

Bully Study Guide

For use in production with

Thank You for Flushing My Head in the Toilet and other rarely used expressions

By Jonathan Dorf



The Definition of Bullying

The National Bullying Prevention Campaign uses this definition:

- A child is being bullied when she/he is exposed, repeatedly and over time, to negative actions on the part of one or more children.
- Bullying implies an imbalance in power or strength.

Dictionary.com defines a bully as:

- A blustering, quarrelsome, overbearing person who habitually badgers and intimidates smaller or weaker people.

Even though this formal definition is given, one does not have to be physically smaller than another to be bullied. For example, anyone of any size can be verbally or cyber bullied if their self-confidence is not strong enough to fight it.

According to Edmonton & Area verbal bullying is described as:

- Verbal bullying uses words to hurt or humiliate people.
- Verbal bullying includes name-calling, insulting, making racist comments and constant teasing.

Edmonton & Area describe physical bullying as:

- Physical bullying is action-oriented.
- This type of bullying includes hitting or kicking the victim, or taking and/or damaging the victim's property.

Cyberbullying.org defines cyber bullying as:

- Sending or posting harmful or cruel text or images using the Internet or other digital communication devices.



Pre-Test
Let's see what you know about bullying!

1. What is bullying? _____

2. Columbine was a _____

3. Telling someone "You're so gay!" even if you're joking is wrong and hurtful. True or False?
4. On any given day, how many kids bring a gun to school?
 - A. 1,000
 - B. 5,480
 - C. 100,000
 - D. 74
5. Which of these kids would most likely be a bully?
 - A. The star football player
 - B. The captain of the chess club
 - C. The lead in a school play
 - D. All of the above
6. What do you think causes school shootings? _____

7. There is no bullying problem at my school. True or False?
8. Some students will miss school and/or fake sick to avoid being bullied. True or False?
9. How many students have seen a gun at school?
 - A. 1 out of 290
 - B. 5 out of 37
 - C. 1 out of 20
 - D. 1 out of 170
10. At what age does bullying start?

Pre- Test Answer Key

1. Discuss the different types of bullying both verbal and physical.
2. Columbine was originally a bomb attack on a school planned by two students. The first bomb was intended to kill everyone in the cafeteria and nearby buildings and the second was intended to kill reporters and emergency vehicles on site. When the bombs failed to go off, the students opened fire, injuring or killing 24 students and a teacher and then killing themselves.
3. True. Joking or not, calling someone gay is intended to have a negative connotation and should not be taken lightly.
4. C: A study shows that on any given day 100,000 kids bring guns to school.
5. D: There is no stereotypical bully. Anyone can be a victim and anyone can be a bully.
6. Revenge is the number one cause of school shooting.

7. False, 80% of kids report being bullied throughout their school years.
8. True, 160,000 students miss school to avoid being bullied every day.
9. 1 out of 20 kids have seen a gun at school. If you ever see a gun at school, you should report it immediately to a teacher or administrator.
10. Bullying starts in kindergarten and in some cases even younger.



Verbal or Physical?

Fill in the two boxes below. Use the word bank to put the examples that are verbal in the first box and the examples that are physical in the second box.

Verbal



Physical



Word Bank

Punching
someone in the
face

Calling a kid a
“nerd”

Saying “Hey
four eyes!” to a
kid with glasses

Tripping
someone in the
hallway

Pointing and
laughing at the
new girl when
she walked in the
room

Pouring hot
sauce in a kid’s
backpack at
lunch

Threatening

Spreading
rumors

Stealing a girls
math book
because you lost
yours

Verbal or Physical? ANSWER KEY

Fill in the two boxes below. Use the word bank to put the examples that are verbal in the first box and the examples that are physical in the second box.



Calling a kid a “nerd”

Saying “Hey four eyes!” to a kid with glasses

Pointing and laughing at the new girl when she walked in the room

Making a threat in an online blog

Spreading rumors

Physical



Punching someone in the face

Tripping someone in the hallway

Pouring hot sauce in a kid’s backpack at lunch

Stealing a girls math book because you lost yours

Word Bank

Punching someone in the face

Calling a kid a “nerd”

Saying “Hey four eyes!” to a kid with glasses

Tripping someone in the hallway

Pointing and laughing at the new girl when she walked in the room

Pouring hot sauce in a kid’s backpack at lunch

Threatening

Spreading rumors

Stealing a girls math book because you lost yours

Here are some open ended scenes.
Read the conversations and discuss what you think should
or could happen from here.

Situation #1

KillerMike25: y werent u at school today?

Zachman264: i was sick, w/ the flu, & idk when Im going to come back

KillerMike25: r you sure you were sick? or were u scared of getting beat up??

Zachman264: we used to be friends... why are you always picking on me?

