

Level  
D

Module Two | What causes Bullying?



# Activity One

## Do the means ever justify the end?

It is important for the bully to become fully aware of why they chose to do the behaviour they did. In doing so, the bully student may identify that the bullying incident was not a straightforward positive situation for them, and in fact they may come to realise that there were very real negative aspects for them, as the bully, too. The bully student is asked to answer a series of 'why' questions which leads them to weighing up if the behaviour was justified or whether alternative behaviour may have been more beneficial.

### Materials Required

- ✓ Sufficient photocopies of 'Why handout' for all students, pens

### Step One

Provide the 'Why' handout to the bully student to complete.

Why handout includes the following questions:

1. Why did the bully incident occur?
2. Why did it occur that day at that time?
3. Why did it occur with that particular targeted student?
4. Why did the bully student choose to do that specific thing instead of something else?
5. Did the bully student expect the outcome that happened as a result of their bully behaviour?
6. Why did the bully student choose to break the school rules on bullying and suffer the consequences?

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7. Why did the bully student choose to punish himself / herself (as a result of consequences for breaking rules) to achieve the outcome?
8. Has the whole incident been worth it to be where they are now?
9. Have they lost control over their situation?
10. Due to their behaviour, are other people (e.g., teachers, school, parents) now in control of them and the outcome?
11. If they could take it all back, what would they have done instead?

**Step Two**

With the option of having the targeted student present, have the bully student provide their answers to the handout.



### Why handout

1. Why did the bully incident occur?

2. Why did it occur that day at that time?

3. Why did it occur with that particular targeted student?

4. Why did the bully student choose to do that specific thing instead of something else?

5. Did the bully student expect the outcome that happened as a result of their bully behaviour?

6. Why did the bully student choose to break the school rules on bullying and suffer the consequences?



7. Why did the bully student choose to punish himself / herself (as a result of consequences for breaking rules) to achieve the outcome?

8. Has the whole incident been worth it to be where they are now?

9. Have they lost control over their situation?

10. Due to their behaviour, are other people (e.g., teachers, school, parents) now in control of them and the outcome?

11. If they could take it all back, what would they have done instead?