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**Don't Feed
the Bully!**



An Activity for Fifth and Sixth Graders



Don't Feed the Bully!

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Purpose

1. To increase awareness among fifth and sixth graders of the motivation for bullying;
2. To suggest ways of refusing to comply with bullying demands;
3. To recognize that targets can draw on their personal strength to refuse compliance to predatory demands.

Sequence

This experience should follow *The Bullying Triangle* activity.

Preparation

Prepare a deck of the bullying cards from *The Bullying Triangle* activity (red set).

Set out one empty chair at the front of the room. Put a sign on the chair that says *Target*.

Prepare children for the activity.

Review the three elements of the bullying triangle.

Ask children to respond to the question, "What do you think a person who bullies someone wants to achieve?" Make a list of possible motives. At this point, don't criticize any suggestion. Just make the list on a paper pad or chalkboard. (The paper copy might be better because it allows you to keep a record of their comments.)

Conduct the activity

Stand behind the empty chair. Begin by saying something like,

Let's pretend the person who is sitting here is the target of another student who is bullying him or her. I'm going to start. When I read what this person does to the target, I want you to describe what you think the person who is doing the bullying hopes to achieve. I will write your ideas on the paper (or chalkboard).

Shuffle the deck and take one random card. Read the card aloud and ask for a discussion of what might be motivating a person who does what is described. Write your children's ideas on poster paper.

Once the discussion has reached an end, go over each suggestion. Say something like,

What should the target do to not give the person doing the bullying what he or she wants?

For example, if the person doing the bullying wants the target's lunch money, refuse to give it up. If the person wants the target to be humiliated, ignore the action with head held high. The important goal is to refuse to give the person doing the bullying what he or she wants. Deprive these individuals of the rewards they seek. In other words, *don't feed the bully!*

Repeat the round

After discussing these alternatives for the circumstance you read, ask for a student to volunteer to take a card, stand behind the chair, and read what the person who is bullying does. Then repeat the previous process.

Evaluate learning

At the conclusion of this activity, children should be able to

- Identify at least one motive for common bullying circumstances
- Describe what is meant by *don't feed the bully!*

Children should understand that refusing to give in to a bully's demands may ultimately reduce the likelihood of being selected as a target. Several refusals at different times may be necessary to do what psychologists would refer to as *extinguishing* the behavior.

Refusing to meet bullying demands carries some risk of course. The aggressor might escalate in threats and may use stronger forms of intimidation. Courage will be necessary to persevere.