JOEY SCOUTS

BULLYING AND HARASSMENT PROGRAM

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| Time | Activity | Description | Equipment Required |
|  | Ceremony | **Opening Parade** | Flag |
|  | Introduction | **What is Bullying**  Bullying is the intentional (often repeated) intimidating behaviour by an individual or group against another person or group.  Bullying is not simply ‘part of growing up’; it is a destructive issue that can have serious effects on a young person’s physical and mental health.  Bullying takes many forms and can occur in a real (face to face) or virtual (online) environment. Face to face bullying can be verbal, physical, relational (social), or indirect (involving a third party). Cyber bullying involves intimidating/degrading behaviour via technology such as text messages, email, chat rooms, and social networking sites such as Facebook and Tumblr. This enables the bullying to occur outside of the school yard, 24 hours a day, seven days a week.  Bullying is a complex and dynamic issue and individuals may at different times (or in different situations) be the target, the perpetrator or the bystander in relation to bullying behaviour.  Raising sensitive issues and working out what to do can be challenging when you think a young person you know may be bullied. It can be difficult to know when to give advice, when to push an issue, when to back off and when to seek help. Family and friends play a critical role in supporting young people involved in, or experiencing bullying. Its important to manage your own feelingsnso you can work through the issues together in a constructive manner. |  |
|  | Game | **Safe Place**  Ask the Joey Scouts to form a circle holding hands. Inside the circle is Cooee Gully – a happy and safe place for the bush babies to play. Old dingo is stalking the outside of the gully and he cannot go inside. But the bush babies can only stay inside Cooee Gully for short periods of time eg 5 seconds and then they have to run outside the Gully before re-entering. Select one Joey Scout to be a bush baby. Another can act as Old Dingo. If Old Dingo tags a bush baby outside the Gully then the bush baby transforms into a dingo as well, and another two bush babies are selected for the game. The circle of hands is to make sure that Old Dingo cannot get inside the Gully. | Nil |
|  | Story | **The Bush Bully**  Read the story to the Joey Scouts and then have a discussion about the characters and their behaviour in the story. See attached notes to guide discussions. | Story attached |
|  | Activity | **Safety Walk Part 1**  The Mob is taken for a walk around the immediate area. Explain that we are trying to identify safe places and unsafe places. Whenever one of these is identified ask the children why they have made that decision. For example an unsafe place may be in a school playground or nearby park. The children might think it’s unsafe because they have experienced some form of harassment there. Often children in this age group are the targets of older children who try to take over their play space. |  |
|  | Activity | **Safety Walk Part 2**  When the Mob returns to their den or school, mark on a mud map the areas that were identified as safe and unsafe. Brainstorm how the unsafe places could be made safer and take these suggestions | Large mud map and pens |
|  | Role Play | **Stand Up For Your Rights**  Reinforcing that children have rights and that bullying or harassment does not need to be tolerated. It is important to teach children to be assertive not aggressive. Use scenarios to reinforce our story. | Scenarios attached |
|  | Game | **A Safe Decision**  In groups of six (6), children are given three decks of cards – **Green** indicating **Safe** and **Happy**: **Red** indicating **Unsafe** , so I tell someone who will help me; **Yellow** indicating **Unsure** , so I tell someone who will help me.  As the Leader reads out some situations, the Joey Scouts each take a turn, choose a card to represent how they would feel. They tell the others in the group and then hide the card behind their back. The Leader then asks for all children with the appropriate colour card to stand and they collect a point for their group.  Remember that sometimes more than one answer is appropriate so give other children with different coloured cards the opportunity to explain their choice. Briefly discuss each scenario as you go. | Decks of Green, Red and Yellow cards. Situations attached. Board to record points. |
|  | Introduction - Cyber Bullying | **Does anyone know what cyber bullying is?**  Cyberbullying is the use of online technology, such as computers and mobile phones, to bully a person or group. Bullying is repeated behaviour by an individual or group with the intent to harm another person or group.  Young people can cyberbully each other in many ways. Sending hurtful texts or abusive emails, excluding individuals from online conversations, imitating someone online, posting inappropriate images and trolling are some of the ways people can cyberbully each other.  Cyberbullying can happen to anyone and typically involves a person who perpetrates the bullying behaviour against a target – the person being bullied. In some instances there may also be bystanders involved – people who witness someone being cyberbullied. A positive bystander is someone who offers support to the target and does not ignore or participate in the bullying behaviour, such as forwarding on humiliating images.  Cyberbullying is serious because it can be relentless and occur 24 hours a day, extending well beyond school grounds and into ‘safe’ spaces, such as in homes. Its effects can be damaging, making a person feel isolated, friendless, miserable and insecure. |  |
|  | Activity | **Discussion** - As a Mob discuss some of the ways you can cope when you experience unfriendly behaviour online, such as being cyberbullied. Complete Worksheet 1 to support discussions. |  |
|  | Task | **Self Care Action Plan** - Using Worksheet 2 discuss with your Mob how they can take care of themselves when online. Have each Joey Scout complete a worksheet. |  |
|  | Activity | Pair your Joey Scouts off and ask them to design a poster to show how they see respectful behaviour online in the context of cyberbullying. Will hang these posters on the den wall. |  |
|  | Ceremonies | Closing Parade | Flags, Prayer |
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The Bush Bully

