

## Sticks'n'Stones IO3

Topic 2: Different roles in Bullying

Sticks  
n  
STONES



Interactive Infographics to Combat Bullying in School

## Introduction

Bullying in schools is every parent's worst fear. They may fear that their child is being bullied, that their child is bullying others, or that their child is witnessing bullying happening around them. All parents want the security of knowing that school is a safe place for their children, a place where they can not only learn, but build new friendships and create lasting memories. Unfortunately, the end of bullying is still not in sight, and it still threatens the wellbeing of children around the world.

These digital resources have been developed to support you, as a parent, to address the topic of bullying with your child.

## Topic Addressed

**Topic 2:** Different roles in Bullying

## Educational Video

Here is a Link to YouTube video introducing the topic of "Different Roles in Bullying":



## Self-help Exercise

**Topic Addressed (2 of the 12): Different Roles in Bullying**

<b>Exercise Title</b>	<b>Am I An Upstander?</b>																							
<b>Duration of Activity</b>	15 minutes	<b>Materials Needed</b>	Pen Paper																					
<b>Introduction</b>	As you have learned in the introductory video, there are different roles in bullying, among them are: Bullying victim, the bully, reinforcers, bystanders, and upstanders. This short activity below is to find out how confident your child would be to stick up for others in bullying scenarios, and to encourage them to become an UPSTANDER in order to help stop bullying in their school and to make it a safer place for all.																							
<b>Instructions</b>	<p><b>Step 1:</b> Print off the template below and instruct your child to mark off actions that they agree with and applies to them, and get them to shout BINGO when they have filled a line (across or vertical)</p> <p style="text-align: center;"><b>Upstander Bingo</b></p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="background-color: #fff9c4; padding: 10px;">I would help others who are being bullied</td> <td style="background-color: #fff9c4; padding: 10px;">I would try to stop harmful messages about others from spreading</td> <td style="background-color: #fff9c4; padding: 10px;">If I saw bullying happening, I would tell a trusted adult</td> <td style="background-color: #fff9c4; padding: 10px;">I recognise I have the power to help stop bullying in school</td> <td style="background-color: #fff9c4; padding: 10px;">I would speak up about bullying</td> </tr> <tr> <td style="background-color: #fff9c4; padding: 10px;">I would tell a bully their behaviour is not okay</td> <td style="background-color: #fff9c4; padding: 10px;">I would tell a teacher if I saw someone being bullied</td> <td style="background-color: #fff9c4; padding: 10px;">I would not join in on bullying even if I was pressured</td> <td style="background-color: #fff9c4; padding: 10px;">I would sit with someone who always sits alone at lunch</td> <td style="background-color: #fff9c4; padding: 10px;">I would be friends with someone who is a victim of bullying</td> </tr> <tr> <td style="background-color: #fff9c4; padding: 10px;">I would encourage others to help make school a safe place</td> <td style="background-color: #fff9c4; padding: 10px;">If I was being bullied, I would tell a parent or teacher</td> <td style="background-color: #fff9c4; padding: 10px;">If I saw cyberbullying taking place, I would report the user</td> <td style="background-color: #fff9c4; padding: 10px;">If I heard a rumour about someone, I would not continue to spread it</td> <td style="background-color: #fff9c4; padding: 10px;">I would treat others how I would like to be treated</td> </tr> <tr> <td style="background-color: #fff9c4; padding: 10px;">I agree that everyone deserves kindness, regardless of their appearance</td> <td style="background-color: #fff9c4; padding: 10px;">I would not suffer in silence if I was being bullied</td> <td style="background-color: #fff9c4; padding: 10px;">I am willing to inform myself about bullying</td> <td style="background-color: #fff9c4; padding: 10px;">I would encourage kindness within the classroom</td> <td style="background-color: #fff9c4; padding: 10px;">If I saw someone upset that isn't in my friend group, I would try to help them</td> </tr> </table>				I would help others who are being bullied	I would try to stop harmful messages about others from spreading	If I saw bullying happening, I would tell a trusted adult	I recognise I have the power to help stop bullying in school	I would speak up about bullying	I would tell a bully their behaviour is not okay	I would tell a teacher if I saw someone being bullied	I would not join in on bullying even if I was pressured	I would sit with someone who always sits alone at lunch	I would be friends with someone who is a victim of bullying	I would encourage others to help make school a safe place	If I was being bullied, I would tell a parent or teacher	If I saw cyberbullying taking place, I would report the user	If I heard a rumour about someone, I would not continue to spread it	I would treat others how I would like to be treated	I agree that everyone deserves kindness, regardless of their appearance	I would not suffer in silence if I was being bullied	I am willing to inform myself about bullying	I would encourage kindness within the classroom	If I saw someone upset that isn't in my friend group, I would try to help them
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**Step 2:** After the child has completed the short activity, reflect on their answers, especially the boxes that they did not cross, and discuss with them why they did not mark off these options.

