



E-book Code:  
REAU3004



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# The Lifeskills Series

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# Bullying and Conflict

Life Skills Series  
Bullying and Conflict  
(BLM)

© 2004 Ready-Ed Publications  
Printed in Australia

ISBN: 1 86397 609 4

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Published by:  
Ready-Ed Publications  
PO Box 276  
Greenwood WA 6023  
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**Activity 1**

# Bursting the Bully Bubble (1)

**Teachers' Notes:**



Photocopy and cut out each of the scenarios below and on the following page. This activity can be done in small groups, pairs or as an individual activity. The Reflection sheet on Page 18 is designed to facilitate discussion among class members. Distribute a "Reflection" sheet for students to complete for EACH story.

**City Slickers**

Aaron has just moved from a country town up to the "big smoke". He is starting to enjoy going to the new school but is terrified of the bus trip home as there is a gang of boys who have started to pick on him. One of the boys, Jake, is in Aaron's class at school and never seems to cause any trouble during class time. However, Jake links up with his older brother Brad and his mates when it is time to catch the bus home. The boys have been teasing Aaron about being from the country and push him around when he tries to get on the bus. On one occasion, Jake threw Aaron's school bag out of the bus when the doors opened to let students out. Aaron was forced to get out at the wrong stop and had to walk twice as far to his house. Aaron has noticed that Jake doesn't have many friends in their class at school.

**Texting Tactics**



On Fiona's twelfth birthday, her parents bought her a mobile phone. Fiona didn't tell anyone what the number was or that she even had a phone and has been using the phone to bully other kids in her class and in the class below. She keeps sending anonymous text messages to other students saying that she is going to beat them up if they don't watch out. Sometimes, Fiona hears the kids talking about the text messages and she teases the students saying that they better be careful as someone is out to get them.

**A Weighty Worry**

Lucy is often picked on by other girls in her class as she doesn't seem to be able to keep up with the latest fads and fashion. Some girls even comment on Lucy's weight, saying that she needs to buy new clothes as she is bursting out of her old ones. Lucy is very upset by the teasing and has stopped eating. She also thinks she can save up some of her lunch money by not eating, which will allow her to buy some of the cool clothes.

**Netball Nasties**



Clara plays netball on the weekends with some girls from her town. The girls go to another school in the town and are often teasing Clara about how daggy her school is as it is not a state school. When they are on the court, the girls refuse to throw the ball to Clara and then complain when their team loses, saying that it was Clara's fault. The girls try to push Clara over whenever they can and have told her that she is a loser and she doesn't belong in their team. Clara loves playing netball but is starting to think of quitting as she is dreading the Saturday games.

**Activity 2**

# Bursting the Bully Bubble (2)

**Brainy Bother**

Simon had always been a clever student and was proud of his school record. When he moved to his new school, he was always the first to answer any questions that the teacher asked the class and always did extremely well in tests. After a week, three boys in Simon's class started teasing him at recess time, saying that he was the teacher's pet and a complete nerd. They imitated him answering questions in class and some of the other kids would laugh when they saw Simon being picked on. Simon started to stop answering as many questions and also started to deliberately get poor marks in some of the tests. At his old school, the other students had looked up to him, but at the new school, he found out that it was very uncool to be clever. After a while, the teacher asked Simon if anything was bothering him as his school work was slipping. Simon just shrugged and said, "I am just not that smart!"

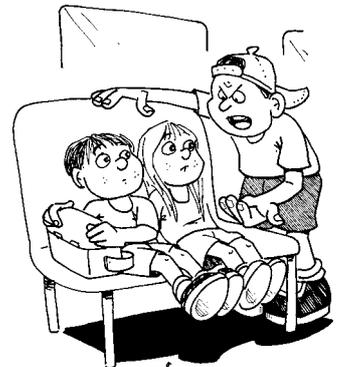


Matthew is being bullied by a number of boys in his football team. Each time he returns to the change rooms after a game, someone has done something with his bag. One day Matthew found his school jumper in a toilet bowl and another time his bag was filled with mud from the other boys' footy boots. When Matthew misses a mark or goal, the boys tease him about it the next day at school, telling him he let the whole school down.

**Footy Monsters**

**Lunch Loner**

Alex isn't very popular in his class and doesn't have many friends. No one pays much attention to him and the teacher hardly seems to notice him. Alex has started teasing younger kids on his bus. He has told them that he and his "mates" will beat them up at recess if they don't hand over their lunch money to him. Because he has no friends of his own, Alex seeks out the kids during recess and lunch times and says that he will go and get his "mates" if they don't share their snacks with him.



Jack is the captain of the junior cricket team and is fairly popular at school. However, he is struggling with his schoolwork and is often unable to complete his homework. In class he sits next to David. He has been threatening David by telling him he will be dropped from the team if he doesn't take home Jack's homework. David is not very good at sport but doesn't want to be dropped from the team. Jack has also threatened to get his older brother to bash David up if he does not do what he says.

**Home-work Heavy**