



Breaking the Cycle; Bullying it's not part of Scouting

Cub Scout Resource Program

This resource has been adapted from the Scouts United Kingdom –Beat Bullying Program.

This resource has been compiled for a leader to use to run a series of activities that will teach younger scouts about the effects of bullying and how we can stop bullying and feel safe at Scouts.

As a leader you have an important position to help Scouts understand that bullying, in any form, is unacceptable. In Australia Scouts Australia have partnered with the Alannah and Madeline Foundation to further understand the effects of violence towards youth. Their website <http://www.amf.org.au> carries useful information aimed at helping to create safe and friendly environments for children and youth.

As part of the partnership with the Foundation, the Breaking the Cycle Team is developing youth programs for every section of scouting. To begin we have these activity programs for you to use with your cubs and younger scouts.

The aim of these activities is to help you the leader run activities with your group during and after **Scouts in Action Month (August) 2014** and then continue to teach your youth how to spot bullying, stay safe and build resilience. If we teach restorative practices then youth can talk about an issue, discuss and understand it and move on in the spirit of friendship under the scout law and promise.



In this resource you will find games and activities to help you run sessions based around three themes:

- Bullying
- Cyberbullying and
- Staying safe on line

The activities can be run separately however they have been designed to run in order on after the other.

Each session has an opening game to introduce the theme, an activity to encourage some discussion and a closing exercise to help your Cub Scouts think about the topic for themselves.

The sessions are planned for about two hours however you may wish to vary the time. Remember they are designed to get the Scouts thinking and understanding what bullying behaviour is. You may wish to change or renew your Cub Code as your group works through these activities.

Bullying

Being friends and being bullied can happen between the same people. Friends can bully one another and often it is seen to be harmless however bullying can have long-lasting consequences.

These resources are to help your Cub Scouts and Scouts become more aware of bullying and how it can affect people in different ways. The resources also aim to have young people think and reflect on the actions they can take to break the cycle of bullying. Remember bullying is an ongoing issue that can make a person feel put down or bad.

Bullying comes in many forms:

Physical, verbal bullying, cyber bullying, mental and emotional bullying are the most common four. There is also racial, sexual, homophobic and faith-based bullying.

AIMS:

- To help young people understand what it feels like to be subject to bullying behaviour
- To recognise that there are different types of bullying
- To understand some of the effects and consequences of bullying
- To identify strategies to counter bullying
- To think about what they can do to make a difference and stand up to bullying
- To promote restorative practices.

Resources:

Read through each section and decided what activities you (as leader) wish to use before commencing any program with youth in scouts.

- Balls
- Cones/ mats
- Story starter cards (included here but need printing and cutting)
- Story starter cards A (included)
- Story starter cards B (included)
- Copy of the Breaking the Cycle Poster 1. (one the BTC Facebook page and Web site)
- 1 avatar per youth member (template in this resource)

Outcomes

Each section of your Group will develop their own Scout Code. Once your youth learn more about how to break the cycle of bullying they will be able to update their code. A sample copy is on the Scouts in Action Month web page under your section. www.scoutsinactionmonth.com

Samples will be linked to the BTC web page.

Scouts in Action Month – August 2014 is our time to spread the anti-bullying message and teach youth members that bullying is not part of Scouting in Australia or anywhere else. Please promote your activities to your Group and your community during August. Invite your communities and show them what the youth members have learned about building resilience.

Be Prepared

Before you run an activity around this topic please be aware of your Branch policies on what youth members may disclose to leaders. We take this issue seriously. Each Branch has a specialist team of people available to talk with youth or their parents. You are the leader not a trained professional in this area. If you have queries contact your Branch or email the Breaking the Cycle team at breakingthecycle@scouts.com.au.

Serious cases of reporting will go direct to stopbullying@scouts.com.au

Remember: This is your chance to take positive action to improve personal relationships at all levels of our organisation and within your group. Bullying is one of the biggest issues facing young people today – help them to develop ways to deal with the issues.

Activity 1

Introduction

There are two games in this section. – Sharks and islands is more energetic while Gladiators is more structured.

Gladiator

A rowdy football skills game that allows youth members to test their ball control skills.

Note: This game give the young people experience of how it feels to be targeted by a group and how it feels to be part of a group targeting others.

Materials: Footballs – one per Scout.

