

HAPPY SCHOOLS

Student Content

(for Teacher Preview)

Why isn't our school happy?

(Photos of happy children in a school playground. Cut to teacher/presenter.)

Teacher Is your school a happy school? I hope so – at least most of the time. But there are, times, aren't there, when some people are unhappy. In this program, we're going to look at why.

Let's take a look at an example.

(The scene is a classroom – with low desks scaled for the puppets. One student – Mark – is there already. Jamie appears. Jamie is overbearing, Mark shy and nervy.)

Jamie *(Aggressively)* That's **my** seat, four eyes.

Mark *(Humbled)* Sorry, Jamie.

Jamie I reckon! Whatcha thinking? Go on – move!! *(Slaps Mark. Mark moves to other seat.)*

And don't take up so much room – ya moron!
(Pokes Mark viciously)

Mark I didn't mean to ... *(Very anxious now)*

Jamie Whatsa matter? Does um wanta cry? Isn't he a mummy's boy? Whata wimp!!

Teacher *(Appearing)* Jamie, what's happening?

Jamie Nothing, miss. Just helping Mark with his work.
(Back to teacher/presenter at a desk.)

Teacher Now we all know things like this happen in school.
Does it make for a happy school? Of course not.
So let's look at what's really going on.

(Shot from Jamie and Mark interchange, in freeze frame. Superimpose over the image the following text information, with voiceover each time:)

Teacher (VO) Jamie is bigger and **more powerful** than Mark.
Jamie is **deliberately** making Mark unhappy.
Jamie is **repeatedly** doing things to make Mark unhappy.

(Back to teacher/presenter.)

Teacher We could call Jamie a 'bully'. A bully is someone who has more power than another person, who deliberately and repeatedly tries to hurt them. What *sort* of bullying is Jamie doing?

(Shot from Jamie and Mark interchange, in freeze frame. Superimpose over the image the following text information, with voiceover each time:)

Teacher (VO) Jamie is **physically** hurting Mark. (Punching ... poking ... slapping ...)
Jamie is hurting Mark with **cruel words**. (...four eyes ... moron ... wimp ... mummy's boy)
Jamie is hurting Mark by making him **feel bad**.
(Does um wanta cry?)

(Back to teacher/presenter.)

Teacher Let's take a look at the different ways people can bully others.

(Title screen:)

Physical Bullying

(Scene in which Jamie physically pushes Mark around. Over this the following supers appear.)

Punching and slapping
Tripping
Kicking
Hair pulling
Scratching
Breaking things

(Title screen:)

Bullying with Words

(Scene in which Jamie abuses Mark with words. Over this the following supers appear.)

Words that suggest stupidity (dummy, halfwit, etc)
Words about the body (fatty, stinky, four eyes, etc)
Words about ethnic or racial matters (wog, chink, etc)
Words with a sexual meaning used to mock or threaten
Words used as a threat ("I'll beat you up!", etc)
Words that suggest weakness or cowardice (cry baby, sook, etc)

(Title screen:)

Bullying with Feelings

(Scene in which Jamie is mean to Mark. Over this:)

Laughing at someone's work, or appearance, or speech

Criticising someone behind his or her back, or passing around gossip or lies about someone so as to attack them

Refusing to talk to someone, or excluding them from a group

Making rude gestures or imitating someone to humiliate them

(Back to teacher/presenter.)

Teacher So why **do** people 'bully' other people?

(Art to illustrate. VO says:)

Because they like the sense of power it gives them
Because they don't have much feeling for other people – they don't care

Because they are used to violence and domination

Because no one has stopped them, and they think they can get away with it

(Back to teacher/presenter.)

Teacher What sorts of people tend to be bullied?

(Art to illustrate. VO says:)

- People who are 'different'
 - who wear glasses
 - who come from another culture
 - who have a disability
 - who are short, or fat, or skinny
- People who are shy or anxious
- People who don't have any, or many, friends
- People who are not good at school, or sport

(Back to teacher/presenter.)

Teacher What's wrong with bullying? Bullying is bad. Bullies can make what should be a happy school into a sad school.

So what can we do about it?

Is this bullying?

'Girl fun'

(A small group of girls is together in a line. The leader is Jenny. Behind her is Lizzie. Next in line is Lucy.)

Lucy *(Talking around Lizzie)* When's your party, Jenny?

Jenny *(Sweetly, and smugly)* Next Saturday. It'll be great. Mum's got a DJ coming specially.

Lucy Wow! I can't wait.

Jenny Yeah, and all my friends are invited.

(Crowd noises of excitement and approval.)

Lucy It'll be so cool!

Jenny *(To Lucy)* Lucy, don't wait behind *her*. Come up next to me!

Lucy Excuse me, Lizzie. *(Joining Jenny, having pushed past Lizzie)*

Jenny *(Nastily)* You don't mind, do you, Lizzie? *(Laughs cruelly)*

Lizzie N-no, Jenny, I don't mind.

