

## The Bullies!

It's Monday morning,  
I walk through the door,  
The boys nick my books,  
They chuck them on the floor!

I walk down the corridor,  
They are thumping me,  
My arms are all bruised,  
And so is my knee!

They really are quite clever,  
There is no one there to see,  
All the nasty things they say,  
And the way they bully me!

They get me into trouble,  
By pretending it was me,  
I know I didn't do it,  
But what will become of me!

I am so unhappy,  
My mum thinks I am ill,  
I really don't want to go to school,  
I even take a pill!

My friend says I must report them,  
Else things will stay the same,  
I tell my favourite teacher,  
Who says she'll stop their game!

At last things are better,  
The boys have left the school,  
I should not have kept this quiet,  
I know I was a fool!

I now enjoy my lessons,  
I don't feel ill no more,  
I'm glad that is over,  
I found it quite a bore!

## **Why Me?**

It's always me at home  
It's always me at school  
Everywhere I go  
It seems to be me  
How do I stop it?  
I sometimes think  
I have been cursed for life  
Even smaller kids pick on me  
I try to listen to what they are saying  
So that I can change  
I try to act like them  
But nothing changes  
Why me...?

**Written by: Kevin Wambugu**

## Poet's Corner

Today at school it was nearly time  
Nearly time to go home  
I ran to my locker but they were there  
Sitting and staring with an evil glare  
They stood up all three of them  
Came up to me and said  
"You're not going, you're staying instead"

They picked me up and carried me away  
Where were they taking me? They would not say  
We were heading for a cupboard with lots of things inside  
I hoped we weren't going there but I bet that was in their minds

We got to the door and they pushed me in  
They locked the door so no one would get in  
I was left alone with nobody there  
My heart was pounding I wanted my mum  
I need the key to be able to escape this horrible tragedy

## Bullying Poem (Year 7)

### Different

I always thought that I was different,  
And now I know it's true,  
They always nick my lunch,  
And flush it down the loo

They always beat me up, and steal my bus fare,  
Then they beat me up some more,  
Just cause of the clothes I wear

You lot call them boys, but really they are thugs,  
I just get beat up for no reason,  
Or is it cause I don't take drugs?

I really don't like it,  
It's really getting me down,  
I wish it wouldn't happen,  
I wish I would just drown

## **Bullying... stopped at last**

I thought I was the best  
I thought I could do it all  
I thought I was invincible  
I thought I was unstoppable  
I thought I was in control  
Until I was taught a lesson  
Until they couldn't take no more  
Until they were pushed to the edge  
Until they came up in groups  
And put a stop to my reign  
I was beaten and disgraced  
By the people I bullied  
I shall never bully again

**Written by: Akin Onigbinde**

### **I was**

I once was one  
But now no more  
I had my chance  
But now no more  
I did it much  
But now no more  
They did it to me  
But now no more  
I have changed my life now  
But now no more  
I was...

**Written by: Kevin Wambugu**

### **The Bullies**

What is bullying?  
Why does bullying occur?  
Who are the bullies?  
Who are the victims?  
None of the above have the answer  
Bullying occurs naturally  
Where children and adults are  
They do things to get what they want  
When they want it  
Everyone of us is bullied  
Some are physical some aren't.  
Who can stop bullying?  
Everyone of us can  
All we need is a little help  
From parents, friends, teachers  
Relatives and so on  
Even the person being bullied  
Can stop the bullying.  
LETS STOP BULLYING

**Written by: Adebayo Garuba**

### **A Bully's Spell**

In the dark corner of loneliness  
In the shadow of fear  
In there he sat, hiding his eyes, because  
In his eyes there were tears  
It was where his paradise lay  
It consisted of being alone  
It was devoid of people, because  
It was people who put him down  
The group of boys that yelled  
The anger that made him shout  
The blood that trickled  
The fear they bought out  
Talk, they all said everywhere, tell  
But it is hard to break a bully's spell.