Get everyone into pairs and ask them to face each other. Ask them to take four steps away from each other to create a wide alley – see diagram. These are the gladiators (cones can be used here to define the layout of the field. One football per person or between two.

Ask the pair at each end to stand at the head of the alley, (the START).

Objective:

The pair at the head of each alley: Begin at the START with their football. The aim of the game is for them to dribble their ball down the alley and across the finish line without losing control of their football or a gladiator using their football to knock one of the pairs' ball out of the alley.

The gladiators on the outside of the alley:

Youth on the outside of the alley must stop the pair on the inside from reaching the FINISH by using their own ball to kick the other ball out of the alley.

When a pair reach the FINISH, with or without their ball, everything resets with a new pair at the START. Keep playing until everyone has been through the alley.

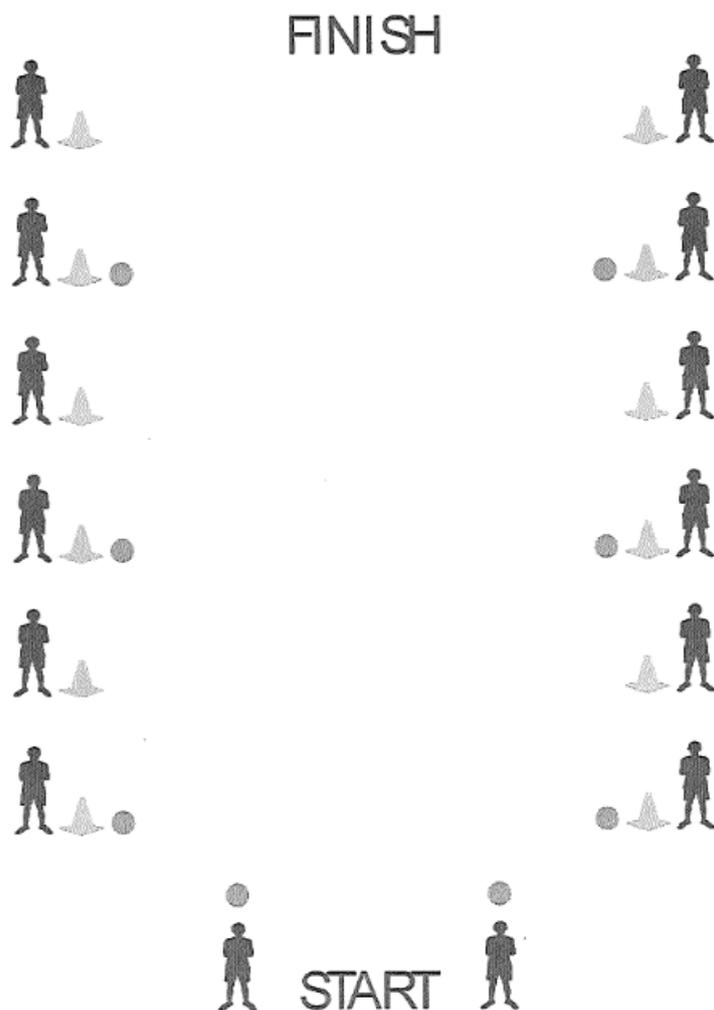
Safety rules:

- Gladiators must pass the ball using the inside of their foot and not strike it.
- Gladiators must aim for the ball and not the person dribbling it.
- Balls must NOT go above the knee or the player is disqualified.

The bullying element:

Before starting the game, ask the Scouts to think about how they feel while they are playing the game. Remind them at points throughout the game to think about how it feels. At the end of the game ask them the following questions to start a discussion about bullying.

- How did it feel going down the alley?
- Gladiators, how did it feel trying to stop the contestants finishing?
- What do the Gladiators represent when thinking about bullying?
- What did the pairs going through the alley represent when thinking about bullying?
- Have you ever been in a situation that has made you feel like this?



Note: The idea is to draw out how it feels to be isolated and under attack as you are going down the alley. For some Scouts this may be difficult. Remember to talk about thoughts, feelings and actions and link them to other activities in this resource package.

Fortune Teller Activity

Give each person a fortune teller template and, following the instructions show them how to create the fortune teller and fill it in.

Note: Some young people may already know how to make the fortune teller. If they do, let them know that the subject is different than normal and you will instruct them on what to fill in.

