

**Learning Goals:** To understand:

- Definition and characteristics associated with bullying
- Actions and behaviours which embody bullying behaviour
- The importance of context for determining bullying
- Recommended actions to address bullying

**Duration:** 60 minutes  
**Assessment Methods:** Discussion, Feedback, Activity Sheets

**Lesson Structure:**

**Video:** Play Wycombe YFC video starting from 00:00:00 and pause at 00:01:39  
This section introduces the topic of bullying, its impact and its unacceptable behaviour.

**Activity 1:** Discuss together as a class, in pairs, or using the activity sheet to create a dictionary definition for bullying. You may wish to gain feedback from individuals or groups.

**Video:** Play Wycombe YFC video starting from 00:01:39 and pause at 00:05:50  
This section explores the existing definitions of bullying and its characteristics; it gives a personal example to help develop understanding.

**Activity 2:** Discuss together as a class or in pairs, the actions listed on the activity sheet and consider which of would be considered bullying behaviour. You may wish to gain feedback from individuals or groups.

A number of the actions listed are purposefully ambiguous; this is to help the children understand that the context is key in determining whether it would be considered bullying. You can use the characteristics of bullying (deliberate, repeated, purposefully hurtful) to explore when actions may cross the line into bullying. For example, 'calling people names'; this may be done with kindness, as the name may not necessarily be unkind. This action would become bullying behaviour if the names were unkind, they were said deliberately and repeatedly, and for the purpose of hurting someone either physically, emotionally or mentally.

You may wish to conclude the activity by acknowledging the ambiguity of the examples, the importance of context and the characteristics that define bullying.

**Video:** Play Wycombe YFC video starting from 00:05:50 and pause at 00:10:00  
This section exposes some myths surrounding bullying, and introduces how bullying is addressed.

**Video:** Play 'The Simpsons: Bart vs Nelson Muntz' video  
This video sets the scene for considering what can be done to address bullying.

**Activity 3:** As a class, in pairs, or using the activity sheet consider what advice should, or could, be given if you or someone you know, is being bullied. You may wish to gain feedback from individuals or groups.

You may also want / need to address which advice may be unhelpful, and that which is helpful. You could use the learning from the lesson 'Actions & Impact' to consider the different consequences of the advice being given. (The next section of the video explores this further.)

**Video:** Play Wycombe YFC video starting from 00:10:00 and pause at 00:14:00  
This section explores the impact of bullying and the different strategies for addressing bullying, including ideas given by Bullying UK.

Video: Play 'God's Story: The Good Samaritan' video  
This video sets the scene for considering how we can treat, help and support others.

Video: Play Wycombe YFC video starting from 00:14:00 and pause at 00:16:14  
This section concludes the lesson, with consideration and encouragement to consider our actions and words towards others.

Plenary: Conclude the lesson by reiterating the strategies that the school uses to address bullying.

Further Development: You may wish to encourage the children to create their own posters for display around the school, either promoting positive actions and words towards others, or advocating anti-bullying.

Further information and resources can be found at Bullying UK ([www.bullying.co.uk](http://www.bullying.co.uk)).