**Written by: Sulthana Begum**

### **Me, My Friend & The Girl**

I saw her as a threat to my  
friendship with Jan  
From the very first day she came  
to our school  
I didn't like her but Jan showed her around  
"You're supposed to be my friend!"  
I told Jan  
"She's taking you away from me!"  
But Jan just said I was being silly.  
So, you see, I had to let the girl know  
She wasn't wanted here, she was a friend thief  
So I told her to get lost, to leave me  
and Jan alone  
She just started to cry like a baby.  
I went on and played tricks on her  
Kept telling her to go back to whatever  
school  
she came from.  
Told her if she told the teachers I was  
advising her to move  
Then she would be a squealer.  
She did  
Once. And the teacher yelled at me.  
Stupid teacher.  
I went up to the girl.  
"You're a squealer and a grasser."  
I made sure everyone knew that.  
I was happy because everyone agreed  
with me.  
Except Jan.  
She didn't understand me; I didn't  
understand her.  
We didn't even speak to each other properly.  
Even though we had been best friends before.  
I blame the girl.  
If she wasn't here, I'd still have  
Jan as my friend.  
Because you see, I still needed  
Jan to be my friend.  
But she stuck by the girl, took blame  
for the girl.  
And then she called me a bully.  
Three years later, the girl and I are friends  
now.  
I never see Jan anymore, she'd moved.  
When I look back, I see she was right.  
I was a bully. But how did I become one?  
Why didn't I stop? How did it end?  
I still miss my friend Jan.

**Written by: Adebayo Garuba** (Former member)

### **That's Not Me**

A girl on TV, being beaten badly by her bullies.  
That's not me.  
The boy in the newspaper committed suicide  
because of his bullies  
That's not me.  
The magazine: She was scared of her bullies -  
enough to stab one  
That's not me.  
In the radio: His bullies dared him to jump;  
now he's in hospital  
That's not me.  
The charity advert said the bullies drove her

to overdose.  
That's not me.  
The book: She stood up to her bullies by  
beating them up  
That's not me.  
Then I see, one day  
A lonely kid in the park  
kicking a stone  
Hiding every time he sees someone.  
That's me.  
Am I being bullied?  
That's me.  
**Written by: Sulthana Begum**

### Recipe De La Bully

Time: 10 Minutes

Ingredients: 1 Victim, 2 Spoonful  
of coloring and some doses of fear juice.

1. Close mouth of meat to stop squealing.
  2. Beat till tender.
  3. Clean out blood.
  4. Add a bit of colour, preferably red on the cheeks and black on the eyes.
  5. Prepare with fear juice, add it to your taste.
  6. Warm with own heat.
  7. Put it down and down again.
- Serve people who won't argue how terrible your cooking is and blab to everyone about it.  
Alternatives: Next time how about trying something bigger and tougher.  
Or is that too difficult?

**Written by: Sulthana Begum**

### Bullying

Why bully?

Is it the satisfaction?

Or the loneliness tell me in case I don't know,

Maybe it might be fun to bully

Or is it watching your victims being emotionally scarred forever?

Never think your victims will forget because

They will carry the memory with them forever.

Hidden in the darkest memory where it can't be seen,

To be revealed later in an emotional state

Where it can be traumatic to the victim.

How would you define yourself when

Your victim takes a step to disaster?

Don't look around like I am not talking to you,

You who have bullied before or bullying now.

Go on, tell me that you haven't bullied anyone,

Haven't you name-called people who are different from you?

How do you think they feel?

Do they go home and feel good that they have been called names?

Let me tell you something,

Some cry, some don't, some keep it in, but others don't

But you need to understand that it hurts.

Bullying is not only physical but can be verbal like name-calling.

Now stop for a moment, think of all your victims.

What can you do to help all your victims?

Don't bully again, advise others not to do the same.

Work together and treat others the way you want to be treated.

You can choose to ignore me,

But can you deal with it on your conscience

Now that you know how your victims feel inside.

They say in reality what goes around always comes around.

**YOU CAN DO SOMETHING ABOUT STOPPING BULLYING.**

**Written by: Bobby Kensah**

### Bullying.

It's a terrible thing.

And it leads to more bullying.

More bullying.

Just what our world wants...

Ehem !

- Adapted from a youth focus group exercise (June 2002)

### The 'No' Rules

No fighting

No hitting

No swearing

No punching

No kicking

No pushing

No slapping

You can't bring anything

You can't take anything

From school

No sweets

No toys

Not allowed

No saying

Saying "Rules are made to be broken."

No arguing

Thank you very much!

**Written by: Sulthana Begum**

### Me

Me

The only one you notice

Me

The only one you see

Me

The only one you hate

Me

The only one you love to hate

Me

The only one standing out

Me

The smart and clever one

Me

The kind one

Me

The mature one

Me

The one with a future

Now what about you?

**Written by: Dennis Lye**

### Bullying.

*" I'm the King of the Castle.. You're the dirty rascal."*

*" Your not the boss of me."*

*" Leave me alone"*

*"Tell, and your dead meat"*

### Bullying.

So you bully.

