



Educating & Protecting Young People



Anti-bullying



Internet Safety



Stranger Awareness



Mentor Training



Personal Safety

www.thestaysafeinitiative.org.uk



Anti-bullying



**Please email us pics of you getting
involved or post them online and use the hash-tag
#staysafeeclassroom**



Anti-bullying



How does it Feel?



This is a fun physical challenge to explore not only how bullying can feel to someone, but also how long the effects can last.

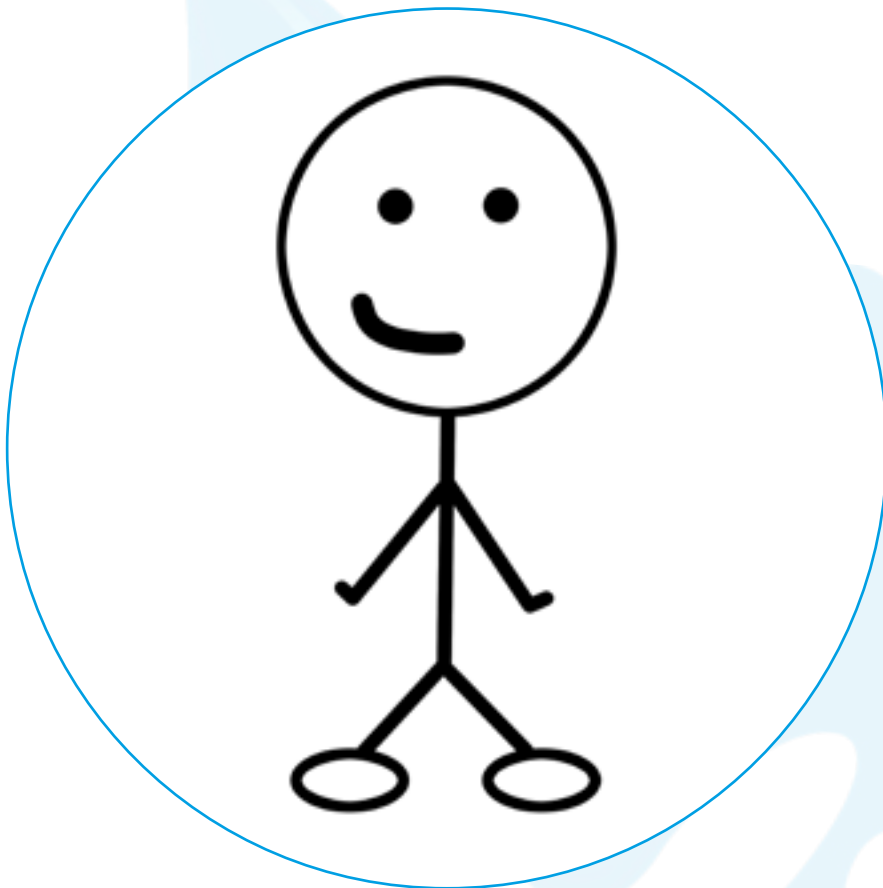


Anti-bullying



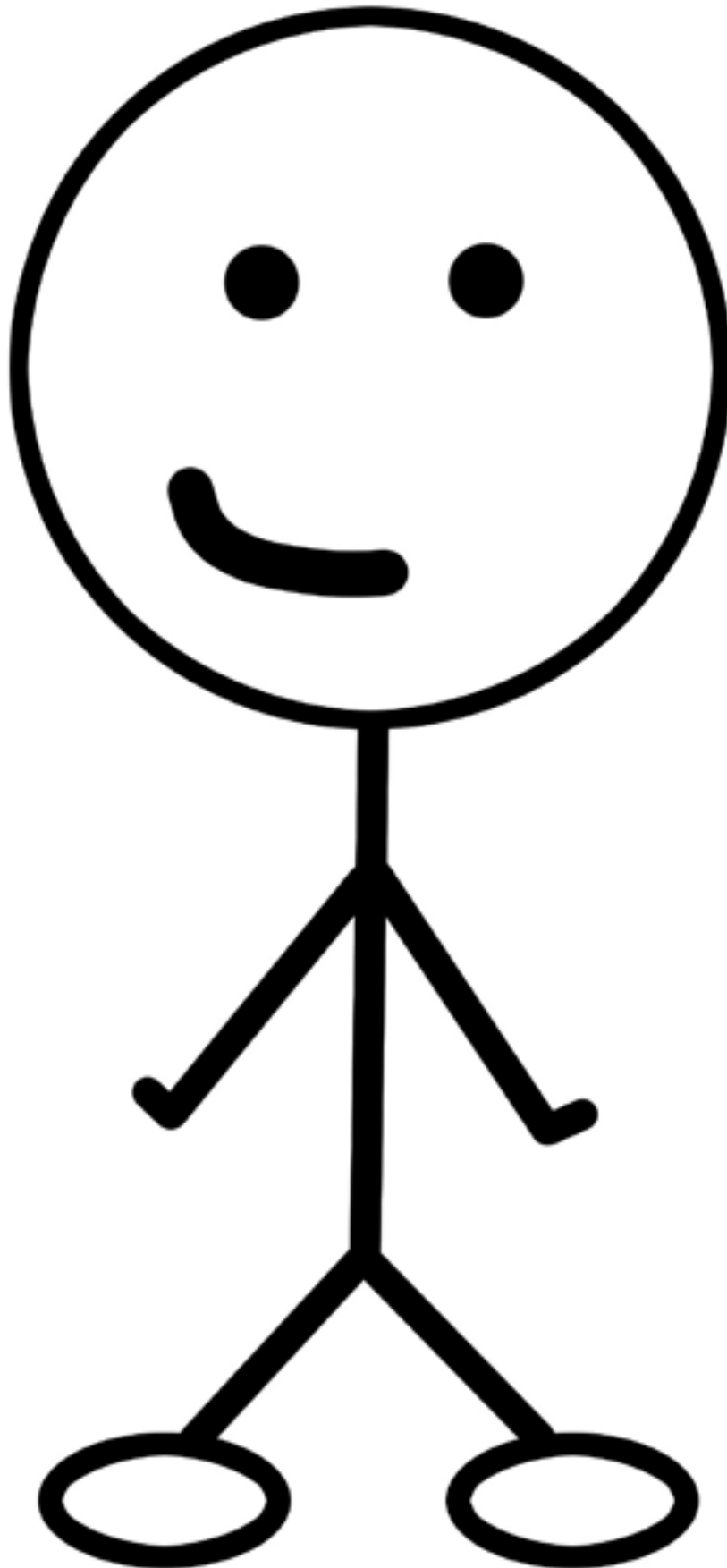
Step 1

**Print off the template on the
following page
or design your own!**





Anti-bullying



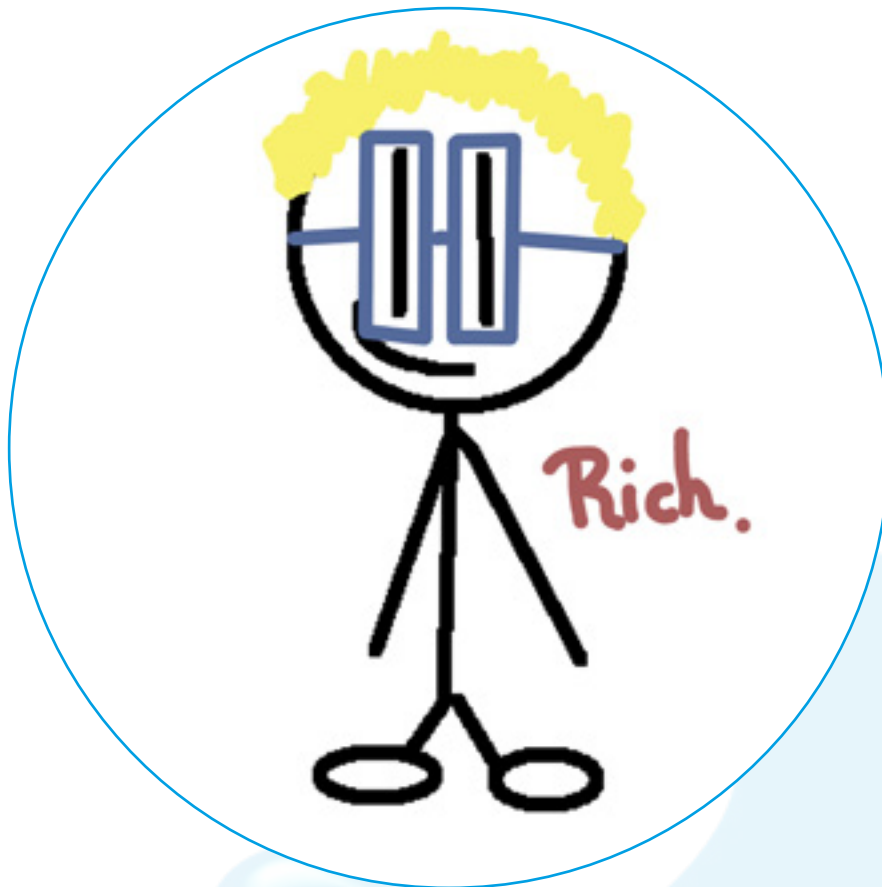


Anti-bullying



Step 2.

