

# Bully Busters

## Age Range:

12+, Years 3 +,  
KS 3, KS 4

## Programmes to use with:

Bully 4 U

## Topics Covered:

Language and vocabulary  
around bullying

## Time:

20 - 40 minutes

## Equipment needed:

Copies of the 'Bully Busters'  
hand out and answers.

## Learning Outcomes:

Young people have an increased understanding of different forms of bullying including cyber bullying, sexual / sexist bullying and teenage partner abuse.

Young people have increased empathy for people affected by bullying / cyber bullying.

The key concepts for PSHE education in personal wellbeing for Bully 4 U are:

- personal identities
- healthy lifestyles
- risk
- relationships

## An exercise to look at definitions, language and perception of bullying

### Introduction

This exercise uses team working and reflective learning to increase knowledge and understanding of terms and vocabulary used when talking about bullying. This works well as a follow up session to Loudmouth's theatre in education programme **Bully 4 U**.

### Exercise

The exercise is based on the TV programme 'Blockbusters' and uses a grid made up of hexagonal sections. The grid is included in this file and each section has a letter or series of letters. Each of these stands for a word, phrase or the initials of a person. All of the answers relate to bullying.

Split the group into smaller groups of four. In each group you need a quiz master, a person to play solo and two to play as a pair. This makes 2 teams, team '1' is the name of the team with the person playing solo and '2' is the team name of the pair. The aim of the game is to correctly guess what the letters stand for from a clue the quiz master reads out. When you or your pair gets a question right then the quiz master writes a large number '1' or '2' in the hexagon.

The person playing solo starts and needs to try and make a line down the board, the pair have to have a line moving across the board.

Team '1' goes first and chooses any letter(s) from the board. The quiz master using the list of questions included reads out the clue. The first team to call out either '1' or '2' based on their team name gets to guess the answer. No shouting out of answers allowed. The quiz master's decision is final.

The game carries on until one of the teams gets across the board.

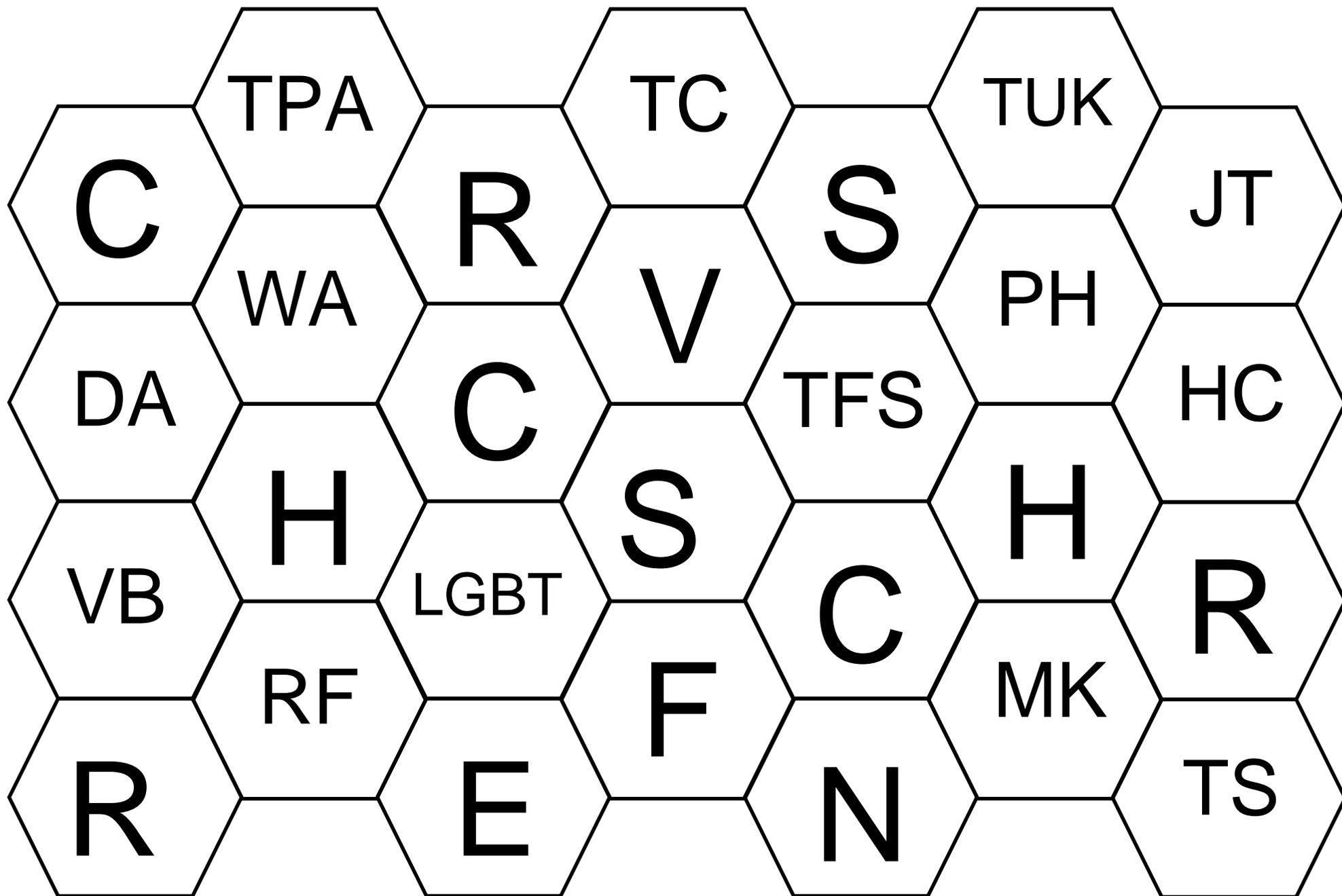
If both teams guess incorrectly then the quiz master may give an alternative clue to the word or phrase etc. and the first to say their team name and guess correctly wins that hexagon.

