

Making the Best 4-H Clubs Better

Intended Audience

- 4-H club members

Lesson Objectives

Club members and parents will:

- Learn why it is important to listen to friends and other youth.
- Learn how to change their behaviors – not the bully's.
- Practice techniques to learn what a bully is looking for and how to take it away.

Time: 20 minutes

Equipment and supplies

- Handout:
“Ways to Control Your Body from Your Head to Your Feet.”

Do Ahead:

- Review lesson.
- Gather equipment and supplies.
- Copy handout, one per member.
- Discuss/assign who will participate in the role playing activity.

Bullying: Why Me?

BACKGROUND

- Bullying has been in existence for centuries. Only in the last 10-15 years has it come into the national spotlight.
- Bullying comes in a variety of forms.
- The most prevalent types of bullying are verbal and social. Verbal Bullying: youth feed off of fear, attention and things (your possessions). Due to more and easier ways to connect to the internet, Cyberbullying is on the rise.
- Only a small percentage of physical bullying actually takes place. (3 – 5% for boys and 1- 2% for girls) Even though this is a small percentage, it is a terrifying experience for those targeted.
- It is much easier to change your behavior than it is to change a bully's.

The following activity will help youth understand ways they can change their behavior when being teased or bullied.

WHAT TO DO

Activity: Body Control

From your head to your feet, practice the right way to control parts of your body when someone is bullying you. (Practice with a partner, one being the bully and one being the person picked on, then switch.)

HEAD – *Wrong*: Holding your head down and tipped forward. When doing so you are projecting fear, and this will keep them coming back. ***Right*:** Tip your head slightly up giving the appearance you are calm and relaxed.

EYES – *Wrong*: Looking down and around in a nervous manner. ***Right*:** Focus on something in the distance, keeping your eyes higher than eye level and slightly to the left or right although, you don't want to appear to be nervously looking around the room. Looking directly at the bully will only feed their attention seeking behavior.



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Sources

- Adapted from Jim Bisenius
“Bully Proofing Youth”
<https://bullyproofingyouth.com/>

MOUTH – *Wrong:* Chin and lips trembling. This signals that you are really afraid and the bully is in control, which is what they want. ***Right:*** Have your tongue pushed against the roof of your mouth or behind your front teeth – this will also help stop your mouth from trembling. ***Right:*** Silently yawn to help slow breathing. (But don’t look fake. That could make the situation worse.)

SHOULDERS AND ARMS – *Right:* keep your shoulders relaxed and down but not too far down, or you will look tense. Keep your arms in a natural position – not too close to your body or moving stiffly.

LEGS & FEET – *Wrong:* Walking away fast shows fear. ***Right:*** Scuff your feet as you walk at a slower than normal pace. (1/2 speed) This will make you appear confident.

If you walk into a room where the individual who has been picking on you is, slowly walk past them, at more than arm’s length, to the other side, scuffing your feet while “pretending” to look intently at something on the other side, and then turn and leave.

90% of a bully’s ammunition comes from you talking back. Just keep silent and pretend you aren’t hearing or seeing them. Combine this with the other actions and you will be perceived as cool and confident

TALK IT OVER

Reflect:

You cannot control being teased or picked-on, but you can determine if you will continue to be picked on. These techniques show what behaviors a bully is seeking and how to change your reactions when being teased.

Apply:

Techniques and skills that will help you deal with a bully’s teasing.

ADDITIONAL LINKS

- www.kidscape.org.uk
- http://kidshealth.org/teen/your_mind/problems/bullies.html

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