

## Girl Scouts – Diamonds of Arkansas, Oklahoma and Texas

### NO BULLIES PATCH ~~ Brownie Girl Scout

Bullying starts in preschool, seems to peak during the middle school years, and declines during high school. Except for hazing, we don't hear much about bullying in colleges and universities. We do hear about abusive spouses and workplace bullies, however, which underscores the fact that bullying is a learned behavior that must be unlearned. Bullies don't just grow up and grow out of it. They must be taught better ways of relating to others.



That's where you come in. As a Girl Scout leader, you have witnessed the bullying yourself, or you've heard the reports or rumors. You believe that young people have the right to feel safe, secure, accepted, and valued at school and at youth activities, free from teasing, name-calling, harassment, threats, intimidation, violence, and fear.

By helping the girls in your troop participate in the following activities you are promoting intervention and prevention. It's not enough to stop the bullying that's already happening; we also need to keep students who aren't yet bullies or victims from starting down that road. We hope the activities listed below will help you have a fun and worry free year of Girl Scouting.

### NO BULLIES - PATCH ACTIVITIES

**Brownie Girl Scouts must complete four of the following activities to earn the NO BULLIES patch. Activity #1 is required.**

1. What is a Bully? Ask the girls to brainstorm what they think until all ideas are exhausted. Moms can give their ideas, too.

**Share the following definition:** Bullying is when a stronger person hurts or frightens a smaller or weaker person on purpose and over and over.

Do you know a bully? How do they act?

#### True or False?

- ✓ 1. True
- ✓ 2. False
- ✓ 3. False
- ✓ 4. True

2. Complete the "No Bullies" true or false worksheet. You may do the worksheet as a group activity, or reproduce it for each girl to have her own copy.

3. **Sister Circle.** Girls sit in a circle and one girl is chosen to sit in the middle. All girls in the circle take turns telling the girl in the center what they like about her. (For example: Big smile, sense of humor, great shoes, it doesn't matter as long as it is a positive statement.) Keep going until all girls have a turn in the middle.





4. Set Troop Rules for behavior. Girls should make a poster and display it at every troop meeting.

Rules should be:

- \* Created with girl input
- \* Easy to understand
- \* Specific
- \* Short and simple
- \* Agreed upon and accepted by everyone
- \* Enforceable
- \* Enforced consistently and fairly

- \* Communicated to and supported by parents and leaders
- \* Reviewed periodically and updated when needed

5. Some kids become bullies because they don't have friends, feel lonely, and seek attention by bullying. Some kids become victims because they're isolated and easier to pick on. All children can benefit from learning and practicing friendship skills.

Review the "Tips for Making and Keeping Friends" list and ask girls to give examples from their own experience of how they have used these friendship skills.



6. Ask the girls in your troop to watch for and collect stories about kindness. As they gather their stories, have them paste or write them on large sheets of paper. They can decorate them with drawings, photos, collages, or whatever they choose. Punch holes along the edges and bind the sheets together with pieces of string or yarn. Add cardboard covers with decorations and the title "Our Big Book of Kindness". Keep the book available so girls can look through it and add to it often.



7.. Each girl should take the Girl Scout "No Bullies" Pledge and display completed pledges around your troop rules poster to remind everyone that bullies don't have a place in your troop. You might even include a short, verbal "no bullies" pledge in your troop opening along with the Pledge of Allegiance and the Girl Scout Promise.

These activities are from *The Bully Free Classroom* by Allan L. Beane, Ph.D. and used with permission.

**NO BULLIES**  
**True or False?**

- |  |   |   |
|--|---|---|
| 1. Bullying is just teasing.   | T | F |
| 2. Some people deserve to be bullied.  | T | F |
| 3. Only boys are bullies.  | T | F |
| 4. People who complain about bullies are babies.                               | T | F |
| 5. Bullying is a normal part of growing up.                                    | T | F |
| 6. Bullies will go away if you ignore them.                                    | T | F |
| 7. All bullies have low self-esteem.<br>That's why they pick on other people.  | T | F |
| 8. It's tattling to tell an adult when you're being bullied.                   | T | F |
| 9. The best way to deal with a bully is by<br>fighting or trying to get even.  | T | F |
| 10. People who are bullied might hurt for a while,<br>but they'll get over it. | T | F |