KillerMike25: we were never friends! u were just the little rich kid that i used for the money! haha!

Zachman264: you know when you say mean things, & push me around, it really hurts me... i dont like it

KillerMike25: w/e man... dont be such a little baby! u need to toughen up anyway! y dont u just curl up into a ball in the corner and cry!

Situation #2

XEllieBellyX: OMG. you are soo stupid! don't worry though, next time i hear that youre spreading rumors about me you are going to be dealt with!

ThatAmandaGirl12: what r you talking about?? i never said anything bad about you... o.o

XEllieBellyX: yeah you did! you just keep lying and youre going to regret it!

ThatAmandaGirl12: idk what u are talking about o.o

XEllieBellyX: yeah you do... and dont play dumb. when you come to school tomorrow i promise you will NEVER want to come back to school ever again!

Situation #3

XoXoDancerGirl10: y did you do that today? u embarrassed me in front of everyone!

DaTfOoTballGuY: w/e i was just messing around... besides y did it bother you so much?

XoXoDancerGirl10: u chased me all around campus trying to take picture of my cleavage! y do you think it bothered me?!?

DaTfOoTbalLGuY: if you dont want people to call attention to it then dont wear a shirt like that! stop being so dumb! jeeze! Besides... i know you liked the attention(;



SHOW ME WHAT YOU'VE GOT!

Fill in the blanks in the paragraph using the word bank below.

The National Bullying Prevention Campaign defines bullying as when a child is being exposed, _____ and over time, to negative actions on the part of the one or more children. Bullying involves the tormenting of others through _____ harassment, physical assault, or other more subtle methods of coercion such as a manipulation. Kids bully because they see others doing it. They also bully because it makes them feel _____ and smarter. Patterns of bullying and victimization are very _____ for boys and girls. Boys use _____ to bully other boys. Girls usually use words and play _____ to bully their victims. Boys can bully girls through _____. All of these bullying examples can be hurtful and can lead to severe consequences for the bully. They can lower a victim's _____ that can make them feel worthless and small. They may see it as a way of being popular, or making themselves look tough and in charge. Some bullies do it to get _____, or to make other people afraid of them.

WORD BANK

negative
verbal
physical force
different

stronger
self esteem
mind games
attention

repeatedly
sexual harassment

SHOW ME WHAT YOU'VE GOT! (ANSWERS)

Fill in the blanks in the paragraph using the word bank below.

The National Bullying Prevention Campaign defines bullying as when a child is being exposed, repeatedly and over time, to negative actions on the part of the one or more children. Bullying involves the tormenting of others through verbal harassment, physical assault, or other more subtle methods of coercion such as a manipulation. Kids bully because they see others doing it. They also bully because it makes them feel stronger and smarter. Patterns of bullying and victimization are very different for boys and girls. Boys use physical force to bully other boys. Girls usually use words and play mind games to bully their victims. Boys can bully girls through sexual harassment. All of these bullying examples can be hurtful and can lead to severe consequences for the bully. They can lower a victim's self esteem that can make them feel worthless and small. They may see it as a way of being popular, or making themselves look tough and in charge. Some bullies do it to get attention, or to make other people afraid of them.

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Did You Know?



- 30% of all sixth through tenth graders have reported being either a victim of bullying or a bully themselves.
- In many instances bullying has been said to be a big factor in school violence. Examples: shooting and stabbings.
- 100,000 students have reported carrying a gun to school in fear of being bullied.
- 43% of students are bullied/ harmed in school bathrooms.
- 282,000 students per month are physically harmed in high school.
- Bullying usually begins in elementary school and goes into high school.
- About 160,000 students are estimated to skip school everyday due to fear of being bullied.
- One out of twenty students has reported to have seen a student carrying a gun at school.
- Students who are harassed face the risk of suffering academically in school.
- Studies show that students who are identified as bullies at a young age are more likely to engage in illegal behaviors.
- During elementary school, boys are more likely to be both the perpetrator and victim, but throughout middle school and high school, bullying becomes equally common across genders.
- 25% of teachers see nothing wrong with bullying or putdowns and only intervene 4% of the time.

Bullying Myths and Misconceptions

The following are common myths and misconceptions about bullying according to <http://www.bullyonline.org/schoolbully/myths.htm>.

There's no bullying here

It's in schools which say "there's no bullying here" that you are most likely to find bullying. Bullying happens in every school; good schools are proactive in their approach and deal with incidents of bullying promptly, firmly and fairly. Bad schools deny it, ignore it, justify it, rationalize it, handle it inappropriately, sweep it under the carpet, blame the victim of bullying, blame the parents of the victim of bullying, say they've "ticked all the boxes" and make lots of impressive noises but take no substantive action. Bad schools (through their local authority or board) spend large sums of taxpayers' money on expensive lawyers to fend off legal actions for their negligence and breach of duty of care. In most schools which claim "there's no bullying here", the primary objective is to protect the school against bad publicity and to divert attention away from the fact that the head teacher does not have control of discipline, has poor interpersonal skills and is themselves a poor teacher.

