Emotions that can be felt when being Bullied:

Often when dealing with students who are targeting or bullying they will say they were only messing around or joking. This lesson is so that students can associate the similarities between the emotions a person can feel when they are excluded, or who are the joke.

Aim:

Students to understand the connection between the emotional similarities people feel when they are bullied.

Often students will say they were joking or messing around, so:

For students to understand that when teasing and joking are done in an inappropriate manner the effects on the individual can be the same as bullying.

Equipment: butchers paper, felt tip pens, words.

Words to be brainstormed

Teasing
Joking
Targeting
Excluding

Intimidating – (could discuss the power of body language)

Mocking- (could discuss the power of body language)

- Each class or group gets just 1-2 words... try to avoid using the word bully during this session
- Brainstorm with class on a piece of paper how this word could make someone feel if they are excluded from the joke or it’s being directed at them. (this is to bring to whole school/ or group section)
- Discussion on these emotions... experiences or witnessed?

Bring to whole school/ present to class

- Each word is pinned up next to each other. Discuss similarities of how each word makes that person feel
- Introduce the word bully. Brainstorm the Emotions that are attached to that word. Are they similar to the other words? What are the similarities?
- Discuss how these negative interactions can affect people.
- Discuss how we can include all members of the school community and prevent negative experiences.