



PROGRAM SUPPORT NOTES

Girls and Bullying: Identify, Understand, Prevent

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For Teachers

Introduction

Bullying is the most frequently occurring form of violence in schools. Just about everyone has known girl bullies and victims of girl bullies. Girls are usually less physical than boys when it comes to bullying, however the emotional impact is just as serious. This program examines the types of bullying that girls use, the impacts and how girls can equip themselves against the actions of a bully.

Timeline

00:00:00	The nature of bullying
00:04:07	Bullying Directed at Girls
00:10:06	Bullying: The impact on girls and why they do it?
00:15:18	Protective strategies for girls and bullying
00:20:57	Credits
00:21:43	End of program

Related Titles

Cyberbullying: Identify, Understand, Prevent
Cyber Safe – Identifying and Combating Cyber Bullies
Keeping Safe Online
Against Bullying Series
Mental Health: The Basics

Recommended Resources

- <http://www.heraldsun.com.au/entertainment/music/grab-bully-by-horns-says-kate/story-e6frf9hf-1111118893136>
- <http://www.cyberbullying.info/>
- <http://www.kidshelp.com.au/>
- www.au.reachout.com/
- www.schools.nsw.edu.au/news/technology
- www.netalert.gov.au
- www.thinkuknow.com.au
- <http://parentblog.globworld.com/blog/2011/04/04/10-tips-to-protect-your-kids-against-cyberbullying/>
- www.stopbullyingnow.com

Student Worksheet

Initiate Prior Learning

1. Listen to Kate Miller-Heidke's song – 'Caught in the Crowd'.

a) After reviewing the lyrics, explain what you think this song is about in terms of bullying.

b) Do you think the type of bullying would be different if it were a girl being bullied? Explain your response.

c) What did the singer's character in the song do to help the victim, James? Why do you think she reacted the way she did?

2. Research and find the lyrics for another song that is about bullying.

a) Explain what the lyrics are conveying.

b) How do these songs make you feel? Can you relate to any of these incidents? Why?

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3. Compare what you have seen/heard about boys bullying compared to girls bullying. How do you think these types of bullying would impact on the boy/girl?

4. Research what your school does to protect victims of bullying and prevent bullying.

Active Viewing Guide

1. What is the definition of bullying provided in the program?

2. State the different types of bullying used.

3. Where do you think bullying occurs most? Why?

4. Is cyberbullying more or less common among girls? Propose reasons for this.

5. 'Girls socialize and bond with each other differently from boys. They place a lot of emphasis on friendships'. How else do girls socialize that is different to boys?

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6. Why would bullying go unnoticed for females more than males?

7. What is 'sexting'?

8. What are the consequences of 'sexting'?

9. Circle true or false to the following statement.

Sometimes the effects of bullying will be so devastating that the young people will engage in deliberate self-harm.

True or False

10. Propose reasons why perpetrators of bullying are more likely to drop out of school, use drugs and alcohol, and/or engage in criminal behavior.

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11. What solutions would you suggest for victims of bullying who struggle with overcoming the effects of bullying, even when it happened years before?

12. "Some people say that a unique characteristic of young people is an inability to predict the consequences of your action." Describe in your own words what Michael Carr-Gregg is inferring about why young people may bully.

13. State the Protective Strategies that a victim of bullying can use.

14. What protective strategies can be used against cyberbullying?

Extension Activities

1. List five common phrases that could be used by a bully with an assertive comeback for each.
2. Write a rhyming poem about bullying.
3. Interview an adult about bullying and what it was like as they grew up.
4. Draw a map of your school and identify places bullying occurs, and places where to seek help.
5. Compose a song about respect and treating people well.
6. Debate this statement: "Bullying is a natural instinct. It is simply human nature". Record points for both the affirmative and negative sides.
7. Review your school's bullying policy. Do you think it is effective? What changes would you make to improve it?

Suggested Student Responses

Initiate Prior Learning

1. Listen to Kate Miller-Heidke's song – 'Caught in the Crowd'.
 - a) After reviewing the lyrics, explain what you think this song is about in terms of bullying.
Answers may include a story about looking back at childhood when a young girl witnesses bullying against a boy.
 - b) Do you think the type of bullying would be different if it were a girl being bullied? Explain your response.
Answers may include girls using psychological/emotional bullying.
 - c) What did the singer's character in the song do to help the victim, James? Why do you think she reacted the way she did?
Answers may include she was a passive observer who didn't want to stand up for the boy.
2. Research and find the lyrics for another song that is about bullying.
 - a) Explain what the lyrics are conveying.
Answers will vary.
 - b) How do these songs make you feel? Can you relate to any of these incidents? Why?
Answers will vary.
3. Compare what you have seen/heard about boys bullying compared to girls bullying. How do you think these types of bullying would impact on the boy/girl?
Answers will vary.
4. Research what your school does to protect victims of bullying and prevent bullying.
Answers will vary.

Active Viewing Guide

1. What is the definition of bullying provided in the program?
Bullying is the repeated and deliberate oppression of one person or a group of people by another person or another group of people in a more powerful position
2. State the different types of bullying used.
Verbal
Physical
Psychological
Cyber bullying
3. Where do you think bullying occurs most? Why?
Answers will vary.
4. Is cyberbullying more or less common among girls? Propose reasons for this.
Slightly more common, answers will vary
5. 'Girls socialize and bond with each other differently from boys. They place a lot of emphasis on friendships'. How else do girls socialize that is different to boys?
Answers will vary.
6. Why would bullying go unnoticed for females more than males?
Due to the emphasis on emotional bullying rather than physical bullying. Girls are more likely to spread rumors, gossip etc
7. What is 'sexting'?
Sexting is the using of technology particularly mobile phones, video cameras to take inappropriate photographs and to upload them on to the internet and then send them out.
8. What are the consequences of 'sexting'?
You can actually end up on the child sex offenders' register for doing this, and this has actually happened many times
9. Circle true or false to the following statement.

Sometimes the effects of bullying will be so devastating that the young people will engage in deliberate self-harm.

True or **False**
10. Propose reasons why perpetrators of bullying are more likely to drop out of school, use drugs and alcohol, and/or engage in criminal behavior.
Answers will vary.
11. What solutions would you suggest for victims of bullying who struggle with overcoming the effects of bullying, even when it happened years before?
Answers will vary.

12. "Some people say that a unique characteristic of young people is an inability to predict the consequences of your action." Describe in your own words what Michael Carr-Gregg is inferring about why young people may bully.

Young people's brain development has not reached its capacity, so bullying may occur more so in this age group due to their maturity level and thoughtlessness. Young people are not generally horrible people, but young people often say things that they don't mean and they don't think about the consequences.

13. State the Protective Strategies that a victim of bullying can use.

Standing up for yourself, believing in yourself, being assertive without being aggressive, and letting people know what you think and how you feel, telling a bully to stop what they're doing and walk away from them. Don't fight back or try to play them at their own game, Sometimes making a joke or using humor is a good way to diffuse a situation, telling responsible adults is important. If it's happening at school, tell a teacher, a counselor, a principal or someone else in a position of authority.

14. What protective strategies can be used against cyberbullying?

When it comes to cyber-bullying blocking and deleting the people who are bullying you is important. Saving the evidence, because quite often this is criminal behavior and the police can't actually do anything, the school authorities can't do anything unless you've got the evidence. Make sure you tell the adult world about what's going on.