

Lesson 4

Practicing Strategies for the Victims

MATERIALS

Handout 19: First/Second Grade
Role Play—Female

Handout 20: First/Second Grade
Role Play—Male

Handout 21: Third/Fourth Grade
Role Play—Female

Handout 22: Third/Fourth Grade
Role Play—Male

Handout 23: Fifth/Sixth Grade
Role Play—Female

Handout 24: Fifth/Sixth Grade
Role Play—Male

OBJECTIVES

To have the students practice the strategies that they learned to use when they are being victimized by a bully.

STEPS

1. Last Lesson Review
Ask the students to recall what HA HA, SO stands for.
2. Role Play
Ask the children to each write one bullying incident that they have either experienced or witnessed on an index card or piece of paper. (If for some reason the children are unable to generate any scenarios, sample role plays are provided—see *Handouts 19* through *24*.) Select a few of the children's scenarios to role play that are representative of both typical male and female bullying tactics. Be sure to include at

least one example of a provocative victim.

For each role play scenario, ask for student volunteers to play the bully and the victim. As the rest of the class watches quietly, direct the volunteers in performing the role plays appropriately (using one or more of the HA HA, SO strategies). After each role play, have the whole class discuss the role play scenario and identify the strategy or strategies used by the victim.

Facilitator Notes

It is important to allow the students to volunteer for performing the role play parts, as students who are actual victims of bullying may find enacting bully-victim incidents before the class too emotionally charged. If the majority of the students appear to find the role playing uncomfortable or intimidating, an alternate method of enacting the bully-victim situations is through puppet play. Using puppets (available in any toy store) sometimes distances the students from the roles they are playing and allows them to more easily “speak through the character.”

Sample Role Plays

You are a student in first or second grade. A group of girls leaves out one girl and won't let her play. Finally she finds a friend to play with one recess, and the other girls go over to the playmate and say, “Why would you want to play with her?” (This role play is found in *Handout 19*.)

You are a student in first or second grade. You notice that a couple of boys constantly make fun of another boy who is artistic. They tease him and call him a “sissy.” They invite him to play kickball, although they know he doesn’t like to play. After they encourage him to play, they leave him out or pick him last for their team. (This role play is found in *Handout 20*.)

You are a student in third or fourth grade. A new girl has just joined your class. She moved to your town from another state. Although she is pretty, she uses expressions and mannerisms that sound and seem different. A group of girls begin to mimic her way of talking and gesturing. They especially laugh and make fun of her at lunch time, refusing to leave a place for her at the table. (This role play is found in *Handout 21*.)

You are a student in third or fourth grade. One boy in your class has a learning disability and leaves the classroom each morning to go to a resource class for help with reading. Boys in your class call him “Stupid.” Other boys call him at home and ask for “the dumb kid.” One day, some boys take his special reading book and toss it back and forth on the playground, saying, “See if you can get anything right now, you dummy.” (This role play is found in *Handout 22*.)

You are a student in fifth or sixth grade. A couple of girls have been picking on one of your classmates. They have been spreading rumors that she has an older boyfriend in high school. They wrote fake notes to her from this boyfriend with things about sex in them. Then they showed these notes to other girls. Now no one wants to be that girl’s friend. (This role play is found in *Handout 23*.)

You are a student in fifth or sixth grade. One boy in your class whose parents are getting a divorce is in an angry mood a lot. He has gotten into some minor physical fights with other boys.

Lately he seems to be going after one particular boy. He trips him in the halls and runs into him at recess. Then he calls him “Clumsy” or says, “Why don’t you watch where you are going?” (This role play is found in *Handout 24*.)

Optional Activity

Using Handouts 16, 17, and 18 (from the previous lesson), students can discuss which buttons of the victim were being pushed by the bully in each role play. Furthermore, which HA HA, SO strategies would be most effective can be discussed.

NEXT LESSON

In the next lesson, strategies for the students to use as “helpers” in the classroom are presented. These are techniques that “the caring majority” (discussed in the previous chapter) of students (the 85% of students who are neither bullies nor victims) can employ to assist the victims and prevent bullying behavior.

