

Kia Kaha

Years 9–10

Focus area 3

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 3: Managing bullying

Contents

Focus area 3: Managing bullying	2
Notes for the teacher.....	2
Curriculum links.....	2
Resources.....	2
Learning intentions.....	2
Activities	3
Brainstorm strategies	3
Bullying cartoons	3
Role-play	3
Homework.....	4
Copysheet: Cartoons.....	5

Focus area 3: Managing bullying

Notes for the teacher

It is important to emphasise that it is very difficult for the victim to do anything to stop the bullying, other than tell someone about it. The onus is on the bully and the bystanders to take action.

Choose cartoons that are appropriate for your class.

This focus area gives students the opportunity to practise skills to overcome bullying. It is important that they do not practise the negative bullying behaviour, but rather the positive action to overcome it. Ensure that safety guidelines are in place before the skills practice begins. De-role players afterwards.

Curriculum links

Key Competencies: Thinking; Managing self; 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) – offering support for those who are being bullied
- Health promotion – developing personal skills to take action to stop bullying
- The Socio-ecological perspective – recognising the need for shared responsibility to overcome bullying and support those who are bullied
- Attitudes and values – developing a sense of social justice.

Resources

Copysheet: **Cartoons**

Learning intentions

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

- list strategies to manage bullying
- explain that everyone has a role in preventing bullying
- practise appropriate action in bullying situations.

Activities

Brainstorm strategies

With the class, brainstorm strategies that can be used to manage a bullying situation. Students should consider this from the point of view of all involved – the person doing the bullying, the person being bullied, and the observers. Put suggestions on the board. Work with the class to group them under the following headings:

- Stop it
- Self help
- Share the problem
- Step in

Some strategies may fit into more than one category.

- Ask:
- Are all these strategies safe? Why, or why not?
 - Would all these strategies work in every situation? Why, or why not?
 - Would all these strategies work for everybody? Why, or why not?
 - Why is it hard for the person being bullied to do anything to stop it?
 - What is the best strategy for the person being bullied to use? Why? (Tell an adult and keep telling until something is done to stop the situation)

Bullying cartoons

Students can work in small groups for this activity. Give each group one of the cartoons. Ask them to:

1. complete the speech bubbles to show how they think the characters are feeling
2. write in the box below the cartoon some appropriate action that characters in the scene other than the victim could do to stop the bullying.

Role-play

Put students in the same groups as above. Explain that they are to practise (role-play) the action that they have suggested for their cartoon, using the following steps.

1. identify characters in the scene
2. set the scene
3. practise the action
4. discuss how effective the action was.

Invite some groups to share their role-play with the class. After each:

- Ask:
- How effective do you think this action was?
 - What could have been done to improve it?
 - Do you think you could carry out this action in a real bullying situation? Why, or why not?

Do not allow students to 'practise' the bullying shown in the cartoons. Ask them to start from a freeze frame.

Homework

Invite students to prepare a statement about the ‘telling environment’ to overcome bullying, to share with their family.

Copysheet: Cartoons







