

Youth Club Young Volunteer Handbook

Task Training



Bully Busting

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Youth Club Young Volunteers Task Training – Bully busting

Training Plan

Aims: To enable the young people to understand the nature of bullying and identify how Youth Club Young Volunteers can help beat bullying

Learning Outcomes: By the end of the session the participants will:

- ➔ understand what constitutes bullying and why people do it
- ➔ understand good advice to give to those being bullied
- ➔ have created three suggestions to improve their clubs and prevent bullying

Group size: 4 - 10 participants

Time: 90 mins

Venue: One large room

Materials:

- Flip chart stand, paper, marker pens and biro
- Bullying quiz sheet
- Bullying and the Law brief
- Beating Bullies Tips handout
- Bullying Action Worksheet
- Emoticon sheet

TIME	WHAT	WITH
10 mins	Intro: Arrivals and getting a drink. Outline what's happening this evening and briefly go over ground rules about listening and respect. Give out the emoticon sheet and ask them to circle the emoticon that represents how confident they feel dealing with bullying (we'll come back to it later).	Prepared flip chart Emoticon sheet
10 mins	Why do people bully?: Ask the whole group for their thoughts on why people bully. Tell the group that it is often said that people who use bullying behaviour will target someone who is 'different'. Ask the group to define what is considered 'different' in their club (for example – ethnic origin, disability, skin colour, eye colour, presumed sexual orientation, religious or cultural conventions, different physical appearances, clothes, hair, shoes, behaviour etc.)	
10 mins	What is bullying?: Ask the group what they think is bullying behaviour and note it on flipchart – try to ensure the following is covered: <ul style="list-style-type: none"> • Being teased • Being called names • Being hit, pushed, pinched or kicked • Having their bag, mobile or other possessions taken • Being forced to hand over money • Being forced to do things you don't want to do • Being ignored or left out • Being attacked because of religion, gender, sexuality, disability, appearance or ethnic or racial origin • Internet or mobile phone bullying including silent calls, abusive messages, threatening texts or cyberbullying 	Flipchart paper and pens

TIME	WHAT	WITH
15 mins	Bullying Myths and Facts: Issue a true/false quiz to each person to complete (5 mins), then give answers and discuss with the group.	Quiz sheets and pens.
5 mins	The Law: Go through the Bullying and the Law brief and give out. Ask the group what they think stops young people going to the police – or any other adult?	Bullying and the Law brief
15 mins	Advice for those being bullied: Give out 'Beating bullies tips' handout and ask young people to read. Is this good advice? What can other people do to help? Take notes on flipchart of suggestions and discuss with a view to doing things in the youth club – suggestions could include: <ul style="list-style-type: none"> • Anti-bullying posters • Anti-bullying workshops • Talk about bullying openly and acknowledge it happens to a lot of young people • A clear bullying policy, displayed at the unit, written by young people in the unit • Anti-bullying peer education project • Anti-bullying peer support or mediation project • A buddy scheme for young people new to the unit • A Youth Club Young Volunteers bullying champion that all young people know about 	Beating bullies tips' handout Flipchart paper and marker pens
10 mins	Actions for Young Volunteers: Split the group into pairs. Ask them to discuss: <ul style="list-style-type: none"> • What kind of bullying are they aware of in the club? • Complete suggestions on the sheets given for how it needs to be addressed. 	Action worksheet and biros.
10 mins	Feedback ideas from the pairs. Tell them they may be able to act on these ideas! (Ask young people to keep the worksheets for the action planning session at the end of the training – if you are going to do one).	
5 mins	Evaluation: Ask the young people to circle the emoticon that represents how confident they now feel dealing with bullying and collect in.	Emoticon sheet

Emoticon valuation



Bullying quiz

True / False Quiz

1. Girls tend to bully girls

True ☐

False ☐

2. Boys tend to bully boys

True ☐

False ☐

3. Young people who bully come from all social classes and cultural backgrounds.

True ☐

False ☐

4. Many young people are both targets and perpetrators of bullying.

True ☐

False ☐

5. Girls use indirect methods of bullying more frequently than boys.

True ☐

False ☐

6. Cyber bullying is on the increase.

True ☐

False ☐

7. Schools are legally required to have an anti-bullying policy.

True ☐

False ☐

8. The majority of secondary aged pupils who have been bullied have told someone in authority.

True ☐

False ☐

9. Most people have bullied someone in their lives at some time.

True ☐

False ☐

10. Once bullying stops you will feel better straight away.

True ☐

False ☐

True / False Quiz Answers

- | |
|--|
| 1. Girls tend to bully girls
False – they will bully both boys <i>and</i> girls. |
| 2. Boys tend to bully boys
True. |
| 3. Young people who bully come from all social classes and cultural backgrounds.
True. |
| 4. Many young people are both targets and perpetrators of bullying.
True. |
| 5. Girls use indirect methods of bullying more frequently than boys.
True. |
| 6. Cyber bullying is on the increase.
True. |
| 7. Schools are legally required to have an anti-bullying policy.
True. |
| 8. The majority of secondary aged pupils who have been bullied have told someone in authority.
False. |
| 9. Most people have bullied someone in their lives at some time.
True. |
| 10. Once bullying stops you will feel better straight away.
False – it can take time to recover, but it does start to get better eventually. |

Bullying and the law

- The age of criminal responsibility in England and Wales is 10.
- If the bully is over 10, the police can take action
- Physical abuse is classed as assault
- Repeated name calling, teasing etc could be seen as harassment
- Racial abuse is illegal
- Making anonymous or abusive phone calls is a criminal offence. Callers can be traced.
- Extortion or stealing is illegal

If all else fails or the incident is really serious, don't hesitate to get the police involved!

Advice for people being bullied

- Don't ignore bullying – it won't go away on its own and it may get worse.
- Tell someone you trust – such as a parent, teacher, youth worker or friend.
- Remember – it's **not** your fault. No-one deserves to be bullied.
- Keep a record or diary – write everything down and always save any nasty texts or emails that you have been sent.
- Try to stay away from the bullies or stay with a group if you don't feel safe.
- Ask your mates to look out for you.
- Try not to retaliate – you could get into trouble or get hurt.
- Try to act more confidently and assertively – even if you don't feel it.
- If it's happening at school, check your school's anti-bullying policy – this will tell you what your school should be doing about bullying
- Call Childline for extra help: 0800 1111

Dealing with bullying plan

What could your youth club do to make bullying a thing of the past? Please give 3 suggestions of how your club could become a safer space for all young people.

1.

2.

3.

Feel free to add any other thoughts or ideas: