



# BullyingUK

Part of **family lives**

# SPOT IT & STOP IT!

## Antibullying Interactive Video - Discussion Pack

Thank you for taking the time to view our interactive antibullying video. We aimed to create a realistic situation in the videos that the user was able to change through the choices they make. As such, the video has no specific structure and so discussion topics are likely to alter. The questions below are designed as a starting point to a discussion. Please feel free to use some of the suggestions below as well as expanding the discussion with your own.

**Here are some questions to ask the class when you watch the film. We have given some answers to help get the discussions started.**

**At the beginning of the film:**

**What sort of behaviour does bullying include?**

- people calling you names
- making things up to get you into trouble
- hitting, pinching, biting, pushing and shoving
- taking things away from someone
- damaging your belongings
- stealing money from you
- taking your friends away from you
- posting insulting messages or rumours, in person on the internet or by IM
- threats and intimidation
- making silent or abusive phone calls
- sending you offensive phone texts

**How can you tell if someone is being bullied in your class?**

- taking a lot of time off
- getting to school late
- trying to avoid being in situations like the toilets or changing rooms
- people call them names
- rumours being spread about them, in person or online
- they being left out of things when partners are chosen in class
- spending break and lunchtime on their own
- they getting nasty phone texts and abuse on the internet or by instant messaging

**Helpline 0808 800 2222**

**[www.bullying.co.uk](http://www.bullying.co.uk)**

### **At the first decision:**

#### **What should you or someone in your school is being bullied?**

- do nothing
- tell a teacher
- tell your mum or dad
- talk to the bully

Discuss their answers and what they think the consequences of each action might be.

### **At the second decision:**

#### **How do you think being bullied makes someone feel?**

- lonely
- upset
- depressed
- unhappy
- desperate
- angry
- scared

### **At the third decision:**

#### **What effect do you think bullying has?**

- lose their confidence
- difficulty making friends
- not wanting to go to school
- wanting to go to a different school
- harming themselves
- not wanting to live anymore

### **At the end of the video:**

What different types of bullying did you see or hear mentioned in the videos?

What other types of bullying are there?

What types of bullying do you think are the most common / problematic?

### **Why do you think people bully?**

- feeling powerless
- low self-esteem
- trying to get admiration and attention from friends
- fear of being left out if they don't join in
- not understanding how someone else is feeling
- taking out their angry feelings
- being bullied themselves

## **Choices**

Why did you make the specific choices that you did?

Were your choices based on experience?

Were your choices based on what you think a realistic choice would be?

Did you choose what you thought was the “right thing” to do? If so, would you make the same choices in real life?

What impact do you think your choices had on the final result of the bullying?

At what point could action have been taken to resolve the bullying?

## **Bullying in real life**

How many of the different types of bullying mentioned in the video have you witnessed or experienced?

What choices have you made to real life bullying situations?

Even if you are not being bullied, do you think your actions can make a difference towards bullying?

What do you think is the “right thing” to do? / What do you think is the “wrong thing” to do?

After viewing the videos and seeing the potential outcomes of bullying, do you think you would be more like to take action against bullying?

Created by Ambient Night Productions and Bullying UK, part of Family Lives.

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