Jenny There you are. She doesn't mind. *(In a stage whisper, which can be easily heard)* C'mon Lucy, she's so out of it. *Ignore her. She doesn't count.*

Lizzie *(Timidly)* Excuse me, Jenny.

Jenny *(Aggressively)* WHAT?

Lizzie *(Tiny voice)* Nothing.
Jenny Thought not.

Lucy *(Secretively, but audibly)* Is *she* invited?

Jenny You're joking! Her? As if ...!

Lucy But don't you think ...?

Jenny Lucy!! This party is a class affair – only people with class can come ... not all the class! Hahaha.

Teacher *(Appears, a little suspicious)* Hello, girls. How are you?

Jenny/Lucy Great, miss.

Teacher Are you all being nice to one another?

Jenny *(Very sweet, snuggling up to Lizzie)* Oh yes, miss. We're all great friends.

Questions

1. Could what Jenny is doing to Lizzie be described as bullying? What sort?
2. Which words and phrases are the most destructive?
3. Why doesn't Lizzie fight back?
4. When the teacher appeared, why didn't Lizzie say something?
5. How do you think Lizzie feels? How would *you* feel in his place?
6. What should happen now – to help Lizzie?

Who Was the Bully?

(1) Stinky Sally

Ms Montano was doing yard duty near the girls' toilets. All of a sudden she saw Sally rush out, in tears.

'What's the matter, Sally?'

'Nothing, Miss,' sobbed Sally – and she ran into the yard.

'I wonder...!' said the teacher. She opened the door of the toilets, and went in. Inside were three girls – Veronica, Heather and Natalie. Veronica and Heather were standing at the mirrors, laughing as if their sides would split. Natalie had just come out of a cubicle, and was washing her hands in silence.

'Do you girls know what was wrong with Sally?'

'No,' said Veronica. 'Maybe she's sick.'

'Nup,' added Heather.

'What's that you've got behind your back, Heather? Let me see.'

Heather handed over a note. On it was a drawing like this (*crude caricature of 'Stinky Sally'*).

'Who drew this?'

'We don't know, Miss. Sally showed it to us. She found it in her lunch box. Maybe that's what's wrong.'

'This is more serious than I thought,' said the teacher. 'I want you three to come to my room one by one in the next half hour. I'm going to ask Sally to tell me what's wrong, but I want your story too. Sally's only been at this school a few weeks, and I'm worried about her. I think you can help me.'

Sally's Story

I don't know why they hate me. Ever since I came here, they've been nasty to me. They say my clothes come from the Op Shop. And that I've got a fat bum. For my birthday, they gave me a present – it was a can of deodorant. If I sit near them at play or lunch, they hold their noses and move away. And now the drawing. Oh, I want to go home ...

Veronica's Story

It's not my fault, Miss. We tried to be friends. We've asked her to sit with us at lunch, and we even gave her a birthday present. I think she wants to go back to her old school. And I don't know who did the drawing, It wasn't *me*.

Heather's Story

Sally started it, Miss. She thinks she's better than us. The first time she talked to us, she was going on about her old school, and acting like this school was no good. She called us names. I can't remember them now, but they weren't nice. She started it!

Natalie's Story

Ever since Sally came here, Veronica and Heather have been picking on her. I've heard them. They say things about her clothes and her hair – and they say she needs to lose weight. I've even seen them holding their nose when she's around. I was in the toilet when Sally came in, and then Veronica and Heather. Heather asked Sally if she'd like to see something funny. There was a silence, and then laughter. That's all I know.

Who was being nasty?

Sally

No. Sally was not at fault. She was the victim of harassment, also known as bullying. There is no evidence that she has provoked the nastiness.

Veronica and Heather

Yes, Veronica and Heather have been bullying Sally. They have been using verbal ('Sticky' ... 'fat bum') and emotional (Op Shop, deodorant, etc) ways of hurting her.

Natalie

No. Natalie was an innocent bystander. She saw the bullying, but was not involved.

No one

Wrong.

What should the children in this story do now?

Sally

Sally is a new girl. Children who have just come to a school have to find ways of making friends. Sally should find other girls, or boys, who are like her, and go out of her way to be nice. She should compliment them, laugh at their jokes, help them – and over a short time, she will find herself surrounded by friends. Then she will be protected from bullies, and be much happier.

Veronica and Heather

Veronica and Heather have been guilty of bullying. We don't know why they took a dislike to Sally, but we know that their nastiness has been hurtful. However, the good news is that it's not too late to make amends. If you try to be better, people forgive and forget. Now that they know how much they've hurt Sally, they could even

try to be friends with *her*. It would make them feel better, and help Sally. If not, they at least need to give up harassment. It's a horrible thing to do. It only causes suffering.

