Activity 1: Match the type of bullying with behaviour

Introduction

Aim:	Students understand when various behaviours constitute physical, verbal or social bullying, or if they are NOT actually bullying.
Approximate duration:	10–15 minutes, depending on discussion.
Format:	Small group or whole class.

Important note: Ensure you have read the section of the *Teacher notes* document headed *Before you run the classroom discussion starter activities*.

The behaviour examples on the cards do not always specify if they are happening in person or online; ensure you consider both contexts where the bullying behaviours can happen.

Instructions

1. Decide which format you will use and prepare the relevant worksheet. Two worksheets (Activity 1: Small group worksheet and Activity 1: Whole class worksheet) are available for use with small groups (print on A4 / write on butcher's paper) or the whole class (print on A3 / write on butcher's paper). For small group format print and cut up the Behaviour cards (30 cards total).
2. If you haven't already done so, remind students of the definition of bullying from the animation: ***Bullying is when someone uses 'power' they have over you to try to hurt or upset you again and again.***
3. Explain the activity: *The video said there were three main types of bullying. Who can remember them? This activity will help us learn more about the different types of bullying.*
4. The class / small group worksheets, Activity 1: Behaviour cards (can be printed and cut up – total 30 cards – either one card per child (use blu tack to place on the appropriate picture (EG physical / verbal / social / NOT bullying) or one sheet per small group or show the cards on screen (Page 5, Act 1 Behaviour Cards) and students can copy on to their own picture sheets (A4 / butcher's paper, with physical / verbal / social / NOT bullying written as a title on each picture sheet).
5. You can refer to the *Teacher Answer guide* as students work through the activities. Some examples of behaviours may raise discussion and disagreement. For any behaviour, the context, power imbalance and repetition are all important in establishing if the behaviour is bullying. For example, saying mean things about another person may be bullying if a power imbalance and repetition exist, but may not be bullying if it happens between equals and only once.
6. At the conclusion of Activity 1, if time allows, move on to Activity 2.

Activity 1: Answer guide for matching type of bullying with behaviour

Physical bullying	Behaviour
	• regularly hitting or punching someone • tripping or shoving someone whenever they go past • stealing/demanding someone's belongings • threatening online to hurt someone in person • damaging or breaking someone's property, uniform, school things • standing over someone to make them afraid they will be hurt; intimidating someone • pushing someone around on the bus most afternoons
Verbal bullying	
	• continually picking on someone and trying to make them feel bad • saying or doing lots of mean things to upset someone • sending nasty messages to someone online • making fun of how someone looks or what they wear • sending inappropriate images to someone online • teasing someone for not being good at sport • teasing someone for being good at school, maths etc. • calling someone names
Social bullying	
	• making fun of someone to other people, like 'here comes the weirdo again' • trying to stop someone from joining in with a group • trying to make others not like someone • saying mean or humiliating things about someone • spreading rumours or lies about someone • tagging inappropriate or unflattering images online • acting as though someone is not there or ignoring them • constantly teasing someone for not being like a 'typical' girl or boy, e.g. teasing a girl for being good at sport or a boy for being gentle with others
Not bullying	
	• fighting about who gets to sit where at school • not liking someone who is in your group • being angry at someone who has taken your things • not sharing your belongings with someone • saying you disagree with someone's comment online • being rude to someone one time, but then you realise that's not ok • joking with someone that they always forget their belongings

Activity 1: Small group worksheet

Physical bullying	Behaviour
	•
Verbal bullying	
	•
Social bullying	
	•
Not bullying	
	•

Activity 1: Whole class worksheet

Activity 1: Behaviour cards

regularly hitting or punching someone	spreading rumours or lies about someone	not liking someone who is in your group
tripping or shoving someone whenever they go past	teasing someone for not being good at sport	constantly teasing a girl for being good at sport
stealing/demanding someone's belongings	teasing someone for being good at school or maths	fighting about who gets to sit where at school
threatening online to hurt someone in person	standing over someone to make them afraid they will be hurt	making fun of someone to others, like 'here comes the weirdo again
damaging or breaking someone's property, uniform, school things	being rude to someone one time, but then you realise that's not okay	constantly teasing a boy for being gentle with others
continually picking on someone and trying to make them feel bad	trying to stop someone from joining in with a group	being angry at someone who has taken your things
tagging inappropriate or unflattering images online	trying to make others not like someone	not sharing your belongings with someone
saying or doing lots of mean things to upset someone	saying mean or humiliating things about someone	saying you disagree with someone's comment online
sending nasty messages to someone online	sending inappropriate images to someone online	pushing someone around on the bus most afternoons
making fun of how someone looks or what they wear	calling someone names	joking with someone that they always forget their belongings