When complete they should use the fortune teller to challenge each other to find solutions to the types of bullying they have filled in.

Bring everyone back together and ask some of the scouts to share the feelings and actions they had.

QUESTIONS TO ASK:

- Have you ever experienced any of these feelings?
- Are the action all easy to take? Why/ why not?

Some youth will want to share their stories and actions and how they resolved the situation.

TAKE ACTION

Activity 1

As a group, write or review your Code. Think about what the group has talked about today and what changes and additions you could make to your Code. If you don't have one yet, use what you've talked about today to create one.

Try to include

- What you understand about bullying
- What to do if you see bullying
- What you expect from each other
- How you can look out for each other
- Stick you code on the wall with your Breaking the Cycle Poster as a reminder to everyone.

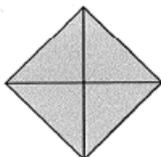
Activity 2

Give each youth member an avatar. See template included here.

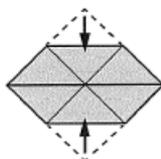
As each person to think about and write down on the avatar what they are going to do from now on to band together – as Scouts. (it should be something they will know of, or encounter if they see bullying). Once they have completed this they may colour in the avatar. Everyone may wish to share this in pairs and then as a patrol or group.

TEMPLATE for FORTUNE TELLER

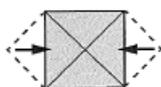
1. Start with a square piece of paper. Fold the two opposite corners of the square together to form a triangle.
2. Fold the two opposite ends of the triangle together, forming a smaller triangle.
3. Open the paper up (unfolding all the folds).



4. Fold a corner into the central point. Repeat with the opposite corner.



Repeat with the other two corners. You'll end up with a square.



5. Flip the paper over.

Fold a corner over to the centre. Repeat with the opposite corner.



Fold over the two remaining corners. You'll end up with a smaller square.



6. Fold the square in half. Unfold and fold in half the other way.



7. Unfold and pull the four ends together, making a diamond-like shape. Pick up each of the four square flaps, and put your fingers inside. You will be able to move the four parts around.



Write examples of bullying on the four flaps. Make sure your example is from a different type of bullying. See the box below. Scouts and cubs will come up with other examples.



Verbal	Mental & Emotional	Physical	Cyber
'You smell'	Hiding a lunchbox	Punching	Prank call
'You're so ugly'	Leaving someone out	Kicking	Nasty comments on a wall
'I hate you'	Pulling faces	Pushing	Modified photos
'You're a failure'	Threatening	Tripping up	Nasty comments over a headset

Flip it over and write 8 feelings on the triangular flaps. Sad, angry, hurt, confused, scared, worried, alone.

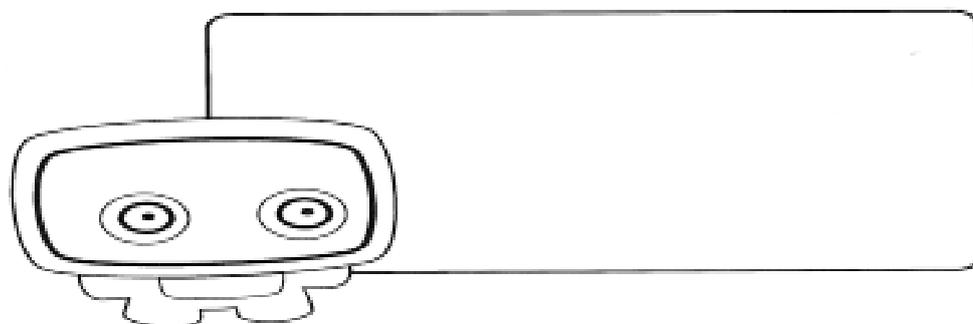
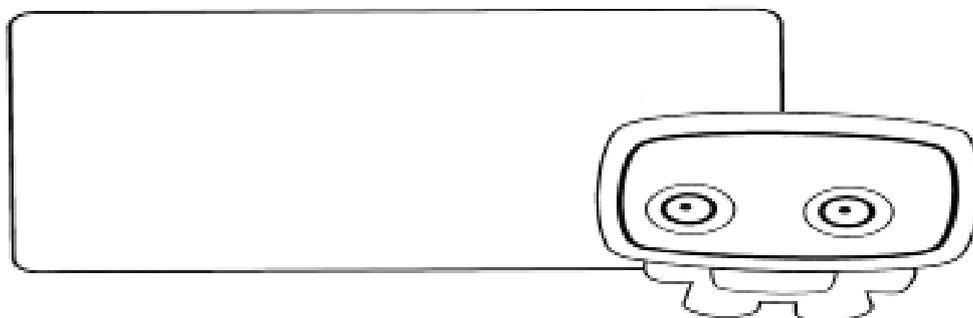
Then write 8 actions on the flaps underneath the examples. Some actions include: tell a friend, tell a leader, tell a parent, walk away, stick with your friends, find a different way home, block them, save it, report it.

