

HOW SHOULD YOU HANDLE THE FOLLOWING SITUATIONS?

The following scenarios are examples of situations many of the children in your care may experience in real life.

Read out each situation and the possible answers. Ask children to raise their hand in support of which solution (A, B or C) they believe is best.

Question 1

You are walking to school and a gang of older bullies demands your money, skateboard, trainers. What do you do?

A: Fight them

B: Shout and try to run away

C: Give them the money

The answer is C

Because you are alone and are being ganged up on, the best thing to do is give in to the bullies' demands. You are in a very dangerous situation and your safety should be your main concern. You should however, go directly home or to another trusting adult and tell him/her what has happened.

Question 2

You are on the school playground and someone accidentally trips you? What do you do?

A: Hit the person hard

B: Give them a chance to apologize

C: Sit down and cry

The answer is B

There is no need to hit back. The person who tripped you did not do so intentionally, it was an accident.

Question 3

You are in the school bathroom when an older student punches you and tells you not to do anything or "You'll get worse." What do you do?

A: Wait until the bully leaves and then tell a teacher

B: Get into a fight with them

C: Accept what happened and don't tell anyone

The answer is A

You might not feel safe standing up to a bully while you are in the bathroom. At the same time, try not to be intimidated by the bully's threats and tell the teacher.

Question 4

A gang of bullies gets you alone and start beating you. What do you do?

A: Do nothing – just take it

B: Shout for attention and run away

C: Fight back

The answer is B

You could get seriously injured if you let the bullies beat you up. On the other hand, if you try to fight back, you might make the bullies angrier which could cause them to hit you harder. Try to get the attention of someone who might be able to help or scare away the bullies. One way to get the attention of others is to yell loudly.

Question 5

Someone in your class always makes rude comments about you and says them loud enough for you and others to hear. It really upsets you. What do you do?

A: Get angry and punch the bully in the nose

B: Get upset and cry

C: Try not to react to the comments and tell the teacher

The answer is C

When bullies tease others they are often looking for a reaction. If you try to ignore their comments you take away their reason for making the comments in the first place. It is still important, however, that

you tell the teacher what happened. The bully should not get away with making hurtful comments. If you bring his or her actions to the attention of the teacher, you might be preventing the same thing from happening again to someone else.

Question 6

Your former "best" friends start to bully you. This hurts your feelings and you are quite miserable. What do you do?

A: Try to find a new group

B: Call one member of your group of friends and ask them why they are doing this, and tell your parents

C: Do both of the above

The answer is C

The fact that someone who was once a best friend is bullying you might make this situation especially difficult to deal with. Talking with your parents about the situation might help you to make sense of it. The important thing to remember here is that something is going on with your friend which is making him/her act this way, and it has nothing to do with you. The other people in your group might not know how you are feeling, telling them might encourage them to talk to the person who is bullying you on your behalf. Also, it is important that you do not lose all of your friends because of the actions of one person.

You might also try hanging out with some other people who don't make you feel miserable.

Question 7

Your friend's dad recently died and some kids are saying and making hurtful comments about it. What do you do?

A: Come to your friends' defense and tell them to stop it

B: Leave your friend to sort out his or her own problems

C: Ignore it – it will eventually stop

The answer is A

It is often difficult to stand up for ourselves when people are bullying us. It is so important that you stand up for your friends when they are being bullied. You would appreciate if someone helped you if you were in the same situation.

Question 8

You are walking in the lunchroom and someone yells out a negative comment directed at you. It is the first time this has happened. What do you do?

A: Yell back

B: Ignore it for now, but if it happens again tell a teacher

C: Knock their lunch tray over

The answer is B

Bullying happens when a person, or group of people is REPEATEDLY physically, emotionally, verbally or cyber harassing you. Although this person is acting in an unfriendly way, they are not necessarily bullying you, unless their harassment continues to happen. The person might just be having a bad day and yelling back or telling the teacher at this point might add to their anger.

Of the above options, B is the best. Although, if you feel comfortable you might want to stand up for yourself and tell him/her that you don't like the way you are being talked to.

Question 9

You see someone being bullied. What do you do?

A: Get help or try to stop the bully yourself - only if you can do so without getting hurt

B: Ignore it, walk by and be thankful it isn't you

C: Give the bully an approving look, so they won't bully you in the future

The answer is A

The most powerful thing you can do to stop bullying is to stick up for others when you see it happening!

Ignoring it is just like giving the bully permission to continue, and next time it might be you. Giving the bully an approving look makes you just as guilty of hurting the other person.

If you feel safe, you should ALWAYS stand up for others when they are being bullied. Try it, you might be surprised how good it makes you feel. If you don't feel safe taking on the bully yourself, immediately go and get help from others (another friend or adult)