

Name: _____

Date: _____



Bully Bullied Bystander

Activity Instructions

There are many different roles in bullying scenarios. In this role-playing exercise, students take on the roles of the bully, victim and bystander to brainstorm ways to handle these situations.

Step 1

On the board, write four headings: "Physical Bullying," "Verbal Bullying," "Social Bullying" and "Cyberbullying." As a class, brainstorm scenarios involving the different kinds of bullying, and write them in the appropriate category. Tell students not to use classmates' names during the brainstorm, and use your discretion to make sure that the scenarios aren't widely-known or specific incidents that involve any students personally.

Step 2

Divide the class into groups of at least three students, and let each group choose a scenario from the board. Tell students they're each going to play a part in their scenario and role-play, or act them out.

Step 3

In each group, have one or more students take on the roles of the bully or bullies, victim(s) and bystander(s). Let them practice role-playing the bullying scenario without coming up with a solution for how to resolve the bullying—the rest of the class will help with that. Students can improvise or write down their lines or key points to remember what to say. Remind students that the use of physical violence isn't allowed and set guidelines about the kind of language that's permitted. For example, students can replace any inappropriate language with neutral words.

Step 4

Have each group act out their role-play for the class. Have them begin to role-play the bullying, and at the point in the scene where you feel it would make sense for someone to step in/stand up for the bully, call "Freeze." Ask the rest of the class for suggestions on how to resolve the situation, whether it's a way that the person being bullied should respond or something that the bystander should say. Then, have the group "unfreeze" and play out the situation as suggested.

Step 5

Discuss as a class how they felt about the activity. Which techniques were the most effective for resolving the bullying and why? What did they learn about bullying from the exercise that they didn't know before?