



THE ALL IN GENERATION TEAM

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OVERVIEW & PURPOSE

Believe it or not, there are some things that victims of bullying have in common. It is worth a conversation to discuss these with our students because those very commonalities are what bullies target. Then students need to know what action steps to take to support the person being bullied.

MATERIALS NEEDED

1. Computer and Projection Screen
2. Access to YouTube

STARTER

1. Please show the video clip [Boys' Reaction to Bullying](https://www.youtube.com/watch?v=xdeuivQYnas) (2:48) <https://www.youtube.com/watch?v=xdeuivQYnas>
2. Discuss with students why they think James was bullied to begin with.
3. Ask students why people who are viewed weaker in some way are the ones that
4. Share the following statistics from *Bullyingstatistics.com* with students:
 - Each day 160,000 students miss school for fear of being bullied.
 - 282,000 students are physically attacked in secondary schools each month.
 - More that 1 out of 3 young people have been threatened online.
 - Over 25% of adolescents and teens have been bullied repeatedly through their cell phone or the internet.
 - 1 in 10 adolescents or teens have had embarrassing or damaging pictures taken of themselves without their permission and posted on cell phones or social media sites.

GROUP ACTIVITY

1. Break your class into four or five groups.
2. Ask each group to take out one piece of paper and pick one student to be the recorder.
3. Ask students to brainstorm as a group and come up with a list of 10 things/characteristics that people who repeatedly get bullied share. For instance one such characteristic is that victims often feel they are isolated and all alone. Ask students to come up with nine more commonalities within their groups. You may want to set a timer for 5 minutes to ensure that groups are staying on topic.
4. After the five minutes are up, have groups choose one spokesperson to share their list.



FOLLOW-UP

As a follow-up to the group activity share with students these things that victims have in common:

- Feel isolated
- Have Difficulty in Setting Boundaries
- Often Feel Unworthy and that they Deserve the Treatment
- Become Depressed
- Feel Hopeless
- Feel Weaker than the Bully
- Years after the Bullying has Stopped they have Higher Levels of Depression and Poorer Self-Esteem

Also share with students that bullies tend to go after the following types of people:

- Disabled
- Religious
- Other Races
- People that are Gay
- Victims of Any Kind

QUOTE OF THE DAY/SOCIAL MEDIA SEND OUT

Once again, encourage students to either record the quote of the day in the classroom, in a notebook, or post it on social media. This helps promote accountability with the students concerning the topics we cover.

“It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.”

- Audre Lorde