Maybe you're jealous?

Want attention. Need attention. Crave attention!

Insecure...That's it, insecure...Runs in the family.

Dad's a bully. Mom's a bully. It's a way of life.

Home: A violent place.

Bullying...makes you stronger? Not!

Makes you sleep better. It does?

Makes more friends. Like, think about it.

Makes you feel like your contributing to a more peaceful world?

### **Bullying: How do you Sleep?**

It's a mean and terrible thing.  
Intentional.  
Accidental...Not!  
Harmful. Harmful beyond measure.  
Deliberate. Deliberately hurting someone.  
Hurting someone over and over...and over.  
Time and time again. Over and over.  
Bossing, controlling and possessing.  
Dominating.  
Denial.  
"Who me...A Bully"?  
Power!...one over another.  
Calling the shots.  
Taunts... Put downs.  
Making them cry.  
Breaking their things.  
Breaking their spirit.  
Pushing, kicking, taking.  
Taking. Their confidence.  
Their pride.  
Taking their life. They can be pushed...pushed over the edge.  
Seeing them squirm.  
Embarrassed, humiliated, abused.  
Child abuse.  
Where is CAS?

### **The Last Time....**

The last time I laughed was never,  
the last time I cried was today,  
The last time I was pushed over was five minutes ago,  
Every school day seems to go on and on....  
The last time I bled was yesterday,  
The last time I went without food was break,  
The last time I sat by myself was....everyday.  
I pray for the end of school to save me.  
The last time I had a friend was pre-school,  
The last time I played with a person was then,  
The last time I had the will to live was....  
I can't remember,  
I won't be returning to school in September.

This poem was written by a 14 year old female, called Angharad. I have since spoken to Angharad who is now 18 and she told me her life has now changed for the better - this shows there IS life after bullying.

### **WALK TALL**

Just remember Jon, walk tall  
Don't let that bully get you down  
Next time he decides to have a go  
Just let out a gentle sigh or frown.  
Don't give him the benefit of a reaction  
Try to be careful that it does not show  
I know deep down how much he hurts you  
But this he must not know.  
Remember that he perceives people as a threat  
Fearing that they are more gifted than he  
He feels acutely smaller and insecure  
And this is what you must see.  
So forgive him for his stupid ways  
For he has not yet the wisdom to know  
Why he's really behaving the way he is  
And putting on such a show.  
And if others ever look up to him  
Well that is their blindness too  
They cannot see the situation for what it is  
Believing the false instead of the true.  
Perhaps one day he will know himself  
And come to possess your quiet dignity  
But till then it is for you to know yourself  
That you know him better than he.  
For you are the one who holds the true power  
He doesn't yet see this at all  
He can only hope for the wisdom you have  
And this is why you should walk tall!  
And should it ever seem to you  
That this torment will never end  
Just remember that I will be here for you  
Your lifelong friend!

This was written by a lady for her friend who was a victim of workplace bullying, but a poem which describes the courage you need to help fight against bullying!  
Thank you very much Lisa x x x

### Why do you hate me so much?

I'm all alone in this fight, can't you see? There's 6 of you and 1 of me,  
It's just not fair, please walk away. Please don't beat me up today.  
You gang up on me at school today. I get hit so much that I could run away.  
But I am brave, I'll see this through. My life is hell and it's because of  
you.  
The next time I get hit, I could be dead. Or lying hurt in a hospital bed.  
But of course, this means nothing to you. Because it's your life, it's what  
you do!  
"You are ugly!" "You are fat, and that's all you'll ever be!"  
I wish you knew what trouble you've caused by repeating those words to me.  
But my hurt is something you'll never feel and I hope you never do!  
Because my life is empty now and I've never felt so blue.  
I have no friends; you've managed so well, to turn them all against me.  
I can't sleep at night for fear of my dreams; I just wish that I could be  
free.  
Some years have passed, nothing's changed at all, you must hate me real bad?  
Is it really that much fun, making me so sad?  
It's getting close to the last day of school, time to leave this life of  
hell.  
Just too much has happened to me, some of which I'll never tell.  
I can cover up my bruises; hide the scars and the hurt too.  
But I never will be able to forgive you, for what you've put me through.  
As much as I try, even today, these feelings inside won't go away.  
I never should have been treated that way and if you tried it how I'd have a  
lot to say.  
But you wouldn't do that because you're a coward. Your friends have gone and  
you're all out of power.  
Now I am older, I've found true friends I can be myself and not pretend.  
This brings my poem to a happy end :-)

