

E-book Code:  
REAU3004



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# The Lifeskills Series

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## Bullying and Conflict

Sample

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# Activity 4

# Who is a Bully?

 Think back to some of the bullying tactics mentioned in the stories on pages 16 and 17.

Make a list of all the things that bullies might do.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



1 Have any of these “acts of bullying” ever happened to you? Describe.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3 Why do you think bullies behave the way they do?

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 Spot the bully in this line-up. Circle him/her.



Why did you pick this person?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4 What can you say about the bullies that you know? Think of some words that you could use to describe their behaviour.

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**B** – Bad

**U** – Unkind

**L** – Lying

**L** – Lazy

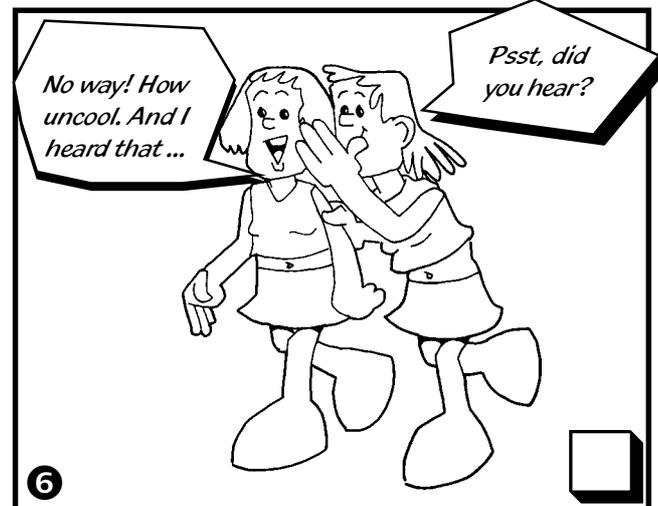
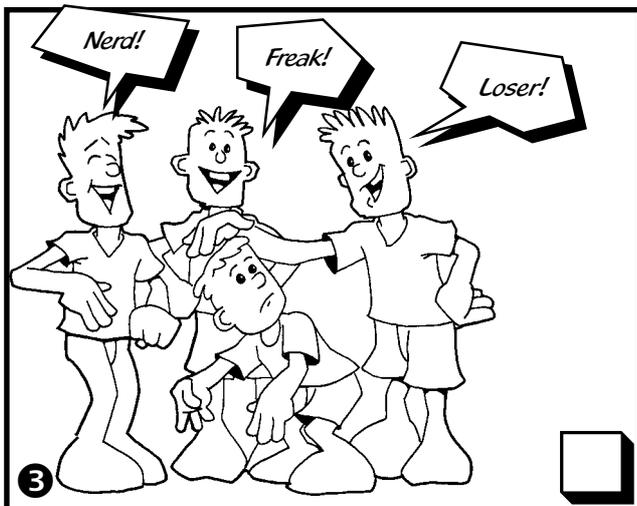
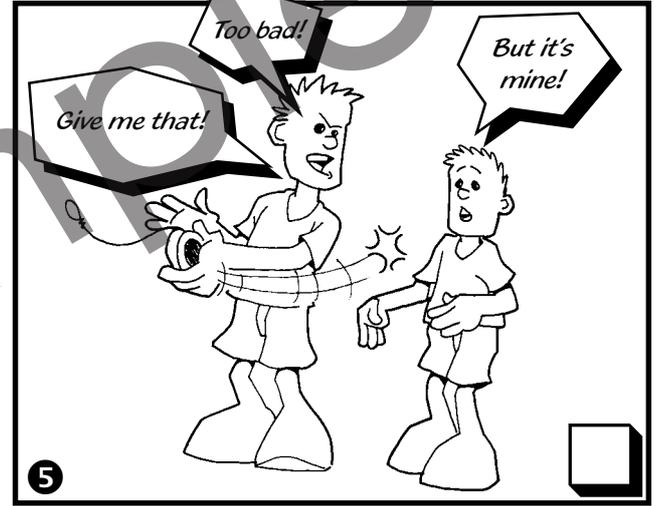
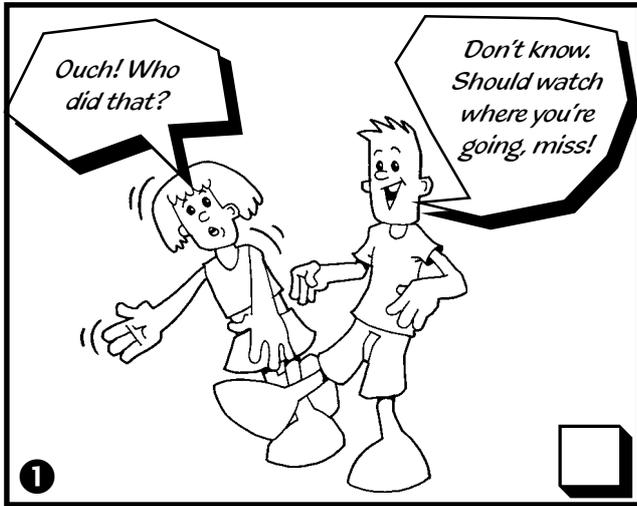
**Y** – Yelling

# Activity 6

# Bully Checklist

☞ ●Are you being bullied? ●Are you a bully? ●Is your best friend a bully?

Tick the square in each box if you think it is showing bullying behaviour.



How many boxes did you tick? \_\_\_\_\_

Have you ever been involved in a story like any of the scenes in the boxes? Discuss these pictures with your classmates.

# Activity 9

# Conflict Resolution - Time To Sort it Out!

Use this worksheet to help you better understand the stories on the cards.

1 What is the actual problem?

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2 How serious do you think this problem is? Give your reasons.

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3 Give the problem a rating out of 10. (1 means "not very serious" and 10 means "extremely serious".)

4 List all the options available for the people involved. Consider the consequences of each action.

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5 Out of your choices above, work out which one is the best solution.

Read over what you have written, put a X next to the negative aspects of this action and a ✓ next to the positive outcomes. The best solution will mean a positive result. Write your final choice below.

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6 Group Activity: Role-play the story using your solution.

### Keeping it Real!

How well do you think you resolved this issue?

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Do you think this action would actually work in a real life situation? Explain your thoughts.

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What did other students in your group think about this role-play?

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# Match Ups

**Match the sentence beginnings with the sentence endings.**

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| a. Being a bully ...                  | to spread stories about you.     |
| b. Bullies like to receive ...        | attention.                       |
| c. If you are bullied ...             | people and leave them out.       |
| d. Bullies are ...                    | for other people's things.       |
| e. Bullies can be difficult ...       | your lunch money or homework!    |
| f. Sometimes bullies ignore ...       | to pick out of a crowd.          |
| g. Bullies have no respect ...        | around us all the time.          |
| h. Bullies think it's funny ...       | is not cool at all.              |
| i. A bully might try and steal ...    | you should talk to your teacher. |
| j. Think carefully about what you ... | would say to a bully.            |

## Listen Up!

Think of a bully that you have seen in action. Think carefully and then write down what you might say if bullied by this person.

Share your work with the person that sits next to you.

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## Remember:

If you are bullied by anyone, write it down somewhere and write down all the times it happens.  
Discuss the bullying behaviour with your teacher or parents.