**NO BULLIES**  
**Answers to True or False**

1. **Bullying is just teasing.** FALSE  
Bullying is much more than teasing. While many bullies tease, others use violence, intimidation, and other tactics. Sometimes teasing can be fun; bullying *always* hurts.
2. **Some people deserve to be bullied.** FALSE  
No one ever deserves to be bullied. No one "asks for it." Most bullies tease people who are "different" in some way. Being different is not a reason to be bullied.
3. **Only boys are bullies.** FALSE  
It seems that most bullies are boys, but girls can be bullies, too.
4. **People who complain about bullies are babies.** FALSE  
People who complain about bullies are standing up for their right not to be bullied. They're more grown-up than the bullies are.
5. **Bullying is a normal part of growing up.** FALSE  
Getting teased, picked on, pushed around, threatened, harassed, insulted, hurt, and abused is *not* normal. Plus if you *think* it's normal, you're less likely to say or do anything about it, which gives bullies the green light to keep bullying.
6. **Bullies will go away if you ignore them.** TRUE and FALSE  
Some bullies might go away. But others will get angry and keep bullying until they get a reaction. That's what they want.
7. **All bullies have low self-esteem. That's why they pick on other people.** FALSE  
Some bullies have *high* self-esteem. They feel good about themselves, and picking on other people makes them feel even better. Most of the time, bullying isn't about high or low self-esteem. It's about having power over other people.
8. **It's tattling to tell an adult when you're being bullied.** FALSE  
It's smart to tell an adult who can help you do something about the bullying. It's also smart to tell an adult if you see someone else being bullied.
9. **The best way to deal with a bully is by fighting or trying to get even.** FALSE  
If you fight with a bully, you might get hurt (and hurt someone else). Plus you might get into trouble for fighting. If you try to get even, you're acting the same as the bully. And the bully might come after you again to get even with *you*. Either way only makes things worse.
10. **People who are bullied might hurt for a while, but they'll get over it.** FALSE  
Bullying hurts for a long time. Some kids have dropped out of school because of bullying. Some became so sad, desperate, afraid, and hopeless that they committed suicide. Many adults can remember times when they were bullied as children. People don't "get over" being bullied.

## 12 Tips for Making and Keeping Friends

1. **Reach out.** Don't always wait for someone else to make the first move. A simple "hi" and a smile go a long way.
2. **Get involved.** Join clubs that interest you. Take special classes inside or outside of school. Be a volunteer.
3. **Let people know that you're interested in them.** Don't just talk about yourself; ask questions about them.
4. **Be a good listener.** Look at people while they're talking to you. Pay attention to what they say.
5. **Risk telling people about yourself.** When it feels right, let them in on your interests, your talents, and what's important to you. BUT...
6. **Don't be a show-off.** Not everyone you meet will have your abilities and interests. (On the other hand, you shouldn't have to hide them - which you won't, once you find friends who like and appreciate you.)
7. **Be honest.** Tell the truth about yourself, what you believe in, and what you stand for. When asked for your opinion, be sincere. Friends appreciate truthfulness in each other. BUT...
8. **Be kind.** There are times when being tactful is more important than being totally honest. The truth doesn't have to hurt.
9. **Don't just use your friends as sounding boards for your problems.** Include them in the good times, too.
10. **Do your share of the work.** That's right, *work*. Any relationship takes effort. Don't always depend on your friends to make the plans and carry all the weight.
11. **Be accepting.** Not all of your friends have to think and act like you do. (Wouldn't it be boring if they did?)
12. **Learn to recognize the so-called friends you can do without.** Some people get so lonely that they put up with anyone - including friends who aren't really friends at all.

### Friendship Boosters and Busters

Ask girls, "What makes someone a good friend?" Invite them to think about their own friends and what they like most about them. Write their ideas on the chalkboard under the heading "Friendship Boosters." Below are some examples you can add:

- ) A good friend is always there for you.
- ) A good friend is someone who listens.
- ) A good friend is someone who likes you for who you are.
- ) A good friend is someone you can trust.
- ) A good friend is honest.
- ) A good friend encourages you to do and be your best.
- ) A good friend is someone who understands you.
- ) A good friend is someone who shares with you.
- ) A good friend respects your property.
- ) A good friend respects your rights.

Next, ask girls, "What kinds of things can hurt a friendship or keep people from making friends?" Write their ideas on a large piece of paper under the heading "Friendship Busters." Add these examples:

- ⚡ bragging
- ⚡ name calling
- ⚡ being bossy
- ⚡ teasing
- ⚡ making fun of others
- ⚡ being stuck-up
- ⚡ lying
- ⚡ spreading rumors
- ⚡ being rude



## Girl Scout NO BULLIES Pledge

1. We won't bully others.
2. We will help girls who are being bullied.
3. We will include girls who are left out.
4. We will report any bullying we know about or see.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Troop Number: \_\_\_\_\_

**GIRL SCOUTS – DIAMONDS OF ARKANSAS, OKLAHOMA AND TEXAS  
"NO BULLIES" PATCH ORDER**

Our troop has completed all the requirements to earn the "No Bullies" patch. Please list below the activities your troop completed.

Council Name \_\_\_\_\_ Troop No. \_\_\_\_\_ Level \_\_\_\_\_

Troop Leader \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Date Completed \_\_\_\_\_ Service Unit \_\_\_\_\_

# of Patches \_\_\_\_\_ x \$1.25 ea. = \$ \_\_\_\_\_

if you would like patches mailed to you please include \$1.50 postage

Mail to: Girl Scouts – Diamonds of Arkansas, Oklahoma and Texas  
Jonesboro Regional Service Center  
4803 East Johnson Ave.  
Jonesboro, AR 72401