### My thought:

YOU CAN SURVIVE BULLYING! I'm not sure that the hurt that these people cause  
will ever go away, but it does make you stronger! x x x

Anon  
*A poem written by a special survivor - no more words can describe her/him better. Thank you xxx*

### **Bully**

They annoy me,  
They're pov,  
All this is because,  
I hate them.  
They stink.  
You all just may think  
That I'm angry,  
I'm deluded,  
I'm violent and abused,  
But basically I want to bash  
Steal & cheat, hate & smash.  
All you little retards  
Who think you are so tough  
Wait till tomorrow,  
You can't run fast enough.

### **Naomi**

Hurt  
Alienated  
Retard  
Alone  
Smashed  
Scared  
Mateless  
Everyone hates you  
Name calling  
Tormented

### **Naomi**

### **The Bully**

I'm a bitch, I'm a cow  
I think that you're all freaks  
So give it to me now.  
You're pathetic and you're weak!  
What I have is what you need  
The friends, the name, the look and greed.  
I dominate the school,  
Because I have the power.  
My group and I we rule them all  
I stand over you like a tower!  
I will kick you and smash you, abuse and harass you  
your clothes are crap  
Your hair is yuk  
You use words like chap  
And you really suck!  
One day soon  
Your defeat will come  
You are doomed  
You're just pond scum!

### **Kimberley**

### **The Victim**

Violence  
Insecure  
Called Names  
Terrorised  
Isolated  
Mate-less

### **Jenna**

Alienated  
Broken hearted  
Unhappy  
Sad  
Everyone hates you  
Dog ugly  
Alone  
Name calling  
Dumbass  
Un accepted  
Smashed and scared  
Empty  
Demented

### **Kimberley**

#### **The Bully**

Bashing  
Up Themselves  
Laughing  
Losers are Targets  
Yelling

### **Jenna**

Hurting  
Alone  
Running Away  
Afraid  
Stomach churns  
Scared  
Meaningless  
Emotional  
Not Nice  
Tormented

### **Jenna**

Angry  
Dumb  
Unhappy  
Loser  
Lonely

### **Anon**

I hate everyone and everything  
I hate being lonely, hate being scared,  
I'm pushed, shoved, always abused  
Whenever I turn a corner I feel fear coming on  
Won't someone hear my cries?  
Won't someone hear my pain?  
Each and every day,  
I feel broken in so many ways.

### **Anon**

#### **A Poem About Bullies**

Bullies are horrible,  
The things they say,  
You begin to believe them.  
You feel like a new flower,  
That's just been knocked off its stem.  
It can get you into trouble,  
If you try and fight back.  
Your self confidence,  
Begins to lack.

### **Bully**

Bashed up  
Ugly bruises  
Laughter and jeering  
Lonely and insecure  
You're the victim

### **Matthew**

Hurt often  
Abused.  
Really hate some people  
Always backstabbed  
Scared of bullies  
Smashed property  
Made fun of in class  
Equality not understood,  
No respect given  
Treated unfairly by others.

### **Ben**

Beating up people who are different  
Usually enjoy bashing others  
Like to impress others by insulting people  
Lonely, very few friends  
You enjoy being a bully

### **Ben**

Bashed  
Used and abused  
Loser  
Laughed at  
Your Mama.  
Verbally abused  
Insecure  
Called names  
Teased  
Insulted  
Made fun of.

### **Justin**

A bully is  
Manipulative, scary, nasty,  
Rude, arrogant, terrifyingly mean,  
Hurtful, harassing, annoying,  
Cruel.

*Peta*  
Hopeless  
Coward  
Retard  
Feels bad  
Upset  
Sucks  
Embarrassed  
Excluded  
Unsafe  
Demented.

### **Daniel**

### **Her**

I know when she's around me,  
My arms and legs begin to shake,  
My heart feels like a quake,  
I feel my life is at stake,  
My head feels like a lake,  
Filled with lots of different things.  
I know when she's around me,  
My world feels like the soft grounds of a cake.

