

Reflecting

Reflect on what you've learned about the different types of situations that can be confused with bullying.

What?

What does HARM stand for?

What feelings do you associate with the four types of situations that can be confused with bullying? What do you think could turn these situations into bullying?

So What?

Now What?

How do you think recognising these different types of situations will help you? What do you think are some ways you can help your friends recognise these different types of situations?

Applying

Think of situations you've been in that have involved bullying behaviours, and then answer the following questions:

Has there ever been a time when you and a sibling or friend had a disagreement or conflict? Did it feel like bullying? Did it feel like normal conflict? Explain.

Describe a time when you playfully teased a friend. How did you know it was not bullying? How did your friend know?

What is one suggestion you would like to add to the "Stop the Bullying" box?

3.7

Reflecting

Reflect on what you've learned in this lesson about responding to bullying behaviours.

What?

What are some ways to respond to bullying behaviours when you feel threatened or afraid?

So What?

How does bullying make you feel? Why do you think those feelings make responding to bullying behaviours difficult?

Now What?

How do you think learning how to respond to bullying situations will help you as you continue to grow? How do you think you would help a friend who is being bullied?

Applying

Think about the Don't Bug Me Messages you learned in Lesson 3. Use these messages and what you learned in this lesson to plan a Bullying Prevention Campaign.

What lessons will the campaign teach?

How will the campaign teach these lessons?

How will the lessons help students who are being bullied?
