

# Discuss It: Bullying

**There are three types of children:** bullies, victims and kids in the middle. Most kids are in the middle. Read the definitions below and identify which type you are. Then role-play how you can help a victim if you are a kid in the middle and what you should do if you are a victim.

## **Bully:**

A bully is someone who hurts or scares another person on purpose.

## **Victim:**

A victim is someone who is being hurt or scared by another person.

## **Kid in the Middle:**

Kids in the middle are the kids who don't bully and usually are not the victims. They are often afraid to get involved and remain silent. This is the largest group of children and they can make a big difference at their school if they will help the victims.

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## **Role Play**

- LeBron spills chocolate milk all over his white t-shirt at lunch. At recess a bully says "Hey look at pigpen" and "oink, oink". What should you do if you are LeBron? Someone who is watching?
- Cassandra wants to sit with some girls at lunch but she is told by a bully that the only seat left is saved for someone else. What should you do if you are Cassandra? A girl sitting at the table watching?
- Taylor gets kicked or pushed every day on the bus by a bully. What should you do if you are Taylor? Someone who is watching?

