

# Co-creating a Harmonious School: Stop Bullying

## Primary School Drama Education

### Session 7

#### “Stop Bullying”, I Can Do it Too

<b>Objective:</b>	To have revision on various techniques, and use them to deal with bullying positively.
<b>Target:</b>	Primary 4 to 6 students
<b>Suggested duration:</b>	1 lesson (35 minutes)
<b>Teaching aids:</b>	Appendix 7a “Keypoints”, Appendix 7b “Cards on Types of Bullying”, water-colour pens, posters, cellotapes

<b>Duration</b>	<b>Teaching steps</b>	<b>Remarks</b>
<b>5 minutes - Warm-up exercise</b>	<p>Students form into groups to write / draw different roles and their ways in handling bullying. Teacher should ask students to jot down the details and then spend 30 seconds to share their ideas with others.</p> <ul style="list-style-type: none"><li>● The Bully:<ul style="list-style-type: none"><li>➤ Get along with others in a friendly manner (The “3N Approach”);</li><li>➤ Manage self-emotion (Manage your temper ABC)</li></ul></li><li>● The Victim or the bystander: Use the “NOT” approach to stop bullying.<ul style="list-style-type: none"><li>➤ <b>N: NO</b> Say “No” firmly. For example: “I don’t like you calling me names.”</li><li>➤ <b>O: OFF</b> Get off the scene and go to a safe place.</li><li>➤ <b>T: TELL</b> Tell someone. Seek help until someone takes charge of the situation.</li></ul></li></ul>	

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<p><b>25 minutes - Activities</b></p>	<p><b>Put into practice:</b></p> <ol style="list-style-type: none"> <li>1. Form groups of 4-6 students.</li> <li>2. Teacher distributes “Keypoints” and “Cards on Types of Bullying” and tells students to set the bullying scenarios accordingly. Then students try to handle the bullying cases with what they have learnt.</li> <li>3. Each group has 2 minutes to perform.</li> </ol>	<p>Refer to Appendix 7a “Keypoints” and Appendix 7b “Cards on Types of Bullying”. Teacher may distribute different cards accordingly.</p>
<p><b>5 minutes - Reflection and conclusion</b></p>	<p><b>Design a slogan</b></p> <ol style="list-style-type: none"> <li>1. Teacher encourages students to do reflections in groups. Then, invite each group to conclude by designing a slogan and write it on a poster.</li> <li>2. Each group posts the poster around the classroom.</li> <li>3. Teacher’s conclusion: We all have the responsibility to reduce and prevent bullying incidents from happening.</li> </ol>	<p>Water-colour pens Poster Blue tag</p>

~~The end~~

# Keypoints

Get along with others in a friendly manner / the 3N approach

Manage your own emotion / Manage your temper ABC...

**N : NO**

Say "No" firmly

**O : OFF**

Get off the scene and go to a safe place.

**T : TELL**

Tell someone. Seek help actively until someone takes charge of the situation.

## Cards on Types of Bullying



Physical bullying:  
e.g. punching and  
kicking



Verbal bullying:  
e.g. verbal  
threatening, using  
abusive language,  
taunting



Indirect bullying:  
e.g. spreading  
rumours, being hostile  
deliberately and  
isolating someone