Natalie

Natalie is a bystander. She has seen enough to know that Sally is being bullied by Veronica and Heather. Why didn't she say something? Is she scared of Veronica and Heather, or worried that if she gets involved, she will be the target of bullying too? Natalie *could* have said something. She could have made friends with Sally. Together, Sally and Natalie would be strong. It would be unlikely that the bullies would attack two girls together. Natalie needs to help too. She was not to blame, but she could make the situation better – if only she would take action on Sally's behalf.

(2) Sam is Sad

'Time to hand in your Maths homework,' said Mr Gibson.

He went round the classroom collecting homework.

'Sam, where's yours?'

'Um ... um ... I lost it,' whispered Sam.

'Lost it? Where?'

'On the bus – coming to school this morning.'

'Oh come on, Sam – that's hard to believe. And you're normally such a good student!'

At that point, Sam's lower lip trembled. Without a word, he got up and rushed out of the classroom.

'Sam? Sam? What's the matter? ... Does anyone know what's wrong with Sam?'

'No!' came the chorus from around the room.

'Who else was on that bus?' asked the teacher.

Three hands slowly reached up – Sophie, Jarrod and Al.

'Something odd is going on. And I'm going to find out what it is. Jarrod, Al, Sophie ... I want you in my office at recess – one at a time. I want to know what's upsetting Sam.'

Sam's Story

I don't really want to talk about this, because they warned me not to say. But you asked what really happened. Well, Jarrod has been having a go at me for ages. He and his mate Alan call me things and make rude signs. Today, on the bus, Jarrod grabbed my school bag. He pretended it was a game, and kept laughing, but it wasn't funny. Jarrod found my homework, and ripped it out. Alan said 'Now who's a Maths brain?' And they took my good new pen - the one my Dad gave me. They hate me, and I don't know what to do.

Jarrod's Story

Sam was giving us cheek. So I grabbed his bag – to show him who's boss. I looked in it, and found his Maths folder. Now I'm not as good at Maths as Sam is, so I asked him if I could look at his answers. And I reckon he said yes. And that's all I did. I don't know what you think happened, but it wasn't me.

Al's Story

As for Sam's bag, we were just fooling round. It was a game, see. Jarrod grabbed the bag, and pulled out the Maths book. Sam said something rude, so we gave it back. Pen? What pen?

Sophie's Story

Jarrod and Al don't like Sam. They call him terrible names every morning on the bus. Like what? Like 'Chink' and 'Slant eyes' and that sort of thing. Sam says nothing. Well, today, Jarrod was pushing Sam around and calling him things – and Sam said 'Stop it!'. Jarrod looked shocked. He reached over and grabbed Sam's bag. I think he might have taken something out of it. He ripped up part of a book. Then they laughed and threw the bag back at Sam. They were really nasty to him – and I don't know why.

Who was being nasty?

Sam

No. Sophie makes it clear that Sam didn't do anything to invite the nastiness. Saying 'Stop it!' is no justification for what happened to him. He was a victim of bullying.

Jarrold and Al

Yes, Jarrod and Al bullied Sam. It is part of a deliberate pattern of abuse. They are using their power to hurt him with words ('Chink' ... 'Slant eyes') and by mental cruelty – taking his favourite pen and ripping up his homework.

Sophie

No. Sophie was an onlooker. She saw the bullying, but was not personally involved.

No one

Wrong.

What should the children in this story do now?

Sam

Sam is a victim of Jarrod and Al's nastiness. Sam needs a helper in his struggle against the bullies. Why doesn't Sam sit with Sophie on the bus? She is sympathetic to him, and it might slow the bullies down. Sam needs friends – both in class and on the bus. He's smart – that's clear from what Jarrod said about his Maths ability. He now needs to apply his brains to his situation. Having people around him will put off the bullies.

Jarrood and Al

Jarrood and Al were bullies. They thought their actions on the bus would go unnoticed, but you can't be cruel to someone else and expect to get away with it forever. Jarrod is not good at Maths. Sam is. Maybe the teacher can arrange for Sam to help Jarrod with his Maths. Maybe Jarrod and Al should be split up. Jarrod and Al need to know that bullying has consequences. It hurts not just the victim (Sam) – but the bullies themselves. Now that their cruelty is out in the open, they will be in trouble. If only they could try to be friends with Sam, or at least just leave him in peace, they'd be happier – and so would Sam.

Sophie

Sophie is a bystander, or onlooker. She knows that Sam is being bullied by Jarrod and Al. She *could* have said something. She could sit with Sam on the bus, and that way offer some kind of protection for him. If Sophie chooses, she can be part of the equation too – speaking up for Sam not just when asked directly by the teacher, but when the nastiness is actually happening. Her intervention is vital. It could help stop the bullying.

How to Make Our School a Happy School

(Photos of happy children in a school playground. Cut to teacher/presenter – as before.)

Teacher: In 'Why isn't our school happy' we looked at some of the problems involved with bullying and being nasty. In this program, we're going to look at what can be done to make our school happier.

Let's remind ourselves first of what bullying is.