## **Bullying**

by Alexandra Galvis

As I make my way to school each day  
To see the girls who break my soul  
I wish I could tell the bullies in my school  
Can you be kind and not so cruel?  
And it starts and lasts all day  
I cannot stand it, go away  
Just close your eyes and you will see  
All the memories that you have engraved in me  
I think to myself  
There is no pain, there is no fear  
So dry away that silent tear  
It's not that easy you must know  
I'm not a project of anybody  
I'm not your pity either for you to be my friend  
Give me a chance so you can see  
There is nothing strange about me  
That you have not let them see  
I ask myself will this ever end?  
I just feel empty time to time inside me  
Sooner or later I'll break down and cry  
Let the darkness fill the room  
I can't get out of it, I can't resume  
I feel so alone like a single red rose,  
So alone like a story that's never been told  
I feel so alone like a sparrow in the sky  
Like a bird who cannot fly  
I am lucky to have a family like mine  
Who understand me and feel pride  
Otherwise my world would be dark  
With every unpleasant memories  
That is left inside me.  
Never allow anyone to bring you down  
On your mind make these feelings  
Make you stronger and put your head up high  
Never keep it silent  
There is nothing to feel ashamed of  
Only to those that join in all that harm.  
As I get up in the morning  
To prepare myself for school  
My body and my mind  
Start to get scared and  
My life felt very dark inside  
I couldn't take it any longer  
As I started to share my pain with my mum  
I didn't know how to explain to her  
It all came out with tears and a broken heart  
She couldn't comprehend as I hid it for a while  
I showed her every day I was a happy child  
Nobody will understand that bullying can make such harm  
I ask myself everyday what wrong have I done  
Why bullies don't take a day in my shoes  
To feel the unpleasantness to feel unwanted  
To understand how much damage they have done  
When you feel scared and abused inside  
If you ever feel you've been bullied  
Never feel guilty and keep it shut  
Just remember it's not your fault  
There are always jealous cowards in this world.

## Pupil's Poems

### Poem One: The Bully

Ah ha! There's the wimp,  
What a 'mammy's boy'  
I'll have fun at playtime now,  
With my punch bag toy.  
I'm so great, so big and strong,  
I've even got my followers,  
We rule the school, bully fools,  
And terrify the toddlers.  
'Fat Boy', 'Tramp' and 'Specky',  
Are my favourite names,  
Along with 'Spelk' and 'Scabby',  
We never take the blame.  
Hit them, kick them, yell at them,  
Poke them in the face,  
Bruises are so colourful,  
I like to leave a trace.  
I love this game; I will not stop,  
Can't wait to see them cry,  
Beaten and defeated,  
They'll wish that they could die.  
The reasons why I bully them,  
Why do I attack?  
I was once a victim,  
But now I'm hitting back.

#### (Bully)

Don't you dare,  
Stand and stare,  
Or else I will get you.  
I am hard,  
I'm in charge of the yard,  
And I'm going to get you.  
You're gonna care,  
I'm your worst nightmare,  
And I'm coming to get you.  
Why me, why them, why us?

#### (Bully and mates)

He'll squash you like his little pet,  
And I'm the bully's mate.  
Don't mess with us,  
Don't make a fuss,  
Cos I'm the bully's mate.  
And don't dare tell,  
We'll make your life hell,  
Cos we're the bully's mates.

### Poem Two: Why me, why them, why us?

#### (Victim)

Why me, why them, why us?  
Why is it me?  
I'm always alone,  
And all I want is friends.  
Every day's the same,  
Full of pain and shame,  
But all I want is friends.  
What have I done?  
Why can't I have fun?  
All I want is friends.

#### (Friends)

Don't be scared,  
I'll be your friend,  
I'm not afraid of the bully.  
Ignore the names,  
Come play the games,  
I'm not afraid of the bully.  
Don't get in a state,  
I'll be your mate,  
I'm not afraid of the bully.  
We're sorry for the past,  
We'll be your friends at last,  
We're not afraid of the bully.  
Why me, why them, why us?

#### (Friends and bully's mate)

What would you do,  
If it was you?  
Stay away from the bully.  
You can change now,  
We'll show you how,  
To stay away from the bully.  
I know I don't like what you're doing to him,  
I'm not going to be your friend again,  
I'm staying away from the bully.  
He thinks he's so strong,  
But he's really, really wrong,  
I'm staying away from the bully.  
Why me, why them, why us?

#### (Bully)

I know I've done wrong,  
But I'm not really strong,  
Even if I am a bully.  
I feel ashamed,  
I deserve the blame,  
Because I am the bully.  
I no longer have friends,  
What can I do to make amends?  
Because I don't want to be the bully.  
Why me, why them, why us?  
And there will be no escape.

