



Dealing With Bullying

1

SITUATION:

Someone says you can't play with him or her.

ROLE-PLAYERS:

Friends

STARTER:

You: "May I play with you."
Friend: "Not right now."

STEPS TO THINK OUT LOUD:

- "Work it Out."
- "Think about the problem."
- "Brainstorm solutions."
- "Choose the best solution."

2

SITUATION:

Someone is calling you names.

ROLE-PLAYERS:

Student dealing with the bullying

STARTER:

You, thinking aloud to self: "My friend is calling me names."

STEPS TO THINK OUT LOUD:

- "Work it Out."
- "Think about the problem."
- "Brainstorm solutions."
- "Choose the best solution."

3

SITUATION:

Someone is bothering you while you're trying to listen to your teacher.

ROLE-PLAYERS:

teacher, friend, you

STARTER:

Friend acts like he or she is trying to talk to you while you are listening and your teacher is talking

STEPS TO THINK OUT LOUD:

- "Work it Out."
- "Think about the problem."
- "Brainstorm solutions."
- "Choose the best solution."

4

SITUATION:

Someone says something mean about you missing a basketball shot.

ROLE-PLAYERS:

You and two friends

STARTER:

Friend: "I wish you hadn't missed that shot."

STEPS TO THINK OUT LOUD:

- "Be Confident."
- "Think positively."
- "Be myself."
- "Do my best."



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5

SITUATION:

Someone says something mean about your family.

ROLE-PLAYERS:

Student dealing with the bullying

STARTER:

Student 1: "He said some mean things about my family."

STEPS TO THINK OUT LOUD:

"Work it Out."
"Think about the problem."
"Brainstorm solutions."
"Choose the best solution."

6

SITUATION:

A group of kids is leaving other kids out.

ROLE-PLAYERS:

Group of friends

STARTER:

Student 1: "Can we play with you guys?"

STEPS TO THINK OUT LOUD:

"Work it Out."
"Think about the problem."
"Brainstorm solutions."
"Choose the best solution."

7

SITUATION:

Someone starts a rumor about you.

ROLE-PLAYERS:

Student dealing with the bullying

STARTER:

Student 1: "I can't believe they said that about me."

STEPS TO THINK OUT LOUD:

"Work it Out."
"Think about the problem."
"Brainstorm solutions."
"Choose the best solution."

8

SITUATION:

Someone threatens you.

ROLE-PLAYERS:

Student dealing with the bullying

STARTER:

Student 1: "A kid threatened to do something mean to me."

STEPS TO THINK OUT LOUD:

"Work it Out."
"Think about the problem."
"Brainstorm solutions."
"Choose the best solution."