(Show still from 'Why isn't our school happy?'. Superimpose the following statements:)

Teacher (VO): The bully is bigger and **more powerful** than the person being bullied.

The bully is **deliberately** making his target unhappy.

The bully is **repeatedly** doing things to make his victim unhappy.

(Back to teacher/presenter.)

What sorts of bullying can be involved?

(Still shot from same scene. Superimpose over the image the following text information, with voiceover each time:)

Teacher (VO): The bully may **physically** hurt the victim.

The bully may hurt with **cruel words**.

The bully may hurt the victim by making them

Teacher (VO): The bully may **physically** hurt the victim.

The bully may hurt with **cruel words**.

The bully may hurt the victim by making them **feel bad**.

(Back to teacher/presenter.)

If we look at a bullying situation, there are usually have three types of people involved.

(Diagram showing VICTIM, BULLY and bully's confederates, and ONLOOKERS.)

Teacher (VO): There is the person being bullied – often called the 'victim'. There is the bully himself, or herself (girls can be bullies too). The bully may have helpers, who are part of the bullying – even if they only laugh and encourage the bully. And finally, there are 'onlookers', or 'bystanders' – other people who are *not* directly involved, but who see and hear what is going on.

Now we are going to look at each of these three types one by one. Because getting rid of bullying involves all three.

(Diagram showing VICTIM, BULLY and bully's confederates, and ONLOOKERS. The VICTIM is picked out. Super: THE VICTIM)

We'll start with the person being bullied. A person who has been bullied can find help in three ways: improvements in HOW YOU LOOK, WHAT YOU THINK and HAVING FRIENDS.

If we look at someone who is being bullied, we see that there are certain physical things he or she is doing – a type of 'body language' which says 'Bully me!'

(Art to illustrate. VO says:)

If a person acts scared, other people can see it in their body language.

(Art to illustrate. VO says:)

Now it's only natural to be nervous if you have been bullied. But people react to you on the basis of how you *seem*. To seem scared, almost *expecting* to be treated badly, might actually act as a temptation to bullies. What about pretending to be confident instead?

(Art to illustrate. VO says:)

Looking confident – even if you don't feel it inside – can act as a warning, without you saying a word. A confident look says: 'Don't mess with me!' You might like to practise looking confident in a mirror, and try it out on your friends. I don't mean trying to be nasty and pushy. That's not good. But look, and act, as if you are *in control*.

We looked at how you're *acting*. Secondly, there's what you're *thinking*.

(Art to illustrate. VO says:)

Sometimes, the victim of bullying is bullying themselves – *in their own mind*. They are only seeing the *bad* things – no good things. No wonder they feel bad. Let's look at some more useful thoughts.

(Art to illustrate. VO says:)

Think of all the things you're good at. Think of the people who like you and admire you. Think of all the successes you've had. Think of the times you're happy. Feeling good inside will help you act more confident.

Finally, there's *friendship*. You know the strangest thing about bullying is that it's almost always an attack on *one* person.

(Art to illustrate. VO says:)

The bully, or bullies – they are often in a group – attack someone who is alone. Why? Because one person is less likely to resist. One person is more easily scared. One person is vulnerable.

But two or more people – that's *different*.

(Short fragment based on the original – but with a friend – Lizzie - added.)

Jamie: ***(Aggressively)*** I wanted that seat, Mark.

Mark: ***(Confident)*** Sorry, Jamie. But I got here first.

Jamie: I want that seat! OK? ***(Looks threatening)***

Lizzie: Jamie, Mark's sitting there. Look, there are your friends – all over there.

Jamie: Hmmph. Well all right. But next class I sit here. OK?

Mark: Sure. Next class we'll find our own place – won't we Lizzie? ***(They laugh. Jamie goes off.)***

(Back to teacher/presenter.)

Teacher: Together, you're strong. Alone, you can be weak. Try to make friends, and go around with them. It's fun, and it will almost certainly protect you from bullies. How to make friends? Here are some hints.

(Art to illustrate. VO says:)

We've looked at how people who have been bullied can improve things for themselves. Now let's look at the bully.

(Diagram showing VICTIM, BULLY and bully's confederates, and ONLOOKERS. The BULLY AND CONFEDERATES are picked out. Super: THE BULLY)

Bullies are not necessarily bad people – but the way they act is bad. They are like this:

(Art to illustrate. VO says:)

What's wrong with this? Of course, it hurts the people they bully. But there's something else. It also hurts the bully.

If a bully gets away with hurting people, and no one stops him or her – then that way of acting gets worse. A bully may think he or she has friends, but they're not real friends. They're probably a bit scared too. A bully is likely to get lonelier and more miserable all the time. Hating people, and hurting people, gives bullies a feeling of power – but never of friendship. Who can trust a bully?

So how can bullies help themselves?

