



# Bully Prevention

15

## Middle School Activity: Be The Bully - And The Victim

### Instructions

*Split your athletes into small groups of three to five people, and have them select one of these roles: bully, victim, or bystander. (There can be more than one person playing each role in a group.) Have them act out the following scenario with one of two possible end results. Once they have done it once, have them switch roles.*

**Scenario:** *A girl is sitting alone in the locker room, reading a book before practice starts. She is approached by a group of girls who start to taunt her, asking her why she is reading a book. "Doesn't anybody like you? What is your problem? Who reads a book in the locker room?" They command the victim to stand up and look at them. A bystander sees this happening and approaches the scene. There is a coach in her nearby office, but she's unaware of what is happening.*

### End Results for the Scenario:

- 1. The victim successfully handles the situation herself with confidence while the bystander offers support.*
- 2. The bystander successfully intervenes and handles the situation with confidence and assertiveness.*

*Once the groups have role played a few times, have everybody come together and discuss the activity, using these questions as prompts:*

- 1. What part of the scenario was most challenging? Why?*
- 2. Was this realistic? Why or why not? What would you change?*
- 3. What role did body language play in the scenario?*
- 4. If the exchange became physical, how would the situation change for those involved?*

# Bullying Prevention



## High School Activity: Facts & Myths About Bullying

Make copies of the *Test Your Knowledge: Facts and Myths About Bullying PDF* handout and distribute copies to the athletes. Have them complete it, then review it as a group.

### Answers

- 1. True:** In a recent survey, 13% admit to bullying, 11% admit to being bullied, and 6% have been bullied and also bully others.
- 2. False:** About 50% of athletes on sports teams are targets of bullying.
- 3. False:** Students targeted by bullies sometimes avoid school or have trouble concentrating. They can also develop depression and anxiety.
- 4. False:** Studies show that most bullies have high confidence and self-esteem.
- 5. False:** Male bullies are usually bigger and stronger than their victims.
- 6. True:** Witnessing an act of bullying has negative consequences even if you are not directly involved.
- 7. False:** Bullies seem to make friends easily, particularly with other students who are aggressive and may join them in bullying.
- 8. True:** Behaviors associated with bullying include impulsiveness, disliking school, and getting in trouble often.
- 9. False:** 60% of bullies will go on to have at least one adult criminal conviction.
- 10. True:** Studies show that 86% of LGBT students have experienced harassment at school.

### Suggested Discussion Questions:

1. What stood out to you about the statistics on bullying?
2. Did any of the facts about bullying surprise you? Why or why not?
3. How can you explain the fact that some bullies make friends easily?
4. Based on this activity, will you change your behavior when you see or confront bullying in the future?

# Bullying Prevention



## Test Your Knowledge: FACTS & MYTHS ABOUT BULLYING

Read the statement completely and determine if the statement is true or false.  
Correctly mark "T" for a true statement and "F" for a false statement.

### Question 1

t  f Nearly one-third of American teens are involved in bullying, either as a bully or a victim.

### Question 2

t  f Students who are bullies usually participate in class and have good attendance.

### Question 3

t  f Most students who bully are insecure.

### Question 4

t  f Male bullies are usually not bigger and physically stronger than their peers.

### Question 5

t  f Bystanders often end friendships with the victim and feel guilty for not reporting the incident.

### Question 6

t  f Bullies have trouble making friends.

# Bullying Prevention



## Question 7

t  f *Bullies do poorly in school compared to students who do not bully.*

## Question 8

t  f *Most bullies discontinue aggressive behavior when they become adults.*

## Question 9

t  f *Eight of out ten LGBT students have been bullied.*

## Question 10

t  f *More than half of the bystanders who witness bullying end up offering help.*