Maggie, Joe, Bill and Gumnut, the four bush babies were playing happily together in Cooee Gully. “I love this bush”, said Gumnut”. ”Just smell the eucalyptus in the air. Who would ever want to destroy it?”

“This must be the most beautiful place on earth”, agreed Joe.

“Stupid bush babies. Why don’t you go and get lost somewhere. This is my special place!” said a gruff, unfriendly voice.

“Oh no, it’s that terrible bush baby Wally Wombat”, said Maggie as she began to tremble with fear.

“Yeah, that’s right you mob of sooks. Now clear off before I give you all a thumping,” ” Wally yelled.

The four bush babies needed no trouble with Wally. He always got what he wanted. And now he wanted Cooee Gully for himself.

Maggie instantly flew high into a tree, followed closely by a scampering Gumnut. Joe bounded away as fast as he could, and Bill made a dash for the creek.

Later that day the four bush babies met at a place called Squatter’s Stump. It really wasn’t the coolest of places to play but now that Wally had taken over, they were left with little choice.

“It’s just not fair,” said Bill unhappily.” Wally always gets his way. He’s just so tough.”

“Maybe we should just go and punch him up. Take back Cooee Gully. After all it is really ours,” said Joe.

Suddenly they could hear someone laughing high above them. It was Jack the baby kookaburra. “If you think for one minute you could beat Wally, you have to be crazy,” Jack cackled.

““Anyhow,” said Gumnut, Cooee Gully belongs to everyone – not just us.”

“Then maybe you should tell Wally that. Cooee Gully is a safe place for all bush babies, even him. But he has to learn to share,” said Jack.

With that the five bush babies made their way back to Cooee Gully. But when they arrived, they couldn’t believe their eyes. Wally had thrown rubbish everywhere.

“Gosh”, exclaimed Bill. “He’s even broken branches off living trees.”

“Right, I’ve had enough,” said Gumnut. “Wally is about to taste his own medicine”.

“And how are you going to do that, Big Ears.” Wally had returned.

“How nasty you are, Wally. Apologise to Gumnut,” demanded Joe

“You gonna make me. You tall streak of misery. I’d rather be a big ears koala than a ridiculously tall animal like you. You stupid kangaroo,” sneered Wally

“And as for the rest of you – you’re all stupid looking. Jack has no neck, Bill has a big flat nose, and Maggie has those ridiculous beady little eyes.”

Just then Ranger Jane came walking into Cooee Gully.

“What’s going on here?” she asked angrily. “Who made all this mess?”

“Ranger Jane. Am I glad to see you.” Wally was speaking now in a very pleasant manner. “Can you believe the mess these bad bush babies have made? Why I was just offering to help them clean it up, but they told me to get lost.”

Nobody could say anything. They knew that if they told on Wally, he would get them back later. He was such a bully and he said such nasty things.

Ranger Jane ordered an immediate clean up and told Wally he was excused because he had tried to do the right thing.

Wally left sniggering, and Ranger Jane walked off in a very bad mood.

The five bush babies spent a long time cleaning up. By the time they were finished they were all so tired. Bill wanted to cry. She hated being treated unfairly.