FINALLY: Test it out. Have a person choose one of the types of bullying. Spell it out, while moving the fortune teller in and out.

When you finish, have the person choose one of the four feelings.

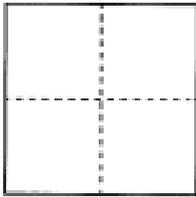
Open up the flap with the feeling they choose, and read the action. Would this action work with the type of bullying and the example? Why? If not, why not?

Avatar Template

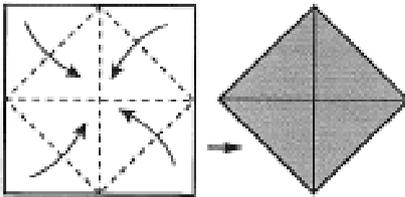


Origami Box Instructions

1. Start with a square piece of paper. Fold the paper in half horizontally and then vertically, so the creases look like this:



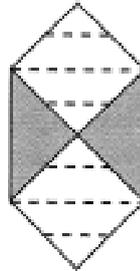
2. Fold the four corners of the paper toward the centre point.



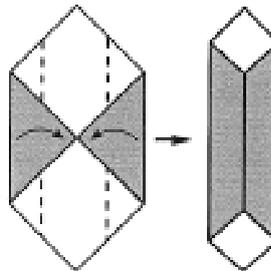
3. Fold the top and bottom of this square into the centre and open out again to create these creases.



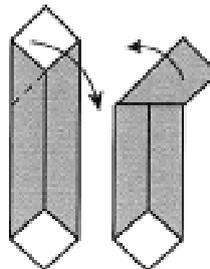
4. Open out the top and bottom triangular flaps.



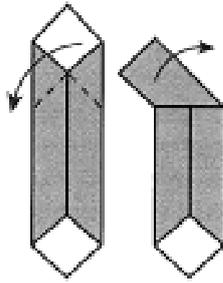
5. Fold the sides of the model into the centre, creasing well.



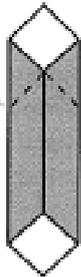
6. Fold down top corner of model and then open out again.



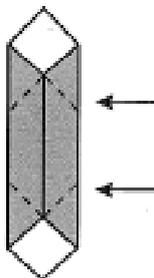
7. Fold down model in the other direction.



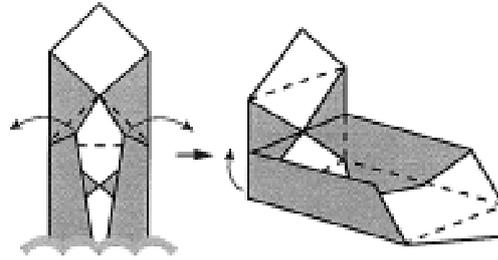
You should now have two new diagonal creases like this:



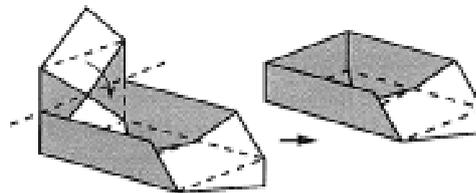
8. Repeat steps 6 and 7 at the other end of the model, so you have the new creases at both ends.



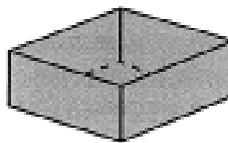
9. At one end of the model open out model along the creases you just made. This will raise the top portion of the model vertically.



10. Fold top of model over into the box. It's taking shape!



11. Repeat steps 9 and 10 at the other end of the box... and it's finished!



To make a lid, just make another box, but start with a slightly bigger piece of paper.