#### Me

by Caroline

They tease me constantly  
Because I am just me.  
I am excluded and they talk  
Just loud enough for me to hear  
Their plans.  
They burn fear into my heart.  
To hurt me worse, to push me harder.  
My depression that had gone away  
When I had switched schools

To get away from Bullying

Came back.

I wanted to scream.

I didn't care about school,  
Or my Leadership Positions.

Only about running,

Away, far away.

The coach knows

And will talk to them,

But it will get worse and go on

**Bullying Poems**  
**BULLIED**

Bullies get you.  
I don't know how but they do.  
The seem to have some  
Secret inborn radar  
Tuned into loners  
Quiet ones  
Different ones

You don't have to  
Do anything, say anything  
Seems you just have to be you

Grown-ups think they know  
Bullies? Just cowards, they say,  
Unsure of themselves,  
Needing to act big.  
But its hard to believe  
When jeering faces  
Zoom up to yours.

When they are hassling you.  
Calling you names  
Leading the chanting  
The whispering  
Urging others on,  
A relentless horde  
Of nagging, peaking birds

Then there's the 'in-betweens',  
The waiting, the not knowing  
Just sure that  
Sooner or later  
It's going to come  
The worst times;  
The thinking times

Don't ask me the answer  
I don't know but -  
I'm getting there.

Keep my eyes skinned  
Find a crowd to vanish into  
Before they see me

Cornered, I know I cant look at them  
In the eye - but I've learned  
Not to look at the floor,  
try to walk tall.

Mostly I've learned  
To talk in my head,  
Tell myself  
Its not me, I'm all right -  
They're the idiots, the misfits  
Eventually  
It begins to sink in

I'm getting tougher inside  
It's working  
Just don't give in

Try anything, anything  
But don't let them win

**Patricia Leighton.**  
**DREAM TEAM**

My team  
Will have all the people in it  
Who're normally picked last.

Such as me.

When it's my turn to be chooser  
I'll overlook Nick Magic- Feet-Jo-nes  
And Supersonic Simon Hughes.

And I'll point at my best friend Sean  
Who'll faint with surprise  
And delight.  
And at Robin who's always the one  
Left at the end that no one chose -  
Unless he's away, in which case it's guess who?

And Tim who can't see a thing  
Without his glasses.  
I'll pick him.

And the rest of the guys that Mr Miller  
Calls dead legs but only need their chance  
To show what they're made of.

We'll play in the cup final  
In front of the class, the school, the town.  
The world the galaxy.

And due to masterly leadership shown  
By their captain, not forgetting  
His three out-of -this-world goals,

We'll WIN.

**Frances Nagle.**  
**SHAME**

There's a girl at school  
We teased today  
Made jokes, called her names.  
My friends all laughed,  
Called it harmless fun.  
Said it was just a game.

Now I'm at home  
Feeling horrid inside,  
Long gone that thoughtless grin.  
How will I face her  
Tomorrow at school?  
I wish I hadn't joined in.

**Tracey Blance.**  
**NEW GIRL**

Have you seen the new girl?  
First-day -at-our-school girl  
Not-sure-what-to-do girl  
No-partner-in-the-queue girl  
Mouth-stuck-down-like-glue girl  
Looking-a-little-blue girl  
Needs-a-friend-or-two girl  
So what you going to do girl?

**Danielle Sensier.**  
**IT HURTS**

It hurts when someone  
makes remarks  
About the clothes I wear,  
About the foods I refuse  
to eat  
Or the way I cover my  
hair.

It hurts when someone  
laughs and jokes  
About the way I speak.  
Ignore them says my  
bad, but it's hard  
To turn the other cheek

It hurts when someone  
calls me names  
Because of the colour of  
my skin.  
Everyone's different  
outside  
But we're all the same  
within.

John Foster.

## Secondary lesson ideas

### English

- Use examples from modern literature or examination set texts to illustrate characterisation. Ask pupils to think about how characters that bully compare to others from the books and then ask them to use those ideas to form a play or passage about a specific moment of conflict. As a twist, ask them to write the piece from two different points of view, once from that of the perpetrator and again from the point of view of the person being bullied. A discussion afterwards of how they felt about writing the versions would be beneficial. Exploring social and moral issues is part of the programme of study for Key Stages 3 and 4 in the National Curriculum.
- Writing the slogan or words for an anti-bullying campaign can be used to support the programme of study at Key Stages 3 and 4 by evaluating how language can be used to attract different audiences and convey meaning. The slogans can then be incorporated into an art or ICT project on anti-bullying or they can stand alone as a radio jingle or television commercial script.
- Poetry is an excellent form of self expression. Pupils could look at poems about racial prejudice or homophobia and analyse them before starting to write their own poem. Poems can then be read out in class or as part of an anti-bullying assembly