(Art to illustrate. VO says:)

Feeling better because others feel worse is not good at all. A bully needs to join the others – including people he or she may have bullied. It's when people act and feel all together – like friends – that they can be happy. No one wants to hurt a friend – right? So if you think of everyone as your friend, you can give up being a bully.

(Diagram showing VICTIM, BULLY and bully's confederates, and ONLOOKERS. The ONLOOKERS are picked out. Super: THE ONLOOKERS)

Finally, there are the *onlookers*. In 90% of cases, bullying happens when people are watching. Not teachers or parents – but other children.

What can onlookers do?

(Art to illustrate. VO says:)

You can pretend it isn't happening. You might think, 'I don't want to get bullied myself' or 'I can't do someone in'. But this allows bullying to continue.

You can even watch the bullying, and enjoy the pain. But this is as bad as being a bully yourself.

If you feel for others, you can't do that. You *can* try to stop the bullying. This is hard. It takes courage, and should only be done in a group. But there is no doubt that it works. Bullies like to be admired. They don't want to be looked down on – especially by other kids.

(Art to illustrate. VO says:)

It *is* possible to stop bullying. It may not happen quickly. It isn't easy. But it is worth trying.

It means everyone being involved ...

The victims have to try *not* to be victims – acting more confidently, thinking better, making friends.

The bullies must try to be *friends* with people – to give up feeling tough and instead feel connected.

And the onlookers have to take part too. They can't just let bullying happen, and pretend it doesn't matter. They have to show they don't want bullying in their school.

When *everyone* is involved, we can have a happy school. And that's what everyone wants, isn't it?

Let's banish bullies.

What Do You Do If You're Bullied

Hello, I'm Dr Heeney. I'm a child psychologist.

I see lots of unhappy children in my practice – both bullies and the children they hurt. In this talk, I'm going to discuss how I think **you** should react to bullying.

First - ask yourself, is it **really** bullying?

Is the person:

(Art to illustrate, with VO:)

- trying to hurt or embarrass you
- bigger or stronger than you
- hurting you often and
- enjoying it?

Remember, there are many different kinds of bullying. It can involve:

(Art to illustrate, with VO:)

- hurting someone with actions or words
- teasing, spreading rumors or making fun of differences
- trying to get others to do something they don't want to do

If you have been affected by any of these actions, by people who are bigger or stronger, and it has happened more than once, then you **have** been bullied.

So what can you do about it?

Let's start by looking briefly at **why** bullies bully.

People who bully are **not happy**. Why not?
(Art to illustrate, with VO:)

- they may find schoolwork hard and be frustrated
- they may not know how to make friends properly
- they may be bullied at home themselves
- they might not feel that they are as good as everyone else

The idea that bullies are unhappy may seem odd. Bullies **seem** to be enjoying themselves. But usually this is a front. They are **try-ing** to pretend that they are OK. **They're not!!**

It may help you, if you are bullied, to think of the bully as a little sad – someone who is unhappy, so they're making you unhappy too.

What can you do to protect yourself?

In my practice, I like to ask children to make a shield – something like this.

(Art to illustrate, with VO:)

This shield is to protect you from bullies.

If you are bullied, use your shield.

(Art to illustrate, with VO:)

Remember, you can't really control what other people say or do. But how you **feel** about what they say or do is up to you.

You could say

(Art of child being bullied, and looking defeated)

They hate me. That means I'm worthless. Nobody loves me. Life is awful.

Or you could use your shield to keep the nastiness away.
You could say

(Art of child with shield, holding off the bullies)

They're being a bully. That means they're unhappy, and they're taking it out on **me**. But I'm OK. I'm good at school. I'm a nice person. My family love me, and my friends. They can't get at the **real** me.

Remember, the bullying only works if it makes you feel bad. If you protect yourself, with your personal shield, the bully is powerless.

What else should you do?

If you have been bullied, **report it!**

(Art of child reporting to principal)

You may not want to, but if you don't, it will probably be repeated. How many times do you want to be hurt?

Talk to your teacher. Tell your friends. Tell your parents. They can help you, and make you feel better.

What's more, once the bullying is reported, things will begin to happen. The principal will probably deal with the bully, who may get a punishment such as 'community service', or at least have to do a special program to help him or her change their behaviour for good.

(Art of bully doing gardening duty)

Let's sum up.

Bullying is bad. It damages people. You don't have to put up with it. It is your right to be happy.

If you have been bullied

(Art of child with shield, holding off the bullies)

Use your personal shield. Remind yourself that ***you're*** good. It's the bully who has the problems. Don't let their nastiness make you feel bad about yourself. That's letting them win.

(Art of child reporting)

And report the bullying. If you don't, it will continue. Bullies need to be stopped.

Bullying is bad. It's not a game. It's not 'just fun'. It's cruelty. No one has the right to hurt another person.

