



Anti-bullying: Activity 4 Effects of bullying

Nathan's scenario

A group of students call Nathan 'fat boy' whenever he passes them.

Think and talk about Nathan's situation and answer the following questions.

1. What type of bullying is this?

2. How do you think Nathan might feel when people call him 'fat boy'?

3. List some of the effects that the bullying might have on Nathan. Think about the effects on Nathan at home and at school.

4. If you were Nathan, how would you deal with the situation?

5. As Nathan's friend, what are some things you could suggest to him to help stop the bullying? Who could Nathan talk to at school?

Nathan's scenario responses

Discuss your answers together and how they vary from the below.

1. What type of bullying is this?

verbal, physical or social

2. How do you think Nathan might feel when people call him 'fat boy'?

upset, angry, frustrated, annoyed, self-conscious, uncomfortable.

3. List some of the effects that the bullying might have on Nathan. Think about the effects on Nathan at home and at school.

not wanting to go to school, feeling depressed, feeling sick in the stomach,

not being as talkative, avoiding contact with other students.

4. If you were Nathan, how would you deal with the situation?

tell parents, confide in a trusted adult at school to ask for help,

be assertive and make sure the students calling him names know that they

are having no impact, ignore the students, tell a trusted friend.

5. As Nathan's friend, what are some things you could suggest to him to help stop the bullying? Who could Nathan talk to at school?

talk to people at school e.g. principal, school counsellor, school psychologist,

trusted teacher, friend, ignore the bully, act unimpressed, pretend you don't

care, say "no" or "stop it".