**Step 3:** Discuss with your child how important it is for them to be an Upstander in instances of bullying, and watch the following video with them: <https://youtu.be/eeqQCyQOCPg>



## Tip sheet

### **TIP 1:** Teach your child how to be assertive rather than passive

It is important that children are taught how to say “no” when their boundaries are crossed or when they are experiencing peer pressure. Empower your child to express how they are feeling, and teach them that they do not need to feel guilty for staying true to their own feelings and wishes. Teach them that if their friends do not respect their boundaries, then they are not true friends. A way to do this is to teach your child “I” messages, which is a helpful communication tool for adults. Learn what “I” messages are and how to teach them to your child by reading the following article:

<https://kirstenskaboodle.com/5-tips-to-teach-i-messages-to-children/>

### **TIP 2:** Recognise signs of depression

Young bully victims may experience depression symptoms as a result of bullying, and they may attempt to hide how they are feeling from their parents. If you notice that your child is:

- Not sleeping well
- Not able to concentrate
- Showing signs of sadness
- Speaking less than usual
- Acting out in anger

make sure to reach out and check in with how they are feeling, and provide help if needed

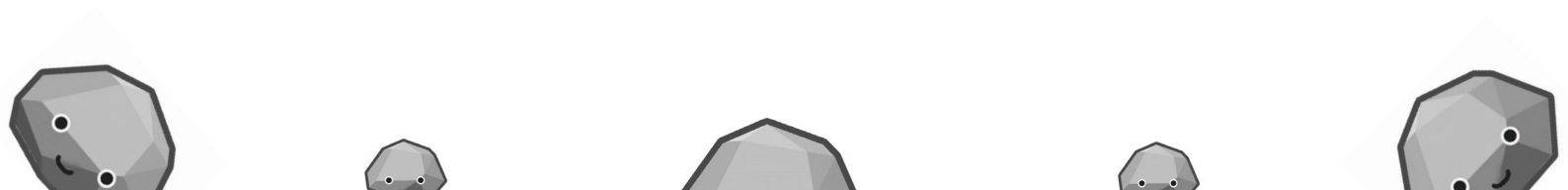
### **TIP 3:** Be a role model

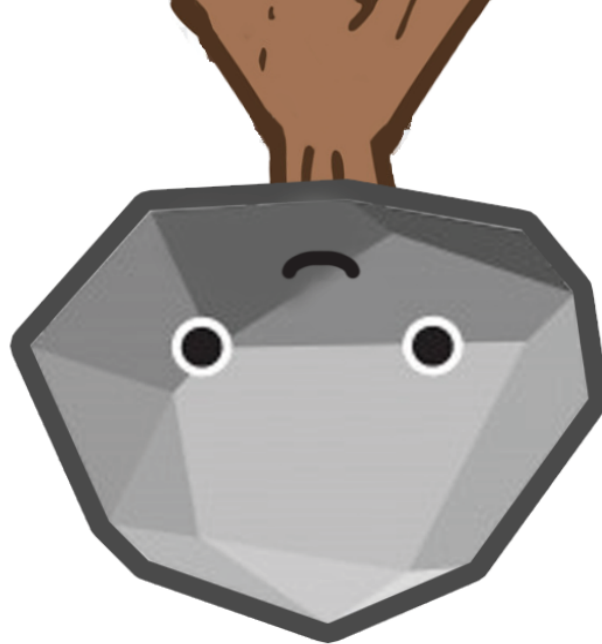
Be a good role model to your child. Show them how to show kindness and respect to others around them by doing the same to the people around you. Parents are the primary educators of children, and this is not meant in purely an academic sense. Children naturally imitate their parents’ actions and behaviours from the time they are born, so it is important to set a good example for your child.





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