

Level
A

Module Two | What causes Bullying?



Activity One

I wanted it.

This intervention is designed for the bully student to gain an understanding of the cause of the incident. By breaking the incident up into three components - before, during and after, the student can be helped to see there were choices of behaviour available at each stage along the process. The intervention involves a re-enactment for the bully student with a new option of behaviour.

Materials Required

- ✓ Sheet of A3 paper, pen

Step One

Talk with the student who has instigated the bullying incident to clarify why they chose the method they did in order to seek an outcome. Ascertain if anything was happening to the bully student before the bullying took place.

Step Two

Separate the incident into 3 stages (before the bullying incident, during the bullying incident and after the bullying incident). Draw the three sections on a piece of paper.

For 'before the bullying incident', record what the student was feeling at that time and what they wanted to do. For 'during the bullying incident', record how they felt at the time, how they thought the targeted student felt and what they wanted at that time. For 'after the bullying incident' ask how they felt, how they thought the targeted child felt and did they get what they wanted.



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Step Three

Discuss with the bully student ways they could have behaved differently and still obtained what they wanted.

Step Four

Re-enact the different option, role playing the improved version to the student, then have the bully student practice the different option themselves.

Step Five

Ask the targeted child if they could help by being part of the re-enactment. Inform the targeted student that the bully student and you, as the teacher/supervisor, have worked out another way the situation could have gone without the targeted person getting hurt. Practice the new option with the bully student and the targeted student.