

## **ACADEMY SCHOLARS LIFE SKILLS 2: BULLYING**

- **MEANINGS:**

What is “bullying” ?

\*Can you think back to school days, and recall any instances of bullying. If so what happened ?

\*What sort of thing could be involved in bullying?

- **DIFFERENCES:**

Let’s think about five different things:

\*HUMOUR

\*BANTER

\*TAKING THE MICKEY

\*VICTIMISATION

\*BULLYING

**What do you understand by each of these?**

Can you think of examples of this sort of behaviour from your past experience, either at school or in football?

When does humour become taking the mickey, or banter become victimisation?

Can any of these turn to bullying ?

- **DISCUSSIONS**

**\*Is bullying just physical?**

[What does this question mean? Once we are sure, let's answer it!]

**\*Some say that “boys tend to bully physically, girls by excluding from their friendship circles”, so perhaps bullying can also be social? What do you think ?**

[What does “bullying can be social” mean ? Once you are sure, then express your opinion! ]

**\*Can people can be emotionally bullied ? Can ongoing words, threats and criticism produce deep worries and fears in some people?**

[What does “emotionally bullied” mean ?]

**\*According to some who have studied the problem professionally, at its worst, bullying can be associated with...**

**RACIAL ABUSE  
SEXUAL HARASSMENT  
CHILD ABUSE**

**\*Like many problems, bullying can start small, and if allowed to develop, grow large to become a major problem !**

**\* WHY SHOULD WE BE CONCERNED ABOUT BULLYING?**

**\*DO YOU THINK BULLYING IS JUST LINKED TO CHILDREN AT PRIMARY SCHOOL?**

**\*COULD THERE BE BULLYING IN FOOTBALL?**

**\*HOW COULD BULLYING IN FOOTBALL HAPPEN, WHAT FORM COULD IT TAKE ?**

• **LOOK AT EXPERT OPINIONS:**

Have a look at the two sheets, “Bullying: What is it” and then “Characteristics of Bullies” which also has something on “Characteristics of Victims.”

Read and think about what is written there !

**\*Can we work together to agree what bullying is?**

It seems that...

It is something that is not an accident, but is a chosen course of action. Someone decides to do something ! They think about it and put thoughts into action .

It seems that it is not an isolated incident, but a repeated action. It keeps happening.

The aim is to harm, hurt or frighten someone.

Any other thoughts ?

Do you agree with this, or feel we could add more ?

**\*Can we consider who needs most help, the bullied or the bully ?**

Why may the bullied need help?      How may we help them ?

Why may the bully need help ?      How may we help them ?

**\* Can we consider if background or characteristics could lead to bullying / bullied people?**

Can we think of reasons why someone may become a bully or a victim ?

Could someone be a bit of a bully and not know it ?    Fathers ? Brothers ? Friends?

If we are aware of a background which could produce potential problems, are we better prepared to deal with their possible emergence?

What is the challenge to the person who begins to realise that they might become a bully or a victim.

• **THINK ABOUT THIS PRETEND STORY:**

“You walk into a changing room, unexpectedly, and see Sammo punching Jacko. After a brief glance you walk away from the situation, but tell two of your mates later about what you have seen.

One of them says to you “Don’t worry about it, it’s nothing special ! Sammo picks on Jacko most days. Jacko is wet. He asks for it. Just leave them alone to do what they want to do. It’s none of our business.”

QUESTION: “WHAT DO YOU DO?”

Nothing or something?

If something, then what?

What could you do which would be the best, most helpful response ?

• **THE ISSUE OF TELLING:**

Some say “telling is ....

- ..interfering.
- ..for softies.
- ..is responsible action.
- ..shows maturity.
- ..can help both bully and bullied.
- ..could stop future harm. ”

**WHAT DO YOU THINK ? What is your view of “telling”?**

Is telling to be encouraged or resisted ?

When is telling the right thing to do ?

What are the alternatives to telling ?

Who could we tell, and how?

• **CONCLUSIONS:**

Could “bullying” be a problem we face , and if so, what forms could it take?

If we are aware of it, in whatever form, how could we begin to deal with it ?

How does your attitude of care for each other show in your responses to bullying?

- **AND RESOURCES**

**\*\* “Kidscape” is an organization aimed at helping to prevent bullying and child abuse which provides resources, some of which can be down loaded from their web-site, [www.kidscape.org.uk](http://www.kidscape.org.uk). This website may be worth a look ?**

**\*\* Manchester United Football Club have a Child Protection Officer, Mrs Liz Lynch, who can help with material or questions about bullying. Call me ( 079 76 387 997 ) or the club’s main switchboard ( 0161 868 8104 ) to ask for her contact details.**

**\*\* Read the “Good Sense Defence” sheet designed for schools, but useful to others, and any other of the material provided in this session.**

**\*\* Remember that you individually and as a group are a great resource against bullying. In all the fun and banter that is football at times, be sure that you don’t go “too far”. Keep your eyes open to what is happening, make sure that no-one is being picked on or victimized constantly, which as we have seen, can be a pathway to bullying.**

**\*\* And remember that there are always people here that you can talk to confidentially if you have a problem, or if you think that someone else may have a problem.**