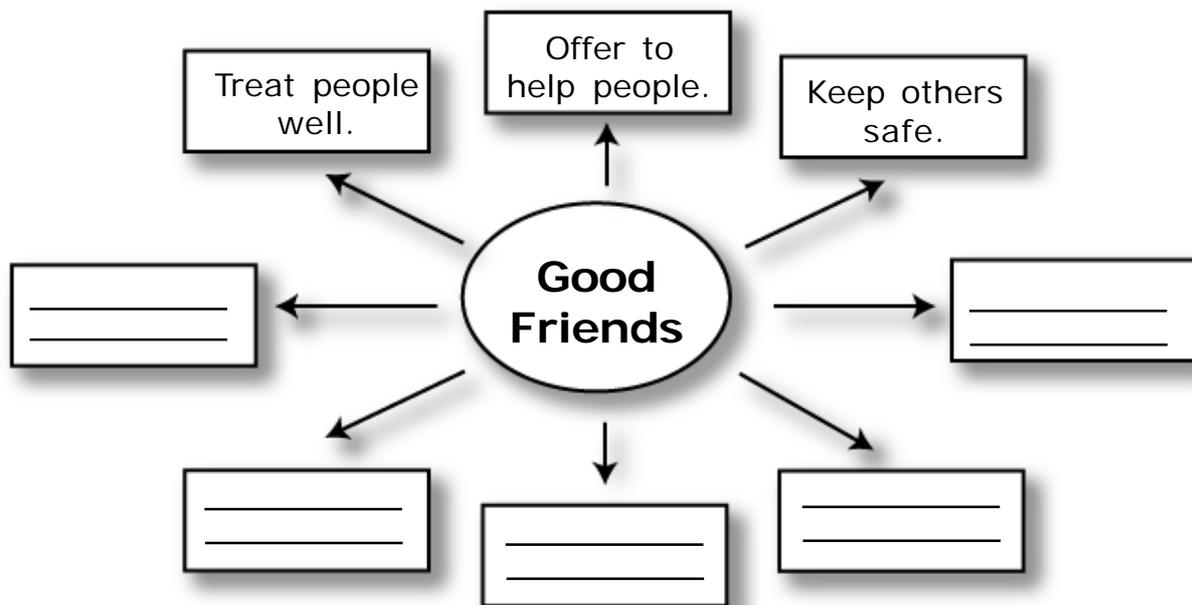
If you're bullied, don't put up with it. Shield yourself and stay calm. But take action as well.

We all want schools where there are NO MORE BULLIES!

Good Friends

Everyone likes to have good friends. Good friends are very special. They are part of what makes it nice to go to school.

Here are some ways that people show they are good friends. Can you think of some other ways of being a good friend?



Thinking How To Be A Good Friend

Sometimes people do things that are not friendly. They might do things that make people feel sad. They might hurt people or say things that are not true.

Some of the kids in the stories are being good friends. They are helping people and doing things that make them feel good. They are helping them to feel and be safe. They are not ignoring problems – they are trying their best to fix them.

Some of the kids in these stories are not being good friends. They are doing mean things and making people feel bad. They are not helping when there is a problem, even when they know what is wrong.

Sometimes friends need to think hard so they can choose the right thing to do. There might be more than one way to be a good friend.

What sort of friends are the kids in the stories being?

Situation 1

Jarrold is pushing a younger boy, Robert, in the playground. Robert falls over and starts to cry. There are lots of kids watching. They all do different things.

- Maggie goes to check if Robert is hurt
- Sam looks away
- Peter goes to find a teacher
- Amy watches and does not do anything

It is great that Maggie and Peter are both being friends and helping in different ways. Maggie is finding out if Robert has been hurt. He might need some first aid. Peter is finding a teacher so they can make sure Jarrold does not hurt anyone else.

Sam and Amy are not being good friends to Robert. They have chosen not to get involved. This is like telling Jarrold know it is OK to hurt people.

Situation 2

Emma writes a nasty note about Mel. She passes it around in the classroom to show everyone.

- Cindi reads the note and giggles
- Paula reads the note and passes it on to the next person
- Rebecca reads the note and tells Emma she thinks Emma is being mean and she should stop
- Jasmine reads the note and goes and tells the teacher

Cindi and Paula are not being good friends. They do not tell Emma she is being mean. They think it is OK to write nasty notes.

Rebecca and Jasmine are being good friends to Mel. Rebecca says what she thinks to Emma. She lets her know she does not think it is OK to write nasty things about people. Jasmine decides it is safer to tell the teacher than to talk to Emma about what she has done wrong.

Situation 3

Simone is sent an email. It says she is a cheat. It says she cheated on her maths test. Simone cries because she is always being sent mean emails and she doesn't like it. She works hard and she never cheats at school. She talks to some kids about what to do.

- Adam laughs and says she should have cheated – it might have help her get a better score
- Pedro says she should send an email back saying how she feels
- Enid gives Simone her favourite pencil as a present
- Tamsyn giggles and says she knows who sent it but she's not telling

Adam is not being a good friend. He laughs at the email and picks on Simone. This makes Simone feel worse.

