



“The Bully Dudes” - School Assembly

~ Teacher’s Guide ~

Did You Know...

- That bullying is a serious problem in schools throughout the world?
- That bullying can hurt someone so much that they may become sad and depressed for many years?
- That there is not only physical bullying but verbal bullying as well?
- That some kids think bullying is just a way to have fun, without thinking of how they are making others feel?
- That girls can be bullies, not just boys.
- That it takes a lot of courage to stand up to someone who is bullying another kid, but if you do, you truly become a hero, because chances are the person you helped out will remember what you did for them for their whole life!

What is bullying?

- Hurting other people (physically or verbally) and making them feel bad.
- Controlling every situation or game and never compromising.
- Intimidating others to get them to do what they want.

Why do kids bully?

- To impress friends
- To get attention
- To feel better about themselves
- To feel they are powerful, because deep down they feel weak.

Questions For A Discussion:

- Has anyone here ever been bullied? What happened and how did it make you feel?
- Has anyone here ever bullied someone? If so, what did you do or say to that person and why do you think you did it? How do you feel about it now?
- Has any one here ever been told by a friend, that they cannot play with someone else? Has anyone here ever had a note passed to them saying bad things about someone in class? Would this be considered bullying?
- Is not including someone in a game a form of bullying? When is it all right to say, “You can’t play with us.”?
- Is making fun of a kid’s name, the way they look, or what they are wearing a form of bullying? Or is it just a fun thing to do to make you and your friends laugh?
- Have you ever just stood there watching someone else get bullied? What could you have done instead of just standing there and letting it happen?
- What should you do if someone makes fun of you?
- Would a real friend bully you?
- What should you do if someone pushes or hits you?
- To have empathy is to sense what someone else is feeling. Have you ever seen someone who has had their feelings hurt? If so, could you sense what they were feeling?
- Would it be possible for a whole group of kids to stand up together at the same time to stop a kid, or even a group of kids from bullying?

~ “The Bully Dudes” Teacher’s Guide (continued) ~

Solutions:

- **Ignoring:** Bullies hate it when you ignore them. Because they quite often bully other kids to get attention, or show off how clever they are to their friends. If you learn to ignore what they say, you pull out their “power plug”.
- **Walking Away:** If you are being pushed around, teased, or being treated badly it is always OK to walk away. If a teacher or aid questions you about this, tell them the plain and simple truth about what happened.
- **Integrity:** This is a tough one. Having integrity means sometimes you may have to remind your own friends to stop being mean to an outsider or even someone in your own group. Sometimes it is right to ask yourself if this person who is being mean is worthy of your friendship.
- **Communicate:** If the bullying becomes something that cannot be ignored tell an authority figure such as a teacher or principal or parent. Grown-ups can get very busy and seem to ignore you, but please don’t give up trying!
- **Stand Up:** If we all stand up as a group cross our arms and tell the bullies to stop, they will, because deep down bullies are frightened and looking for approval from other kids.
- **Act It Out:** Try acting out in front of the class a situation where one student can practice ignoring others who call them names. Act out a girl-bullying scene where one girl tells another she won’t be her friend if she plays with that “other” girl. Act out a ‘buddy’ bullying scene where the bully’s own friends stand up to him for being mean to an outsider (while pantomiming a game of basketball). Finally, practice standing up as a whole class and telling the bully to: Back-off!

Other excellent K-6 assemblies offered by [Shows That Teach](#):



All That Trash



The Character Show



Wright Brothers Musical



Ben Loves Books



History of Rock & Roll



Peter and the Wolf



200 Years of American Music



H2O, Where Did You Go?



Singin' Green



FAM (*family night show*)