

3D P S H E

Health &
Wellbeing

LKS2
Relationships

Living in the
Wider World

Unit 3: Bullying Lesson 1: Reactions

Learning Objectives

- Know how to recognise the difference between isolated hostile incidents and bullying
- HW3 Recognise how attitude and behaviour, including bullying, may affect others
- HW7 Recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying
- PW32 Talk about their views on issues that affect themselves and their class
- PW42 Identify strategies to respond to negative behaviour constructively and ask for help
- PW43 Understand the nature and consequences of negative behaviours such as bullying, aggressiveness

Introduction

Bullying is a subject that is often in the media. Bullying has a profound effect on children and their self-esteem if not dealt with quickly and appropriately. They need to be able to spot examples of bullying (and what is not bullying) and know how to seek help when necessary.

- Ask the pupils if they have ever been so frustrated with something or someone that they have lashed out, maybe slammed a door or said something they regretted as soon as they had said it. One-off reactions like this would not be defined as bullying.

Resources

Incidental props for drama

Main Activity

- In small groups of three or four, ask the pupils to think of a scene where someone was mean to someone else, borne out of frustration. It could be someone calling someone else a name or doing something that wasn't kind like nipping someone.
- Dramatise the scene. What were the pupils acting as bystanders doing and saying?
- Think about alternative endings to the scene e.g. the victim standing up to the aggressor, the bystanders helping or shying away.

Plenary

- Pupils can share their dramas and alternative endings.
- What emotions are there within the dramas? Do these change?
- Discuss the endings and what they can do if there isn't a positive ending. How can they find a solution and apologise?

Assessment

- Why are reactions linked to our emotions?
- Why is it important to find a solution?

Frustration!