“We shouldn’t let Wally bully and harass us. It’s just letting him win. If we had told Ranger Jane about Wally she could helped us,” said Joe sadly.

“Yes” said Jack, “but we are scared of Wally and I hate to dob.”

“I don’t think it is dobbing to protect yourself,” said Gumnut. “In fact we know we can trust Ranger Jane. She’s always been fair to us, she cares for the environment, she looks after us, and she told us if we have problems, or feel unsafe we must tell her.”

“Yes, I guess if we don’t tell her then she can’t help,” said Bill.

“You know what else we are forgetting. We can trust Ranger Jane to believe us. We have to talk to her,” said Maggie.

“Yes it’s about time we had a talk,” said Ranger Jane as she walked out from behind the bushes. “I heard everything you said. I’m sorry that you didn’t come to me earlier and tell me this. I just knew you wouldn’t make this mess which is why I came back.

You’re right about telling someone when you are scared, feeling unsafe, being bullied or harassed. It is very important. Promise me you’ll never keep this kind of secret from me again.

“But Ranger Jane, Wally said you’d send us away for lying, and you’d never believe us. What would we have done then?” cried Gumnut.

“Well first of all, I will always try to listen to you, and I’d never send you away. But if you wanted to tell someone about something that worried you and they didn’t listen, then go to someone else and tell them. Never give us. Someone will listen to you. Don’t let bullies win,” Ranger Jane replied.

She smiled at the bush babies. “You know, Wally is very naughty, and I’ll have to deal with him. But I want you to think about why Wally is such a bully.” “I know that” said Jack. “It’s because it makes him really powerful.”

“I reckon it’s because he thinks he looks different and covers up by being a bully,” said Joe.

“He doesn’t have anyone to play with either,” Maggie added.

“Well,” said Ranger Jane, “you are probably all right. Maybe together we could help him to change. It won’t be easy but deep down a bully is just someone who needs to be loved and cared for as you all do. But for now Wally and I are going to have a very big talk, and then a very big walk back here to apologise before I take him over to clean up Crow Mountain.”

“He’ll be there for days, Ranger Jane,” said Bill. “Won’t he get tired?”

“Oh yes bush babies. Wally will be too tired to call anyone names or cause trouble for at least a week,” Ranger Jane replied.

Story – **The Bush Bully**

Messages – **We all have rights**

**We do not have to tolerate bullying and harassment**

**Bullying and harassment can threaten our rights**

Suggestions – **Use puppets to tell the story**

**A big book can be made**

**Use felt stories**

Discussion Q Do you think Wally was a kind animal? Why

A No, he lied, didn’t care about others, did not want to share.

Q What words might we use to describe him?

A Bully, uncaring, selfish

Q What do you think he gained by behaving like this?

A Power

Q How did this affect the Bush Babies?

A Their rights were threatened and they felt helpless

Do you think the Bush Babies should have had a fight with Wilbur? Violence solves nothing. You can give strong messages (assertive) without being aggressive. Alternatively get help from someone who will listen to your problem.

What did the Bush Babies learn from this experience?

They have rights: bullying and harassment threatens their rights and is used for power: they should remember to speak to someone who will help and not keep it to themselves.

What do you think might happen next?

They might become friends and share Cooee Gully.

**ROLE PLAY – STAND UP FOR YOUR RIGHTS**

Messages – Assertive behaviour is appropriate to deal with conflict.

Aggressive behaviour can make the situation worse

We can stand up for our rights by being assertive.

Being assertive means stating very clearly what we want to feel. Everyone has the right to do this. Simple assertive statements would include things like:

* Stop that – I don’t like it
* Stop being mean. It makes me feel sad
* I don’t want you to do that anymore. It is upsetting me
* I will have to tell someone if you can’t stop behaving like that.

Note that it is best to always tell them to stop what they are doing and why – because I don’t like it. It scares me. It’s upsetting the game or me.

Assertiveness is more effective if you hold your body upright and maintain eye contact.

Suggestions:

Briefly discuss with the Joey Scouts about their rights to:

* Be loved
* Cared for
* Have shelter, food. Clothing
* Feel safe and protected wherever they may be
* Say no when our personal safety is threatened
* Own our own bodies
* Be heard and for someone to listen to our problems
* Be helped with problems

Explain how they can protect their rights by behaving in an appropriate manner (as outlined above), then use the following scenarios and ask children to role play how they would behave in each situation.

