

NO BULLIES PATCH ~~ Junior 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.

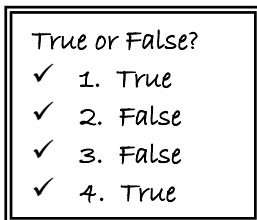
By helping the girls in your troop participate in the following activities you are promoting intervention and prevention. It's not enough to stop the bullying that's already happening; we also need to keep students who aren't yet bullies or victims from starting down that road. We hope the activities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

NO BULLIES - PATCH ACTIVITIES

Junior Girl Scouts must complete five 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?



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. 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. 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. Girls should complete the "This Week in School" survey. Introduce the survey with a brief explanation such as: "This checklist lists 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.' Girls should 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.

- Leaders should 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 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. 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.
8. Help girls learn empathy. Empathy is the capacity for participation in another's feelings or ideas. Ask questions that draw girls' attention away from themselves and toward the feelings, needs, and concerns of others. Examples:

How would you feel if...

- you were the new girl in a troop?
- you were the most popular girl? The least popular student?
- someone made fun of you or called you names?
- you came to school every day without eating breakfast?
- your parents were divorced?
- someone picked on you all the time?
- you were not included in the group?
- you were the biggest girl in the group?
- you couldn't speak English very well?
- you used a wheelchair?
- you had an illness and felt sick much of the time?



9. 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. 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. 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.

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

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