### Citizenship

- Key Stage 3 pupils can use citizenship lessons for discussing bullying. Unit 3 of the QCA schemes of work for Key Stage 3 is about human rights. Pupils could use this as a starting point when discussing pupil rights within school. Help them to draw up a students' manifesto, specifying each pupil's rights within the school, similar in concept to the Universal Declaration of Human Rights document (more [human rights resources](#)).
- Unit 3 of the QCA schemes of work for Key Stage 4 is about challenging racism and discrimination. Taking these subjects and relating them to bullying within the school can lead on to discussions on the topic of the wider global community and how bullying affects people world wide.

### PSHE

- Raise awareness within the school by openly discussing bullying. Use PSHE lesson times to train some pupils as mediators. Having pupils as in-school conflict resolution helpers means they are more approachable than staff or an outside mediator. Visit Teachernet's [peer mediation](#) section for more information.

### ICT

- Key Stage 3 pupils can design, write and upload an anti-bullying website on to the internet. Unit 9 of the QCA schemes of work supports the building of an interactive live website or a page to go on to the school intranet. Ask pupils to research anti-bullying websites (they could start by visiting the [useful sites on anti-bullying](#)) and gather information on bullying, statistics and advice for those being bullied to upload on to their site. The site can then be advertised in local newspapers or on posters around the school.

### Art

- Ideas on self image can be explored by painting self portraits. After studying famous self portraits (such as Vincent Van Gogh or Rembrandt) or portraits of famous people (visit the [National Portrait Gallery](#) website for ideas) discuss how a portrait can portray more than just what a person looks like. After careful study of their image ask them to paint a self portrait conveying ideas about themselves. Although this lesson does not link directly to bullying, the ideas of self image and self expression often help pupils to identify with themselves and their classmates. Unit 7a in the QCA schemes of work for Key Stage 3 supports the studying of self images.

A large anti-bullying mural or wall hanging, contributed to by all of the pupils and staff, is the biggest and loudest way to convey the message that your school does not turn a blind eye to bullying. The mural or wall hanging could be a message of peace or inspirational text rather than a straight forward anti-bullying message. Encourage every one within the school to add their own message or image making it a very visible sign of the cohesion of the whole school. Unit 9c of the QCA schemes of work for Key Stage 3 supports this way of identifying a public space and using it for a specific purpose.

### How widespread is violence in our schools?

- The U.S. Department of Education estimates that each year, three million thefts and violent crimes occur in or near schools. That's an average of 16,000 such incidents per school day. (Harvard School of Public Health)
- In a 1994 survey of 700 communities, 80% of respondents said that violence was a serious problem in classrooms, hallways, and playgrounds. (National School Safety Center)
- In a 1993 survey of 720 school districts nationwide, 82% reported an increase in violence in their school over the past five years. (Harvard School of Public Health)
- In a 1993 survey of students grades 6-12, 79% said that violence was caused by "stupid things like bumping into someone." Other causes of violence included: boyfriend-girlfriend disputes, outsiders, racism, and gangs. (National School Safety Center)

### What's the risk of being bullied at school?

- Bullying begins in elementary school, peaks in middle school, and falls off in high school. It does not, however, disappear altogether. (The Facts About Bullying, 1997)
- 61.6% of students who are bullied are picked on because of their looks or speech. (U.S. News & World Report, May 7, 2001)
- Of the students who are bullied, 55.6% report being hit, slapped, or pushed. (U.S. News & World Report, May 7, 2001)
- In a 1994 survey, it was reported that 22% of all teenaged students had been in a fight in the past year. 34% of those fighting were boys while only 11% were girls. (Harvard School of Public Health)

### How do students react to bullying?

- Up to 7% of eighth grade students stay home at least once a month because of bullies. ([www.bullybeware.com](http://www.bullybeware.com))
- In a 1993 survey of students grades 6-12, 50% knew someone who switched schools to feel safer. (National School Safety Center)
- More than 43 percent of middle school and high school students avoid using school bathrooms for fear of being harassed or assaulted. (Mothering, May/June 2001)
- One in fifteen students said they avoided certain places at school because they feared being attacked. (Harvard School of Public Health)
- Only 25% of students report that teachers intervene in bullying situations, while 71% of teachers believe they always intervene. ([www.bullybeware.com](http://www.bullybeware.com))
- When asked, students uniformly expressed the desire that teachers intervene rather than ignore teasing and bullying. (Maine Project Against Bullying)
- By age 24, 60% of identified bullies have a criminal conviction. ([www.bullybeware.com](http://www.bullybeware.com))

