



### Threats

- Being made afraid of getting hurt.
- Staring or giving someone mean looks or gestures.
- Forcing someone to do things they don't want to.

### Hurtful teasing and verbal abuse

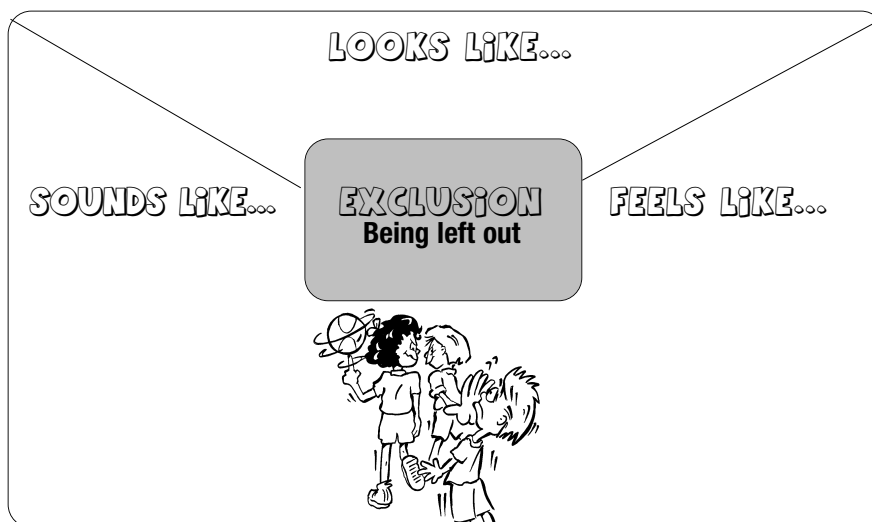
- Being made fun of and teased in a mean and hurtful way.

## ACTIVITY

### Y-Sheet

Arrange the students into groups. Give each group a sheet of butcher's paper and a felt pen. Have them draw a Y-Sheet like the one shown below. Allocate each group one of the forms of bullying discussed earlier: exclusion, hurtful teasing and verbal abuse, rumours and lies, threats or physical bullying.

Ask each group to write their allocated form of bullying in the middle of the chart in the box. Pictures to illustrate each form of bullying can be glued on the charts.



Ask each group to complete the looks like, sounds like and feels like sections of their chart. Each group then reports their findings to the class. Ask the students to define what each behaviour involves. For example: a student suggests 'the silent treatment' as being a form of bullying that they had experienced. Ask the students to define what 'the silent treatment' is and what kind of bullying it is, e.g. the silent treatment is when someone refuses to talk to you. This is a form of exclusion because it is leaving someone out.

Discuss with students why bullying is unacceptable behaviour (because it makes children unhappy and scared).