

RELATIONSHIPS EDUCATION

MODULE C Respectful Relationships

O20(ii) - Different types of bullying and
the impact of bullying

Year 3
Spring Term: Lesson 3



Lesson Overview

Lesson 3: Different types of bullying and the impact of bullying

**Engage
&
Activate**

Whole Class & Group Activities

Why bully?



20 minutes

**Explore
&
Explain**

Whole Class & Paired Activities

How the bully feels

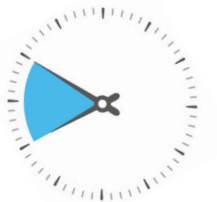


20 minutes

**Elaborate
&
Reflect**

Paired & Whole Class Activities

Duty of a Muslim

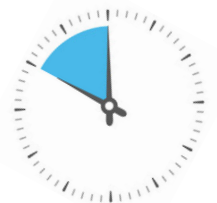


10 minutes

**Evaluate
&
Review**

Independent & Paired Activities

Top tips



10 minutes

Lesson Plan

Lesson 3: Different types of bullying and the impact of bullying

Aim

To understand why some people bully and recognise strategies to help them to stop

Lesson Objectives

In this lesson pupils will:

Explore some of the reasons why people might bully

Consider strategies to help people who bully and those that are getting bullied

Identify ways to stop bullies and empower the bullied

Learning Outcomes

By the end of this lesson pupils will have:

Identified some reasons why people may bully others

Considered the feelings bullies may be experiencing

Explored how we should behave towards others as Muslims

Key Vocabulary

fear

isolation

victim

empathy

Resources



Resource sheets



Pens / Pencils



Envelopes



Post-it notes

Lesson Plan

Engage
&
Activate

Lesson 3: Different types of bullying and the impact of bullying

Whole Class & Group Activities

Why bully?

Inform pupils that in this lesson we will be **exploring** what makes someone bully, and how we can help the bully and those being bullied.

Introduce learning objectives and learning outcomes.

Discuss key vocabulary and **share** definitions. **See** below.

Preparation: **Cut** out the cards on **Resource 1a** and **place** in envelopes. **Prepare one set per group.**

Organise pupils into groups of **four** and **give** each group **one** envelope and **Resource 1b:** who says / feels this?

Ask pupils to:

- **discuss** the words and phrases on each card
- **consider** whether it was the bully or victim who said or felt what is on the card
- **place** the cards in the appropriate boxes on **Resource 1b;** bully or victim

Lesson 3: Different types of bullying and the impact of bullying

Resource 1a

Who said this?

I feel afraid	I am isolated and alone
I have no real friends	Nobody likes me
Everyone hates me	I am weak I need to be strong
I am different	No one cares about me
I want to feel happy	I want to feel liked
I just want to fit in	I hate being me

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Lesson 3: Different types of bullying and the impact of bullying

Resource 1b

Who says / feels this?

Read the card. Did the bully or the victim say or feel this? Place the card in the relevant box.

Bully
Victim

AMS UK v1

Lesson Plan

Engage
&
Activate

Lesson 2: Different types of bullying and the impact of bullying

Whole Class & Group Activities

Why bully?

Take feedback and **discuss** choices.

For example, 'fear':

- What did groups decide?
- Did the victim or the bully feel this?

Open up the discussion as to what may motivate the bully to bully others.

- Could the bully be bullying because the bully feels 'fear'?

Consider the other emotions and **summarise** that the bully may well be feeling a lot of these and this may be what motivates the bully to become a bully.

Emphasise that this is not an excuse to bully but if we can understand how the bully is feeling maybe we can help them.

Key vocabulary

- fear** to be frightened of something or someone unpleasant
- isolation** being alone, especially when this makes you feel unhappy
- victim** someone that has been hurt or has suffered because of the actions of someone else
- empathy** the ability to share someone else's feelings or experiences by imagining what it would be like to be in that person's situation

Lesson Plan

Explore
&
Explain

Lesson 3: Different types of bullying and the impact of bullying

Whole Class & Paired Activities

How the bully feels

Give pupils their completed resource from **Resources 2a-e** from the previous lesson.

Ask pupils to **find** their partner with whom they completed the task.

Recap that in the previous lesson pupils **explored** the different types of bullying and the 'impact' of it in different scenarios.

This time pupils will **consider** the answers to the following questions on **Resource 2**, with their partners:

- Give some reasons why the bully is behaving like this.
- What might the bully be feeling?
- What would you do/say if you were the bully's friend?
- What would you do/say if you were the victim's friend?
- What should you do if you see bullying?

Take feedback and **summarise** good tips and strategies on the board.

Lesson 3: Different types of bullying and the impact of bullying

Resource 2

Scenarios

Answer the questions below:

Give some reasons why the bully is behaving like this.

What might the bully be feeling? (Using ideas from Resource 1)

What would you do/say if you were the bully's friend?

What would you do/say if you were the victim's friend?

What should you do if you see bullying?

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Lesson Plan

Elaborate
&
Reflect

Lesson 3: Different types of bullying and the impact of bullying

Paired & Whole Class Activities

Duty of a Muslim

Read the hadith:

The Messenger of Allah ﷺ said:

‘None of you will believe until you love for your brother what you love for yourself.’

Bukhari & Muslim

Ask pupils to **discuss**, in their pairs, what they think this hadith means.

Clarify that ‘brother’ is not just referring to the boys.

Summarise that the hadith implies that we should:

- want for others what we want for ourselves
- not be jealous but happy for other people’s successes
- have empathy for the emotions and feeling of others
- care for others
- feel a sense of kindness and compassion for one another

Lesson Plan

Evaluate
&
Review

Lesson 3: Different types of bullying and the impact of bullying

Independent & Paired Activities

Top tips

Give pupils **Resource 3**: Top tips, and **ask** them to **reflect** upon what they have learned.

Ask pupils to **fill** in the summary sheet with their top tips, to be displayed in the classroom.

Revisit the concept of what might motivate bullies and **clarify** any misconceptions.


Ask pupils to **make** a promise to themselves to either help those being bullied or to stop bullying if they have bullied others and **record** this promise on **Resource 3**.

Lesson 3: Different types of bullying and the impact of bullying

Resource 3

Top Tips

Write your top tips for putting a STOP to bullying

My promise to myself

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Review learning by referring to learning objectives and learning outcomes.

Pose questions to check understanding and clarify misconceptions using **think, pair, share**:

- Give **two** reasons why someone might bully.
- How can we help the bully?
- How should we treat others? What does the hadith say?
- What promise did you make to yourself regarding bullying?

Resource 1a

Who said this?

I feel afraid

I am isolated and alone

I have no real friends

Nobody likes me

Everyone hates me

I am weak
I need to be strong

I am different

No one cares about me

I want to feel happy

I want to feel liked

I just want to fit in

I hate being me

Resource 1a

Who feels this?

Fear

Isolated

Scared

Lonely

Sad

Weak

Jealous

Afraid

Unloved

Disliked by everyone

Powerless

Judged

Resource 1b

Who says/feels this?

Read the card. Did the bully or the victim say or feel this? Place the card in the relevant box.

Bully

Victim

Resource 2

Scenarios

Answer the questions below:

Give some reasons why the bully is behaving like this.

What might the bully be feeling? (Using ideas from **Resource 1**)

What would you do/say if you were the bully's friend?

What would you do/say if you were the victim's friend?

What should you do if you see bullying?

Resource 3

Top Tips

Write your top tips for putting a STOP to bullying



My promise to myself