

Activity 2

Using the Bully Meter

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Theme: Identifying Bullying Behavior

Objectives:

- Participants will identify the variance in intensity of bullying behavior.
- Participants will see how accumulation of small behaviors can add up to feeling bullied.
- Participants will identify the harmful intentions underlying bullying.

Time Needed:

15-45 minutes

Materials Needed:

- One *How to Spot a Bully* deck
- One copy of the Bully Meter

Activity Summary:

This activity uses a Bully Meter to discuss the range, flexibility, and variance of bullying behaviors. It will help students look for an accumulation of hurtful behavior and consider underlying intentions

before jumping to the conclusion that someone is a bully. The meter invites students to be curious and thorough in their observations of both themselves and others. This activity will help students discuss the nuances of concepts like intention, choice, sensitivity, and awareness.

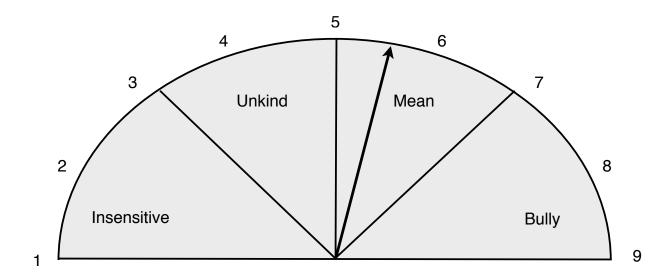
Directions:

- Display or draw the Bully Meter so all students can see it.
- Pull a single How to Spot a Bully card and discuss this characteristic of bullying.
 Ask, "Where on the Bully Meter does this behavior fall?"
- Ask for a show of hands to take a poll of responses, if desired.
- Discuss the actions that could move the behavior up the scale or down the scale of bullying.
- Read the sub-questions on the back of the *How to Spot a Bully* card, one by one, and discuss how these might influence the bully rating.

Add On: Read and discuss any or all of the following issues or questions.

- 1. Is this quality of bullying always intentional, chosen, and angry, or can it be unintentional, less conscious, and even accidental. Does the intention behind the action change the effect on others?
- 2. If a bullying behavior is "accidental" does that excuse it or make it more tolerable? People often hide behind the excuse that they were "just kidding" even though the result of their action may have caused severe discomfort.
- 3. Who gets to determine if a particular behavior is "bullying" verses "playful banter?"

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BULLY METER