### Summary

Sum up by asking the groups to feedback how they got on.

Ask if there were any words that people didn't know and discuss any questions or comments raised by the group.

You could finish by collecting all of the sheets and doing a quick recap to see how many of the letters and therefore words, names or phrases the group can remember.



	<p><b>TPA</b> – Which terms often abbreviated to TPA describes when someone bullies their partner in a teenage relationship? <b>Teenage Partner Abuse</b></p>		<p><b>TC</b> - Which TC is one of world's highest paid and successful actors and was bullied at school because of their height? <b>Tom Cruise</b></p>		<p><b>TUK</b> - Which TUK is a website on internet safety and safe surfing for young people? <b>Think U Know</b></p>	
<p><b>C</b> – Which C is bullying that happens online or on mobile phones? <b>Cyberbullying</b></p>	<p><b>WA</b> – Which WA is an organisation that helps women and children who are affected by abuse within relationships? <b>Women’s Aid</b></p>	<p><b>R</b> - Which R is a singer and actor who was bullied because her skin was paler than others in her school? <b>Rhianna</b></p>	<p><b>V</b> - Which V describes a type of bullying using words or language? <b>Verbal</b></p>	<p><b>S</b> – Which S describes a type of bullying made against people because of their gender? <b>Sexist</b></p>	<p><b>PH</b> - Which PH was royally teased and bullied at school because of his red hair? <b>Prince Harry</b></p>	<p><b>JT</b> - Which JT singer and actor was bullied at school because they were interested in music? <b>Justin Timberlake</b></p>
<p><b>DA</b> – Which DA is a term that describes when someone aged 16 or over bullies their partner in a relationship? <b>Domestic Abuse</b></p>	<p><b>H</b> – Which H describes a type of bullying made against people because of sexuality? <b>Homophobic</b></p>	<p><b>C</b> - Which C is an organisation that supports Children and Young People up to 18 and can be rung on 0800 11 11? <b>ChildLine</b></p>	<p><b>S</b> - Which S describes when someone takes or sends inappropriate pictures on their phone? <b>Sexting</b></p>	<p><b>TFS</b> - Which TFS is a slang term that describes when ChildLine is open? <b>Twenty Four Seven</b></p>	<p><b>H</b> – Which H is illegal and describes when someone repeatedly sends abusive emails or text messages, calls someone names or threatens them or makes abusive phone calls? <b>Harassment</b></p>	<p><b>HC</b> - Which term with the initials HC is illegal and describes any incident that is perceived by the victim, or any other person to be racist or homophobic? <b>Hate Crime</b></p>
<p><b>VB</b> - Which VB is a celebrity and ex Spice Girl who was bullied through their whole time at school? <b>Victoria Beckham</b></p>	<p><b>RF</b> - Which RF is an ex-England footballer who was bullied at school because of their colour? <b>Rio Ferdinand</b></p>	<p><b>LGBT</b> – Which term often abbreviated to LGBT describes people who are not heterosexual (straight)? <b>Lesbian, Gay, Bisexual and Transgender</b></p>	<p><b>F</b> - Which F describes the cost of ringing ChildLine? <b>Free</b></p>	<p><b>C</b> - Which C is another way of saying that a conversation will be kept private e.g. with a doctor or counsellor? <b>Confidential</b></p>	<p><b>MK</b>- Which MK is an actress (often voted as one of the world’s most beautiful actresses) who was bullied at school because people said that her eyes were too big? <b>Mila Kunis</b></p>	<p><b>R</b> - Which R is an organisation that helps men who are affected by abuse within relationships or have been the abusers and need support? <b>Respect</b></p>
<p><b>R</b> – Which R describes a type of bullying made against people because of the colour of their skin or race? <b>Racism</b></p>		<p><b>E</b> – Which E describes a type of bullying that hurts someone’s feelings or state of mind? <b>Emotional</b></p>		<p><b>N</b> - Which N is when Anti Bullying Week takes place each year? <b>November</b></p>		<p><b>TS</b> - What TS should you do if you are being bullied or see someone being bullied? <b>Tell Someone</b></p>