Pedro is being a good friend. He has a good idea about what Simone could do.

Enid is being a good friend. She gives Simone a gift that will make her feel better.

Tamsyn is not being a good friend. She knows who is picking on Simone but she won't do anything to stop it. She thinks it is funny that Simone is upset.

Situation 4

Jackie is crying. There is a group of kids waiting for her to leave school. She knows they are going to get her when she walks out the gate. She sits on the ground with her bag. She will just have to wait until they go.

- Noel walks past and ignores Jackie. He goes to talk to the other kids.
- Tuk walks past and says goodbye to Jackie then keeps going out the gate
- Sui Yin stops and asks Jackie what she is crying
- Tom stops and asks if Jackie needs some help

Noel is not being a good friend to Jackie. Maybe he has not noticed that Jackie is crying. Maybe he doesn't care. He has not done anything to help her.

Tuk is not being a good friend. He does not help Jackie. He ignores her crying and does not stop to help.

Sui Yin is being a good friend to Jackie when she stops and asks what is wrong.

Tom is being a good friend to Jackie. He offers to help her. He does not ignore the problem.

Situation 5

Marcus knows he has to stop picking on other kids. If he doesn't, the principal is going to send him away to another school. He wants to make some changes, but he is not sure how.

- Toby says he should just try being nice to other kids instead of picking on them all the time
- Pascal suggests he learn a new sport so he is kept busy
- Chris tells Marcus there is no hope he can change – he is going to get thrown out of school for sure
- Angus thinks school would be much nicer without Marcus, so he suggests Marcus should ignore the principal and just go on picking on kids

Toby is being a good friend. He has an idea to help Marcus get along better with other kids.

Pascal has a good idea. Playing sport will keep Marcus busy so he does not have time to pick on kids.

Chris is not being a good friend. Maybe he thinks it will be funny if Marcus has to leave school. Maybe Marcus has picked on Chris before.

Angus is not being a good friend. Maybe Marcus has picked on him before. Angus does not help Marcus.

Situation 6

Alice has stolen some money from Kim's bag. She is always doing things like this to Kim. Kim doesn't have any money for lunch now. Alice laughs and deliberately eats her lunch order in front of Kim. Kim is hungry.

- Becky offers to share her lunch with Kim
- Megan tells the teacher that Alice is being mean to people again
- Simone tells Alice to give Kim her money back and stop being nasty
- Meah says Kim is too fat anyway and it will do her good to miss lunch

Becky is being a good friend. She makes sure Kim has something to eat for lunch.

Megan is being a good friend. Maybe she is scared of Alice. Megan thinks it is safest to tell the teacher.

Simone is being a good friend. She is not scared of Alice. She says what she thinks and lets Alice know it is wrong to take money.

Meah is not being a good friend. She says mean things about Kim. She makes Kim feel worse.

All Together Now Game

Instructions:

Start at the school gate, and make your way towards the classroom, following the path shown. As you go, you will meet a series of challenges. In each case, read what has happened, and choose what you think is the best solution to the problem. If you choose well, you will go forward. If your choice is not as appropriate, you will stay where you are. Some comments will be made about your choice, and you can choose again. Good luck!

Challenge 1

Two older boys, Frank and Johnny, are standing over a smaller boy, Peter. Johnny has taken Peter's school bag and opened it. He has tipped the contents on the playground, saying 'Whoops' and laughing. Peter is saying nothing, but is clearly very unhappy. What should you do?

- **Say, 'What's up, Pete? No worries. I'll give you a hand!' and get between him and the bullies.**
- Laugh at Peter, and high five Frank and Johnny.
- Pretend you didn't see anything and keep going.
- Punch Johnny in the stomach and say, 'How's it feel, big guy?'

Challenge 2

Annie is being teased by Kayla and Janine. Kayla is walking just behind Annie, swaying her hips. She calls out 'How's it going, Miss Piggy?' Janine screams with laughter, and makes oinking noises. What should you do?

- **Go up to Annie and show that you are sympathetic to her. Say 'That's mean!' to Kayla and Janine, and walk off with Annie.**
- Burst into tears.
- Say, 'Try saying that to me, you scrag!'
- Scream, 'I'll tell on you!'

Challenge 3

Three younger boys are playing handball against a wall. An older boy, Mark, comes by with his friend Alex. Mark catches the ball as it bounces back. He calls out, 'Needed a ball. Thanks!' and walks off with it. When one of the younger boys goes after Mark to get the ball back, Mark pushes him hard up against the wall, and sneers 'Gonna make me?' What should you do?

- **Say, 'C'mon, Mark, give back his ball. It's not funny.'**
- Snatch the ball from Mark and hand it to the younger boy.
- Shout, 'Give it back, or I'll beat you to a pulp!'
- Call out, 'Gimme the ball. I want to play too.'