### Web Resources for Students

- These are great websites to go to if you are being bullied and you want help or if you think you might sometimes be a bully, and you want to know what you can do to help yourself. **Bullying. Org:** An excellent resource to see, read, and hear the impact bullying has had on people's lives. Read personal testimonies, hear songs, watch videos, and read poems about bullying. [www.bullying.org](http://www.bullying.org)
- **Stop the Hate:** Find out how other students have successfully stopped violent hate crimes in their communities. [www.stopthehate.org](http://www.stopthehate.org)
- **Youth Crime Watch of America:** Access to information about violence and crime prevention, bus safety, and conflict resolution. Learn how to start a chapter in your area. [www.ywca.org](http://www.ywca.org)
- **No Bully:** Information about what bullying is, how to tell if you are a bully and why people are bullied. [www.nobully.org.nz](http://www.nobully.org.nz)
- **Bully Survival Guide:** Provides information on how to deal with bullying. Includes celebrity stories and facts about bullying [www.bbs.co.uk/education/archive/bully/index.shtml](http://www.bbs.co.uk/education/archive/bully/index.shtml)
- **Teasing Victims:** A website dedicated to helping youth who are constantly teased. Sections include: "how to stop being teased and bullied without trying," "have more friends," and "Columbine made simple." [www.teasingvictims.com](http://www.teasingvictims.com)
- **Kidscape:** This United Kingdom website gives information about who gets bullied, what a victim can do and who a victim of bullying can turn to for help. [www.kidscape.org.uk/kidscape](http://www.kidscape.org.uk/kidscape)

### Web Resources for Parents and Teachers

- **Indiana Youth Institute:** Links to the Virginia Beale Ball Library, a great library in Indianapolis with excellent resource information on bullying, violence, and many other issues related to youth. [www.iyi.org](http://www.iyi.org)
- **Keep Schools Safe:** Web site dedicated to helping parents, teachers and school administrators, law enforcement officers and students in their efforts to keep schools safe. [www.keepschoolssafe.org](http://www.keepschoolssafe.org)
- **Mothers Against Teen Violence:** Includes warning signs for violence and information on starting a local chapter of MATV. [www.matvinc.or](http://www.matvinc.or)
- **National Youth Violence Prevention Resource Center:** Information on youth violence, youth at risk, youth suicide, gangs, and firearm violence. Good source for statistics. [www.safeyouth.org](http://www.safeyouth.org)

- **Stop the Hate:** Dedicated to helping students, educators, police and the community to stop hate crimes and violence. Also, a good connection to other communities about activities in these areas. [www.stopthehate.org](http://www.stopthehate.org)
- **Bullying.org:** An excellent resource to see, read, and hear the impact that bullying has had on people's lives. Read personal testimonials, hear songs, watch videos, or read poems. [www.bullying.org](http://www.bullying.org)
- **ERIC-Educational Resource Information Center:**
- Information for parents and teachers about many educational issues. [www.eric.ed.gov](http://www.eric.ed.gov)
- **Take Action Against Bullying:** Information about bullying from recent articles. [www.bullybeware.com](http://www.bullybeware.com)
- **Stop Bullying Now:** Does not believe that bullying is a part of growing up. View letters from students. [www.stopbullyingnow.com](http://www.stopbullyingnow.com)
- **1Bully Online:** Information for parents and teachers about child and school bullying. Includes link to legal cases with child bullying emphasis. [www.successunlimited.co.uk/bullicide/child.htm](http://www.successunlimited.co.uk/bullicide/child.htm)
- **Teasing Victims:** Provides an online "Revolutionary Manual for Handling Kids' Aggression" and "Columbine Made Simple." Includes area for parents and teachers. [www.teasingvictims.com](http://www.teasingvictims.com)
- **Kidscape:** Gives information about what bullying is, signs of bullying, and what an adult can do to help a child. Gives insight for parents, teachers, and kids. [www.kidscape.org.uk/kidscape/](http://www.kidscape.org.uk/kidscape/)

*Information and statistics compiled by Krystin Washington, INROADS Intern, Summer 2001, for the Community Education and Child Advocacy Department, Riley Hospital for Children, Indianapolis, Indiana, 317-274-2964*