3.3.2 Connecting Activity

Using What, Why, and How Messages

1. Name WHAT behaviour is bothering you.

- Describe the behaviour, not the person doing it.
- Avoid using a tone of voice that sounds blaming or attacking.

2. Say WHY it's bothering you.

- Tell the person how the behaviour makes you feel.
- Let the person know how the behaviour has affected you.

3. Say HOW you would like the other person to behave instead.

- Suggest what the person could do the next time they find themselves in a similar situation.

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3.6.1 Discovering Activity

Each of the pictures and descriptions on the left shows a type of bullying behaviour. Can you match each picture with the correct type of bullying listed on the right?

Verbal Bullying name calling or teasing; threatening or teasing; threatening or making fun of someone; making someone do something against their will

Non-verbal Bullying intentionally ignoring or leaving someone out; making faces or mean gestures at someone

Cyberbullying using technology like social media or a mobile phone to hurt, threaten, or embarrass someone

Physical Bullying hitting, kicking, pushing, surrounding, or cornering someone

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3.6.2 Connecting Activity

Bullying or Friendship?

Complete the blank spaces with your own examples of each type of behaviour.

Bullying	Normal Conflict	Misunderstanding
	Raised voices	Asking lots of questions
	Silence	Disagreeing

Accidental Behaviour	Playful Teasing	Friendship
Bumping into someone	Laughing with someone	Friendly teasing
Happy shouting		

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3.6.3 Practising Activity

Bullying Means HARM

Harmful

Actions or words

Repeated

More than once to hurt or control others.

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3.7.2 Connecting Activity

Ways to Respond to Bullying Behaviours

- Keep calm and breathe deeply
- Ignore the behaviour and walk away
- Get help from an adult
- Travel with friends
- Send a Don't Bug Me Message

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