First/Second Grade Role Play—Female

You are a student in first or second grade. A group of girls leaves out one girl and won't let her play. Finally she finds a friend to play with one recess, and the other girls go over to the playmate and say, "Why would you want to play with her?"

Discussion Questions

1. How could the victim use each of the following HA HA, SO strategies?
 - ▶ Help
 - ▶ Assert Yourself
 - ▶ Humor
 - ▶ Avoid
 - ▶ Self-Talk
 - ▶ Own It
2. Which is the best strategy to try first?
3. Which is the best strategy to try second?
4. Is there any strategy the victim would be wise not to try?

First/Second Grade Role Play—Male

You are a student in first or second grade. You notice that a couple of boys constantly make fun of another boy who is artistic. They tease him and call him a “sissy.” They invite him to play kickball, although they know he doesn’t like to play. After they encourage him to play, they leave him out or pick him last for their team.

Discussion Questions

1. How could the victim use each of the following HA HA, SO strategies?
 - ▶ Help
 - ▶ Assert Yourself
 - ▶ Humor
 - ▶ Avoid
 - ▶ Self-Talk
 - ▶ Own It
2. Which is the best strategy to try first?
3. Which is the best strategy to try second?
4. Is there any strategy the victim would be wise not to try?

Third/Fourth Grade Role Play—Female

You are a student in third or fourth grade. A new girl has just joined your class. She moved to your town from another state. Although she is pretty, she uses expressions and mannerisms that sound and seem different. A group of girls begin to mimic her way of talking and gesturing. They especially laugh and make fun of her at lunch time, refusing to leave a place for her at the table.

Discussion Questions

1. How could the victim use each of the following HA HA, SO strategies?
 - ▶ Help
 - ▶ Assert Yourself
 - ▶ Humor
 - ▶ Avoid
 - ▶ Self-Talk
 - ▶ Own It
2. Which is the best strategy to try first?
3. Which is the best strategy to try second?
4. Is there any strategy the victim would be wise not to try?

Third/Fourth Grade Role Play—Male

You are a student in third or fourth grade. One boy in your class has a learning disability and leaves the classroom each morning to go to a resource class for help with reading. Boys in your class call him "Stupid." Other boys call him at home and ask for "the dumb kid." One day, some boys take his special reading book and toss it back and forth on the playground, saying, "See if you can get anything right now, you dummy."

Discussion Questions

1. How could the victim use each of the following HA HA, SO strategies?
 - ▶ Help
 - ▶ Assert Yourself
 - ▶ Humor
 - ▶ Avoid
 - ▶ Self-Talk
 - ▶ Own It
2. Which is the best strategy to try first?
3. Which is the best strategy to try second?
4. Is there any strategy the victim would be wise not to try?

Fifth/Sixth Grade Role Play—Female

You are a student in fifth or sixth grade. A couple of girls have been picking on one of your classmates. They have been spreading rumors that she has an older boyfriend in high school. They wrote fake notes to her from this boyfriend with things about sex in them. Then they showed these notes to other girls. Now no one wants to be that girl's friend.

Discussion Questions

1. How could the victim use each of the following HA HA, SO strategies?
 - ▶ Help
 - ▶ Assert Yourself
 - ▶ Humor
 - ▶ Avoid
 - ▶ Self-Talk
 - ▶ Own It
2. Which is the best strategy to try first?
3. Which is the best strategy to try second?
4. Is there any strategy the victim would be wise not to try?

Fifth/Sixth Grade Role Play—Male

You are a student in fifth or sixth grade. One boy in your class whose parents are getting a divorce is in an angry mood a lot. He has gotten into some minor physical fights with other boys.

Lately he seems to be going after one particular boy. He trips him in the halls and runs into him at recess. Then he calls him “Clumsy” or says, “Why don’t you watch where you are going?”

Discussion Questions

1. How could the victim use each of the following HA HA, SO strategies?
 - ▶ Help
 - ▶ Assert Yourself
 - ▶ Humor
 - ▶ Avoid
 - ▶ Self-Talk
 - ▶ Own It
2. Which is the best strategy to try first?
3. Which is the best strategy to try second?
4. Is there any strategy the victim would be wise not to try?