

Girl Scouts – Diamonds of Arkansas, Oklahoma and Texas

NO BULLIES PATCH ~~ Girl Scout 11-17

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 advisor, 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

Girl Scouts 11-17 must complete six 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 intentionally and repeatedly.

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. Many situations in which bullying occurs involve some sort of conflict. Young people and their adult role models need to learn conflict management and resolution skills, which can help stop these bullying problems from developing.



You can create an atmosphere where healthy choice-making is encouraged. These new three R's can make a difference in the troop environment.

- **Rules.** Parents and advisors must demonstrate that they are in charge and won't tolerate any student hurting another student, either physically or psychologically.
- **Rights.** Every girl has the right not to be hurt and the right to learn and work in a safe environment.
- **Responsibilities.** Educators and advisors must be responsible for better supervision and more observant monitoring. Girls must be responsible for respecting the rights of their classmates and themselves.

In peer mediation, girls are trained to help others work out their differences by leading them through a series of steps or an outline. Here's one example of a series of mediation steps:

- ✓ *Relax.* Take a step back from the problem and admit how you feel.
- ✓ *Choose to solve the problem.* Let the other person know that you are ready to talk things through. Stay calm and don't make the problem worse.
- ✓ *Share your feelings.* Talk about the situation using "I statements." Be honest and specific about your feelings. Answer any questions the other person may have.
- ✓ *Listen.* Without interrupting, listen to the other person's point of view. When the other person is finished, you can ask a few simple questions to find out more.
- ✓ *Find a solution.* Together, agree on a way to solve the problem. Then put the plan into action.
- ✓ *Make a plan for the future.* Think of some better ways to handle the situation if it happens again. Agree to try one of these ideas next time.

Role play situations that you have experienced.



4. As a group, 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. Name bullying behaviors. What do bullies do? Brainstorm for these behaviors (some examples are listed below). Have girls take turns coming up with examples and add to the list from the examples below. Girls need to understand that bullying encompasses a broad spectrum of behaviors, none of which are "normal" or acceptable.



- act like they rule the world
- act mean
- act rude
- attack people
- boss people around
- brag about being tough
- break people's things
- carry weapons
- cheat
- damage people's things
- embarrass people
- force people to hand over their money
- force people to hand over their possessions
- frighten people
- gossip
- harass people
- haze people
- hit
- humiliate people
- hurt people's feelings
- ignore people
- insult people
- intimidate people
- kick
- laugh at people
- make obscene gestures
- make racist or sexist comments
- make people feel helpless
- make people feel inferior
- make people feel invisible
- leave people out
- lie
- make people do things they don't want to do
- make people feel uncomfortable
- name-call
- pick on or attack people because of their race, religion, gender, family background, culture, etc.
- pick on or attack people because they're different in some way
- push
- put people down
- refuse to talk to people
- reject people
- say nasty things about people
- say sarcastic things to people
- scare people
- scream
- shove
- spread rumors
- steal
- swear
- take people's things
- taunt
- tease
- tell mean jokes
- threaten
- touch people in rude or abusive ways
- use physical violence
- use verbal taunts
- write nasty things about people
- yell

6. Girls should complete the "This Week in School" survey. Introduce the survey with a brief explanation such as: "This checklist includes things that might or might not happen to you in school. Like: 'This week in school, another student in my class called me names.' Or 'This week in school, another student in my class said something nice to me.' Read each statement and think about the past week. How often did this happen to you? Never? Once? More than once? Answer by putting a checkmark in the column.

- Add up the number of times a checkmark was placed under "more than once" for the questions number 4, 8, 10, 23, 36 and 38. Do this separately for each statement. (Example: for "4. tried to kick me," 3 students said "more than once.")
- Divide the score for each statement by the number of surveys completed to get the percentage of student responses. (Example: 3 girls divided by 25 in the troop = 12%.)

- Add all six percentages. (Example: $12+8+12+20+5+10=67\%$.)
- Divide this number by six. (Example: 67 divided by $6 = 11.16\%$.)

This gives you an idea of how many girls are being bullied or at risk of being bullied at school. Bullying also takes place in the troop meeting, however, if they talk about instances of bullying at school and discuss things girls can do, they will learn positive behaviors to use in all areas of their lives.

Review "20 Things to Do Instead of Hurting Someone Back" and brainstorm with girls other ways of responding to being bullied.