Make your stick-man look a bit more like you!





Anti-bullying



Step 3

Choose another member of your class to help you for the next step.

This person is going to play the part of the bully.





Anti-bullying



Step 4

Hand the bully your paper version of yourself.

Give them 30 seconds to Physically bully you (only the paper version of course).



The paper needs to stay intact! No, you cannot rip them up or flush them down the toilet.



Anti-bullying

Step 5



Get them to hand the bullied version of you back.

You probably don't look or feel that good at the moment.





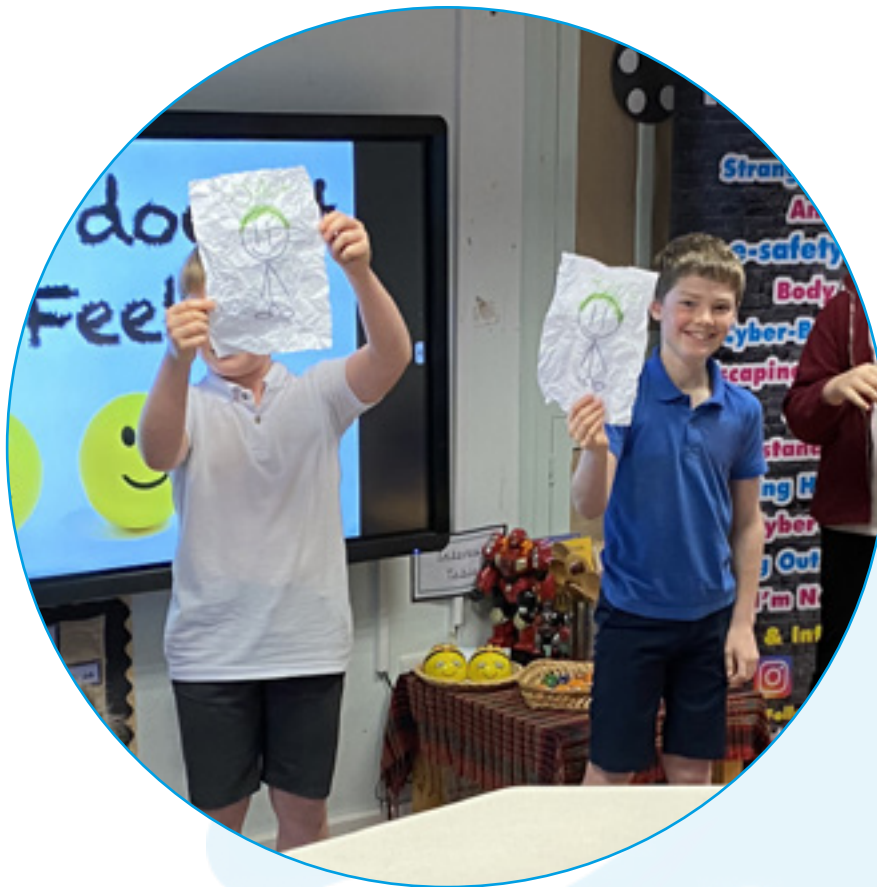
Anti-bullying

Step 6



Now you have a 60 seconds to get yourself back to normal.

Open up your paper version of you and try your hardest to get flat again. Use the floor or a flat surface if you need extra help.



NO, you cannot use an iron!



Anti-bullying

Step 7



Now we need to get serious!

Discuss with your class members what the serious message is behind this fun challenge.



I'm sure you can work it out.



Anti-bullying



THE DAMAGE



IS DONE

You got it!

**Yes, this is a fun way of showing you
a serious point.**

Bullying creates **DAMAGE!**



Anti-bullying



The facts

All forms of bullying, unfortunately have the same effect, they all create damage.

Making someone feel excluded, or talking behind someones back (Social Bullying)

Creates DAMAGE!

Saying something hurtful or upsetting (Verbal Bullying)

Creates DAMAGE!

Sending a horrible text message or posting something nasty online (cyber-bullying)

Creates DAMAGE!

Obviously trying to or doing physical harm (Physical bullying)

Creates DAMAGE!

No matter how hard someone tries to forget or block it out, if it's happening, they are unfortunately having damage done to them.

To make things worse, that damage could still be with them days / weeks / months or even years later, long after the bullying took place.

Think before you act! What you do today could effect the rest of someones life!



Anti-bullying



Well Done Guys!

**Please email us pics of you getting
involved or post them online and use the hash-tag
#staysafeeclassroom**