Remember the idea is to find the best solution to the conflict. Sometimes if the first solution doesn’t work, then alternatives must be employed. For example, if telling another person you don’t like what they are doing has no effect on their behaviour or appears to encourage them to continue their behaviour, then children must be encouraged to tell someone who will listen and help.

**Discuss each scenario.**

**Scenario 1:**

Playing in the school grounds when an older group of girls keep running through the middle of your game. What would you say and do?

**Scenario 2:**

Walking home from school, your friends dare you to run through the bushes at the edge of the park. What would you do and say?

**Scenario 3:**

All your friends are making fun of a child who has brown skin. What would you do and say?

**Scenario 4:**

An adult tells a group of girls they cannot play on the swings because the boys were there first. What would you do and say?

**Scenario 5:**

Nobody will let you play with him or her. What would you do and say?

**\*\*\*\* Exclusion from play is another form of bullying.**

**GAME – A SAFE DECISION**

**Messages: Think! Think! Think!**

There are many times when we feel safe and happy. There are some times when we feel unsure or afraid. When we feel like this, we should always tell someone who can help us.

**Situations:** Friends dare you to run into the toilets and take a roll of toilet paper otherwise they’ll call you a scaredy cat.

A new child at school asks you to play with them in the park on the weekend.

Your teacher tells you that your parents rang to say that today you would be picked up from school by someone you know very well.

An older child, maybe your brother, sister or cousin, wants you to help them make a barbecue fire for lunch.

A friend of yours is so happy to see you that they run up to you and give you a big hug around the shoulders.

Every day at school the same person pushes you out of the line.

**CYBER BULLYING**

**WORKSHEET 1: Cyberbullying Multiple Choice**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cyberbullying is:**

1. Using online technology to deliberately bully someone.
2. Using online technology to make someone feel sad.
3. Using online technology to make someone feel friendless.
4. All of the above.

**The types of people who are cyberbullied are:**

1. Trouble makers.
2. Popular and outgoing.
3. Shy and sensitive.
4. Anyone can be cyberbullied.

**Cyberbullying is considered to be:**

1. Not that serious – everyone gets bullied at school.
2. Very serious – it makes people feel unsafe at home as well as at school.
3. Fairly serious – but only because there is always evidence.
4. Who wants to be serious? I only go online for fun.

**If I am being bullied on a social networking site I can:**

1. Ask my friends to help me retaliate.
2. Try to forget its happening.
3. Use that site’s report function.
4. Never go online again.

**A cyberbully is usually**:

1. Big, mean, and obviously a bully.
2. Sneaky, anonymous, and will never be found out.
3. A very bad person.
4. Anyone, including my friends or I, if we aren’t careful about how we treat others online.

**Ways to try to stop cyberbullying include**:

1. Not replying to hurtful messages or posts.
2. Reporting the bullying behaviour to someone who can help, like a parent or teacher.
3. Asking a parent or teacher to help you block the person who is being mean to you.
4. Saving evidence of unwanted messages which can be used by a trusted adult or the police to help stop the cyberbullying behaviour.
5. All of the above.

**Talking to a trusted adult about cyberbullying is:**

1. A good idea. There’s no reason to suffer alone.
2. Not worth it because it will make the person who is doing the bullying angrier.
3. Never a good idea, it can only make things worse.
4. A waste of time because they don’t understand.

**In a cyberbullying situation, a positive bystander is a person who:**

1. Does not ignore what they see happening to someone else.
2. Asks the person who is the target of the bullying behaviour if they are OK.
3. Reports the behaviour to someone who can help, like a trusted adult.
4. All of the above.

**CYBER BULLYING**

**WORKSHEET 2: Self-Care Action Plan**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How do I know when I’m having sad or difficult times online? What is it like for me?

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Who are some of the people I trust to help me when I’m sad?

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Who can I talk to about problems with my friends?

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What kinds of activities bring me comfort and let me feel like I’m myself again?

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What are some of the things I enjoy doing offline and outside of my normal friendship group?

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