7. In general, bullies tend to be aggressive - they behave as if their rights matter more than anyone else's rights. Victims tend to be passive - they behave as if other people's rights matter more than theirs. Assertive people respect their own rights and other people's rights. Most of us could benefit from assertiveness training. Here are some tips and strategies to practice with the girls in your troop. Girls who are naturally shy and withdrawn and those who have been (or are) bullying victims, will need extra help learning and using assertiveness skills. Ask the girls, "Do you have any rights? Do you know what they are?" Record their answers on a large sheet of paper. Make sure that the following rights appear somewhere on the list:
- 1) We have the right to think for ourselves.
 - 2) We have the right to have and express our opinions, views, and beliefs.
 - 3) We have the right to make decisions about our lives.
 - 4) We have the right to say no.
 - 5) We have the right to say yes.
 - 6) We have the right to stand up to people who tease us, criticize us, or put us down.
 - 7) We have the right to have and express our feelings.
 - 8) We have the right to respond when someone violates our rights.
8. Sometimes body language speaks more loudly than words. Kids who slouch, mumble, fidget, avoid looking people in the eye, back off, and appear frightened and worried are more likely to be victims than those whose body language expresses confidence and positive self-esteem. It's not right - those girls don't deserve to be bullied any more than other girls - but it's true. Practice with role-plays, skits, and face-to-face discussions. Here are the five basics of assertive body language:
- 1) Stand up straight. Stand with your feet slightly apart so you feel balanced and stable.
 - 2) Keep your head up.
 - 3) Keep your shoulders straight. Don't slump.
 - 4) Look people in the eye. Not over their heads, not at the ground-right in the eye.
 - 5) Don't back off when you're talking to someone. Move closer - but not too close. Keep a comfortable distance between you.
- When you look assertive, you're more likely to feel assertive. And other people are more likely to treat you with respect.

9. Review the eight steps to conflict resolution. Form attached.

10. 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.

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.
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
fighting or trying to get even. | T | F |
| 10. People who are bullied might hurt for a while,
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.

This week in School

Reach each statement and think about the past week. Put a checkmark in the column that describes how often that happened to you during the week. When you're through with the checklist, give it to your leader.

Today's date _____

This week in school, another student in my class:	Never	Once	More than once
1. called me names			
2. said something nice to me			
3. said something rude or mean about my family			
4. tried to kick me			
5. treated me with kindness and respect			
6. was mean to me because I'm different			
7. gave me a present			
8. said they'd beat me up			
9. gave me some money			
10. tried to make me give them money			
11. tried to scare me			
12. loaned me something I wanted to borrow			
13. stopped me from playing a game			
14. was mean about something I did			
15. talked about clothes with me			
16. told me a joke			
17. told me a lie			
18. got other kids to gang up on me			
19. tried to make me hurt someone else			
20. smiled at me			

21. tried to get me in trouble			
22. helped me carry something			
23. tried to hurt me			
24. helped me with my schoolwork			
25. made me do something I didn't want to do			
26. talked about TV with me			
27. took something away from me			
28. shared something with me			
29. said something rude or mean about the color of my skin			
30. shouted at me			
31. played a game with me			
32. tried to trip me			
33. talked with me about things I like			
34. laughed at me in a way that hurt my feelings			
35. said they would tell on me			
36. tried to break something of mine			
37. told a lie about me			
38. tried to hit me			
39. made me feel bad about myself			
40. made me feel good about myself			

20 Things to Do Instead of Hurting Someone Back

When someone hurts you, it's normal to feel angry. You might even want to get back at the person by hurting him or her. But you can choose not to do that. You can do one (or more) of these things instead.

STOP and THINK. Don't do anything right away. Consider your options. Think about what might happen if you try to hurt the other person.

1. Know that what you do is up to you. You can decide. You are in charge of your actions.
2. Tell yourself, "It's okay to feel angry. It's not okay to hurt someone else. Even if that person hurt me first."
3. Tell the person, "Stop that! I don't like that!"
4. Keep your hands to yourself. Make fists and put them in your pockets.
5. Keep your feet to yourself. Jump or dance or stomp.
6. Walk away or run away.
7. Tell the person how you feel. Use an "I message." Example: "I feel angry when you hit me because it hurts. I want you to stop hitting me."
8. Take a deep breath, then blow it out. Blow your angry feelings out of your body.
9. Find an adult. Tell the adult what happened and how you feel.
10. Count slowly from 1 to 10. Count backwards from 10 to 1. Keep counting until you feel your anger getting smaller.
11. Think cool thoughts. Imagine that you're sitting on an iceberg. Cool down your hot, angry feelings.
12. Think happy thoughts. Think of something you like to do. Imagine yourself doing it.
13. Treat the other person with kindness and respect. It won't be easy, but give it a try. This will totally surprise the other person, and it might end the conflict between you.
14. Draw an angry picture.
15. Sing an angry song. Or sing any song extra loud.
16. Remember that getting back at someone never makes conflict better. It only makes it worse.
17. Take a time-out. Go somewhere until you feel better.
18. Find another person to be with.
19. Know that you can do it. You can choose not to hurt someone else. It's up to you.



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 _____

Address _____

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