Challenge 4

In another corner of the playground is a girl with dark coloured skin. A group of boys are following her around, making animal sounds and calling her racist names. A teacher appears and sees them. She tells the boys to wait nearby. Then she turns to you and says 'What were they doing?' How do you reply?

- **'They were teasing her about her colour.'**
- 'No idea. I wasn't looking.'
- 'She asked for it.'
- 'It was all just good fun.'

Challenge 5

A disabled boy has just joined the class. The teacher has suggested you sit with him for a few days, to help him settle in. The teacher adds, 'I don't want to see him bullied because he's different.' Do you say

- **'Sure. I'll look out for him.'**
- 'Why me? It's not fair!'
- 'We don't have any bullies.'
- 'I don't want to. They'll pick on me too.'

Challenge 6

You are one of two sports leaders picking players for a game of basketball. At the end only Luke is left. The leader of the other

team says 'Luke's a loser. No way I'm having him in my team!' What do you say?

- **'He can be on my team. Don't worry, Luke. Just do your best.'**
- 'Too right. I'd rather have a girl on my team.'
- 'He's a loser but I need one more. I'll put up with him so we can get on and play.'
- 'Luke, you're useless. I want you to just stand and watch. Okay?'

Challenge 7

A group of girls is discussing another girl called Monica. The leader, Katie, says, 'She thinks she's better than us. She's always answering questions in class, and she thinks she's sooo smart. I say we blank her. Don't answer when she talks to you. Look the other way. Don't invite her to anything. That'll fix her. What do you say?'

- **'No, Katie. That's not cool. She hasn't done anything to us.'**
- 'Yeah – why not?'
- 'Even better, let's write some nasty notes about her and make her really suffer.'
- 'I dunno. I guess – if you say so.'

Challenge 8

In the corridor, at the lockers, two bigger boys have come up behind a small boy called Billy. One bumps against him, 'by accident'. The other kicks his school bag under the lockers. When Billy goes to get it, the bigger of the boys shoves him hard – so that he cries out in pain. What should you do?

- **Move up so that you are next to Billy. Help him up. Pick up his bag and stand by him until the big boys go.**
- Join in the game, and push Billy around yourself.
- Kick one or both of the bullies, and scream 'Bully! Bully!'
- Pretend you didn't see, and go in the opposite direction.

Challenge 9

You find Marie crying. You ask why. She tells you that Sheena and her friends have been making her life a misery. They have been spreading rumours about her, saying her father left home because he couldn't stand her and her mother hates her. At this moment, the teacher appears, and asks Marie what is upsetting her. Marie says 'Nothing'. The teacher turns to you and asks the same question. What do you say?

- **'She's unhappy because Sheena and her friends have been teasing her.'**
- 'I don't know what's wrong with her.'
- 'Please don't ask me.'
- 'She's just a cry baby. I wouldn't worry about her.'

Challenge 10

You are sitting beside a young boy named Liam at lunchtime. Along come two older boys – Kevin and Joe. They sit down and Joe says to Liam, 'Time to pay up, kiddo. Where's your play money?' Liam squirms and says, 'Mum didn't give me any today.' Kevin grabs Liam in a head lock and snarls, 'Don't lie! I can make you wish you'd never been born.' Do you

- **Go and find a teacher to report what amounts to theft and standover tactics.**
- Jump up, and start belting Kevin and Joe with your school bag.
- Leave as quickly as you can and never say a word about what you heard.
- Laugh and suggest Kevin and Joe share the money with you.

No More Bullies

(Mark, from 'Why isn't our school happy?', is on his own. He sings:)

MARK: Why do they hate me?
Why do they bait me?
Call me bad names –
Exclude me from games –
Push me and slap me,
And make me unhappy?
I just want a friend,
Want the bad stuff to end,
Not feel like a fool –
And love coming to school.

(Mark and Lizzie appear. They sing:)

BOTH: Bullying's bad.
It makes us sad.
No more bullies –
And we'll be glad.
No more bullies –
Yes we'll be glad.

(Lizzie, from 'Is this bullying?', is on her own. She sings:)

LIZZIE: They don't touch me –
But they mock me –
They push me out –
And make me doubt –
They sneer and lie,
It makes me cry ...
No sticks and stones –
Just those looks and tones –
All sugar and spice –
But far from nice.

(Mark and Lizzie appear. They sing:)

BOTH: Bullying's bad.
It makes us sad.
No more bullies –
And we'll be glad.
No more bullies –
Yes we'll be glad.

(The teacher comes in – and sings – with Mark and Lizzie:)

TEACHER: Bullying's not *one* thing
Not a fun thing –
They may throw a punch –
Or drop your lunch –
Perhaps a cruel word –
Meant to be heard –
Make us feel bad –
Glad when we're sad.
Let's act like a friend
And bullying's at an end.

(All the puppet students appear with the teachers. They all sing together.)

ALL: Bullying's bad.
It makes us sad.
No more bullies –
And we'll be glad.
No more bullies –
Yes we'll be glad.