

# Several Times On Purpose

## Age Range:

8-12, Years 4-6, KS2, KS3

## Topics Covered:

Bullying

## Time:

20 minutes

## Equipment needed:

S.T.O.P. statements  
(included in this exercise.)

## Learning Outcomes:

- Young people have an increased understanding of different forms of bullying including cyber bullying.
- Young people have increased knowledge of what relevant and appropriate services can offer to support children affected by bullying / cyber bullying. E.g. Childline, Get Connected..
- Young people have an increased confidence in seeking help and support about bullying/ cyber bullying.

This supports key concepts for PSHE education in personal wellbeing including:

- Personal identities
- Healthy lifestyles
- Risk
- Relationships

**This exercise can be used to explore different situations so learners have an increased knowledge of bullying in all its forms.**

## Introduction

This exercise uses effective participation and reflective learning to learn ways of identifying when a situation could be described as bullying.

## Exercise

Explain that bullying is when someone does something hurtful several times on purpose.

Explain that you are going to read out some statements and that they have to put up their hand / shout out stop if they feel it is a form of bullying.

Explain to the group that we are going to play a game called STOP. In this game they will have to decide whether the situations read out are examples of bullying.

Explain that the STOP stands for 'Several Times On Purpose' and that they should use this to decide if the statement is a form of bullying (You may want to check that everyone understands the terms before continuing with the exercise)

Spend some time exploring the different statements and the group's decision on whether it was or was not bullying.

Some example statements are on the following page which explores situations for young people and adults. When exploring the examples for adults it may be useful to introduce the term 'Domestic Abuse' and explain that this is when bullying happens between adults in the home and where again it is 'Several Times On Purpose'.

## Summary

You could sum up this exercise by having a discussion with the group on other examples of bullying and how it might make people feel if they experience bullying. You can then explore what young people and adults can do if they are experiencing these forms of bullying.

# S.T.O.P. Statements

## Young people statements.

- Jay falls over and Maz accidentally steps on his hand.
- Daz is made to give his dinner money to Gaz every day.
- Jak is clumsy and without meaning to he has knocked over Jay's drink twice this week at lunch.
- Sash is deliberately tripped over in the playground by Maz three times every week.
- Gaz's sister sometimes makes a mess in his room and then blames him for it.
- Maz and her friend Laya have an argument and Laya makes one hurtful remark.
- Jay is playing basketball and he accidentally hits Gaz hard with the ball.
- Sash waits for Jay outside the dinner hall every day so that she can hit Jay.
- Once a week someone puts horrible messages on Jay's Facebook wall.
- Laya is playing football. Every time the ball rolls away, the other players make her get it back.
- Every day Sash looks for a way to trip Jay up. She always says that she didn't meant to do it and that it was an accident.

## Adult statements

- Tony and Mary have an argument.
- Every day Tony comes home and looks for a way to start an argument.
- Mary accidentally broke one of Tony's favourite possessions.
- Tony physically stops his wife from going out the house to see her friends. He has done this many times over the last three years.
- One day, Mary shouts at Tony for leaving the toilet seat up.
- Mary deliberately hits Tony every time he leaves the toilet seat up.
- Tony hits Mary every time he doesn't like the meal she has prepared. He sometimes lies and pretends he doesn't like the food just so he can be violent.
- Tony often doesn't let Mary speak and gets angry if she disobeys him.
- Mary calls Tony "useless" several times a week.
- Tony regularly threatens to hurt Mary.