

Anti-Bullying Stations Makeup

Station 1- B.U.L.L.Y.

Watch the link to the video below. While watching the video, be thinking about the long-term effects of bullying that are discussed.

After watching the video, write a meaningful paragraph about the harmful effects of bullying and why it should be stopped immediately. What does it do to the recipient? What long-lasting effects can it have?

<https://www.youtube.com/watch?v=ltun92DfnPY>

Station 2- Let's Act!

Write a script for a scene that could be acted out about bullying. The script must include at least one bully, at least one victim of the bullying, and at least one bystander who intervenes on the situation. The script must include a **minimum of 4 lines** from each character. It can absolutely include more.

Station 3- Change in Pace

Read the prose from the bully's perspective that's attached and answer the following:

1. After reading the prose, do you believe this is the perspective of all/most bullies? Why or why not?
2. Let's say there are bullies who feel this way: that they're also victimized in some way and are only crying for help. Do you believe this justifies their behavior?
3. There are some bullies who have been bullying other students/weaker kids for years. If they were doing so because of what the text said, do you think they can still turn around their behavior? If you think they can, what will it take? If not, why do you think they can't change?

Your answers must be at least 3 meaningful sentences each. Very short/basic sentences will not be accepted.

Station 4- ReRight the Ending

Read the scenario provided. Choose a point which you will decide to step in as a bystander to stop the situation from unfolding. From that point that you step in, rewrite the ending based on the action you decide to take. *Do not wait to step in until the very end; it might be too late for the student.*

Station 5- Drop That Beat!

In class you and your group were to make a remix of a rap/song about the harmful effects of bullying. For this assignment, you will find two song lyrics from any songs of your choosing that could make someone feel better. Then for each one, you will write one paragraph as to how that statement is much better than a mean statement a bully could say. For example:

"You're beautiful/You're beautiful/You're beautiful, it's true!" – You're Beautiful by James Blunt.

These song lyrics would make someone feel special because... If bullies were to say this instead of the hurtful t

Station 3 Reading

It's just like any other normal day in school, and there is that same kid getting picked on. Some may feel sorry for him. Somebody may even stand up for him, or tell authorities. But do people ever consider the other side of the story? Bullies deserve to have a voice. They need to be heard, too. Bullies should feel accepted, not judged by society. They should be treated like any other normal person who made a mistake.

First of all, most "bullies" are victims too, whether at home or at school. They may be insecure about themselves, have been bullied by other people, or have problems at home, and decide to act out. According to *Bullying Statistics 2010*, 54% of students who witness violence and physical abuse at home may become bullies at school (*Bullying Facts, 2013*). That's over half! Half of the kids seen in society today have to deal with domestic violence, and then bring it to school to take it out on other kids, because that's the only way they know how to vent. When kids are picked on, they usually can't control their emotions, and they go on autopilot. Everyone who is involved in a bullying situation should be treated fairly, especially the bullies.

Also, bullies deserve forgiveness. Many regret what they have done. They realize how much they have hurt someone and want to repent, but society shuns them away. ". . . Hate and vengeance are the antithesis of healing. They will only continue the destructive process the bully began," says Richard Schwindt, a psychotherapist and hypnotherapist specializing in the emotional recovery of targets of bullying (*Workplace Bullying Recovery, 2011*). If someone has ever tried to "get back" at someone instead of forgiving, then they know that what Schwindt is saying is true: fighting back only makes things worse, which is why forgiveness should be the preferred alternative. In addition, holding on to the hatred will only make the rest of their life miserable. Therefore, even though they may never forget, people should still forgive, and accept the bully's mistake.

Most of the time, when someone is feeling threatened or endangered, they may resort to bullying as a self-defense mechanism. People need to protect themselves, and some people may consider it bullying, but "bullies" have the right of self-defense. According to U.S. law, the right of self-defense is the right for civilians acting on their own behalf to engage in a level of violence, for the sake of defending one's own life or the lives of others (*CNN News, 2013*). This supports the idea of any human being able to engage in violence to defend himself or herself from the other person

harming them. Therefore, the person who was first doing the harming should be charged for crime, not the person who was "caught" trying to defend themselves.

In short, bullies need to have a voice. Their side of the story needs to be heard. Many bullies have been victims themselves or have had to deal with problems at home. Others are just trying to defend themselves. No matter what, they all deserve forgiveness. They should be accepted by society and treated more fairly.

Station 4 Scenario

A couple of boys at a high school brag around school that they snuck into a teacher's database to obtain several other student's personal information. They use this information to create a false e-mail account of one of the male students whose personal information they stole. They then use the email address to send e-mails to other male students in the form of fraudulent love letters. They then print the e-mails and display them both on and off the school campus and proceed to verbally tease the student against whom they committed fraud. The student who was targeted is suddenly excluded from his friends. They call him a 'creep' and other incredibly rude and inappropriate names. This student didn't know why this was happening to him until 3 days after the fraudulent email was created; he found out when he was called into the principal's office. He was interrogated by the high school administration to determine if he'd sent the emails or not. When it's discovered he didn't, the administration does their best to put a cap on the situation by suspending the students who committed the fraud, but the damage was done. The targeted student was so shamed, humiliated, and embarrassed that his parents enrolled him in therapy and moved him to a school outside of the school district.