



GET INVOLVED



20 MINUTES



PREPARATION  
NEEDED

# RESPONDING TO BULLIES



## ▶▶ GETTING INTO THE ACTIVITY

Sadly, people get bullied for lots of different reasons. How can we best respond to bullies to protect ourselves and others?

This activity encourages discussion about bullying and what we can do to respond to bullies. Bullying is everyone's responsibility and together we can stop it.

Stick the 'responding to bullies' cards on the four walls of your meeting space. Read out the scenarios on the activity sheet and ask children to stand at the wall they think is the appropriate response. Remember there might not always be an obvious answer and different people may choose different walls. Ask the group to talk about each situation and why they have chosen that response. Explain that there are lots of different ways we can respond to bullies, but it's important that we call out bullying when we see it and report it.

**Virtual:** Ask children to bring a red, blue, green and yellow item to the session to hold up, matching the colour of the response cards.

**Take it Further:** Explore cyberbullying and watch the 'Stop, Speak, Report' video (<https://youtu.be/RGcLa-vyxVQ>). Can we use the 'stop, speak, report' method to respond to bullying wherever we see it? You can find additional resources and support at [www.nspcc.org.uk](http://www.nspcc.org.uk)

## ☑☑ WHAT YOU'LL NEED

- Responding to Bullies Cards & Scenarios
- 'Stop, Speak, Report' Video

## ! KEEPING EVERYONE SAFE

Maintain social distancing where required. Bullying can be a sensitive topic for some children, please be considerate of this and be prepared to adapt the activity should a child seem upset.

# RESPONDING TO BULLIES

**JOIN IN**

**TELL  
SOMEONE**

**SAY / DO  
SOMETHING**

**WALK  
AWAY**

# RESPONDING TO BULLIES

## SCENARIOS

- 1) The whole class is playing football at lunchtime, but one child has been told they can't join in, even though they want to.
- 2) Someone is hiding another child's pencil case.
- 3) Your friend is saying mean things about another child to their face.
- 4) Someone at BB has had a new haircut. You think it looks silly and have thought of a really funny joke to say about it.
- 5) You've been given a note that says 'Kick Me' by your friend and they have told you to stick it on someone's back.
- 6) A child in your class hasn't got the latest game you are all playing and feels left out. Someone has called them a 'loser' for not having it.
- 7) Someone has punched and kicked another child. Only you saw it happen.
- 8) You're all playing tag and a few of you have decided that you're all going to gang up on one person and keep tagging them.
- 9) Someone is saying mean things to you.
- 10) The class bully is being made fun of by the other children - he/she is getting upset about it.