling someone they will beat up a member of their family, if the person doesn't do as they are told.

Making someone buy alcohol because they look old enough.

Mocking someone because they have a speech defect.

Standing over someone and demanding their possessions.

Calling someone a geek because they ride a bike to school.

The coach putting you down by in front of others because the team lost.

Telling someone that if they had another brain in their head it would be lonely.

Posting a hate page about a classmate.

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Making someone eat their lunch on their own every day, because it smells funny.

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Demanding a person's homework.

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Snatching someone's books and throwing them away.

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Holding your nose and moving away when someone sits next to you, saying you don't like the colour of their skin.

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Locking someone in a cupboard and not letting them out.

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Lying in wait for someone and beating them up.

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Using your mobile to take a video of your drunk friend at a party and posting it on YouTube without their permission.

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Knocking someone's crutches out from under them.

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Giving someone a hard time every time you see them.

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Pressuring someone to give up their skateboard at the bowl.

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Arranging to meet someone and then standing them up again.

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Sticking a label on someone's back saying "homo".

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Holding the door shut when someone is trying to get into class.

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Pulling someone's chair away when they go to sit down.

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Picking on a less experienced user in an online game, making it hard for them to join in.

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Repeatedly pulling someone's hair.

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Always leaving someone out of a team or group.

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Making unkind remarks about a member of someone's family.

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Making a fist at someone.

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Making faces behind someone's back.

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## **Copysheet: Types of Bullying**

**Gesture**

**Physical**

**Cyberbullying**

**Verbal or Emotional**

**Extortion**

**Exclusion**