Ignore it

Never ignore bullying; bullies use provocation to elicit a response from their target and if you ignore it the provocation will get worse. When people say "ignore it" they mean "don't engage and don't respond". When bullying starts, recognize it immediately, keep a log of events, do your research, and get your parents and teachers involved. Be persistent. You have a right not to be bullied, harassed, assaulted or abused.

Stand up for yourself

It's funny how people who simply say "stand up for yourself" never, ever, tell you *how* to stand up for yourself. Even adults find it difficult to defend themselves against the onslaught of bullies, especially a serial bully.

Bullying is part of life, you've just got to accept it

Harassment, discrimination, racism, violence, assault, stalking, physical abuse, sexual abuse, molestation, rape, domestic violence and murder are all part of life but these are all unacceptable.

People who get bullied are wimps

People who are targeted by bullies are sensitive, respectful, honest, creative, have high emotional intelligence, a strong sense of fair play and high integrity

with a low propensity to violence. Bullies (who lack such qualities) see these as vulnerabilities to be exploited. Sometimes, behind the stereotyped "victim", is a child with a higher-than-average level of emotional maturity and a capacity to communicate maturely with adults. I prefer the word "target" to indicate the deliberate and intentional choices that bullies make. The word "victim" allows the bullies' army of supporters, appeasers, apologists and deniers to tap into and stimulate other people's preconceived notions and prejudices of "victimhood".

Bullies are psychologically strong

Bullies are weak, disordered, dysfunctional and emotionally immature as evidenced by their need to bully. Bullies compensate for their weakness with aggression. What some people mistakenly see as "psychological strength" is really an aggressive determination to violate other people's boundaries with no respect, no consideration of others, no thought of consequence, and an endless fund of specious excuses and rationalizations for their aggression. A rationalization is an attempt to put a socially acceptable face on socially unacceptable behavior. Many adults are taken in by this deception and manipulation.

Bullies prey on the weak

This myth is popular in academic and some professional circles but the reality is that bullies target people for the following reasons:

- a) Bullies select a victim who is physically less strong than they are, for bullies are always cowards.
- b) Bullies select victims who have a mature understanding of the need to resolve conflict with dialogue and who won't turn around and kick the bully.
- c) Bullies select victims who have a low propensity to violence - which is what parents and society instill in and demand of children.
- d) Targets of bullies go to enormous lengths to resolve conflict with dialogue not realizing that bullies are too disordered, dysfunctional, aggressive and immature to respond to dialogue.
- e) Targets of bullying go to enormous lengths to resolve the conflict with dialogue often without the assistance of adults and sometimes in spite of the adults who by their failures and inactions condone the bullying. (Bullies are adept at manipulating the perceptions of adults, especially those adults who lack knowledge, experience, wisdom and emotional maturity.)
- f) Bullies are weak people - normal healthy people don't need to bully.
- g) Bullies are dysfunctional, disordered, and aggressive which they reveal by their compulsive need to bully.
- h) Bullies are irresponsible people who refuse to accept personal responsibility for their behavior and the effect of their behavior on other people.
- i) Bullies prey on people with a kind heart.



Here are some follow-up activities you can try:

*Spirit Shirts-

1. Have each student bring in a white t-shirt. (White to represent the color of the white ribbon representing violence free week)
2. Have them design the shirt in their own way referencing to violence free or bullying.
3. They can use anything from iron on transfers, to markers, to puffy paint.
Extra: If you would like, you can use this as a school wide competition, class competition, or wear them to the day of the production - *Thank You for Flushing My Head in the Toilet and other rarely used expressions* by Jonathan Dorf - at Hagerty High School on April 5, 2007.

*Skits-

1. Divide your class into groups and have them perform open-ended skits included in this study guide.
2. Ask the students questions about the scenes and about preventing or handling a bullying situation. Ex: How could the situation have been handled differently?

*Posters-

1. Have students make posters (similar to the drug-free posters) but corresponding to bullying and violence free week just like the t-shirts.
Extra: Place the posters around your school!

*Masks-

1. Have students make masks of their perception of a stereotypical bully.
2. The masks can be male or female.
Extra: Use the masks in your bullying skits!

*Cartoon-

1. Have each student draw a cartoon of a bullying situation and present them to the rest of the class.
2. Discuss the situations with the rest of the class.
Extra: Break up the class to do different part of the cartoon and make a comic strip.



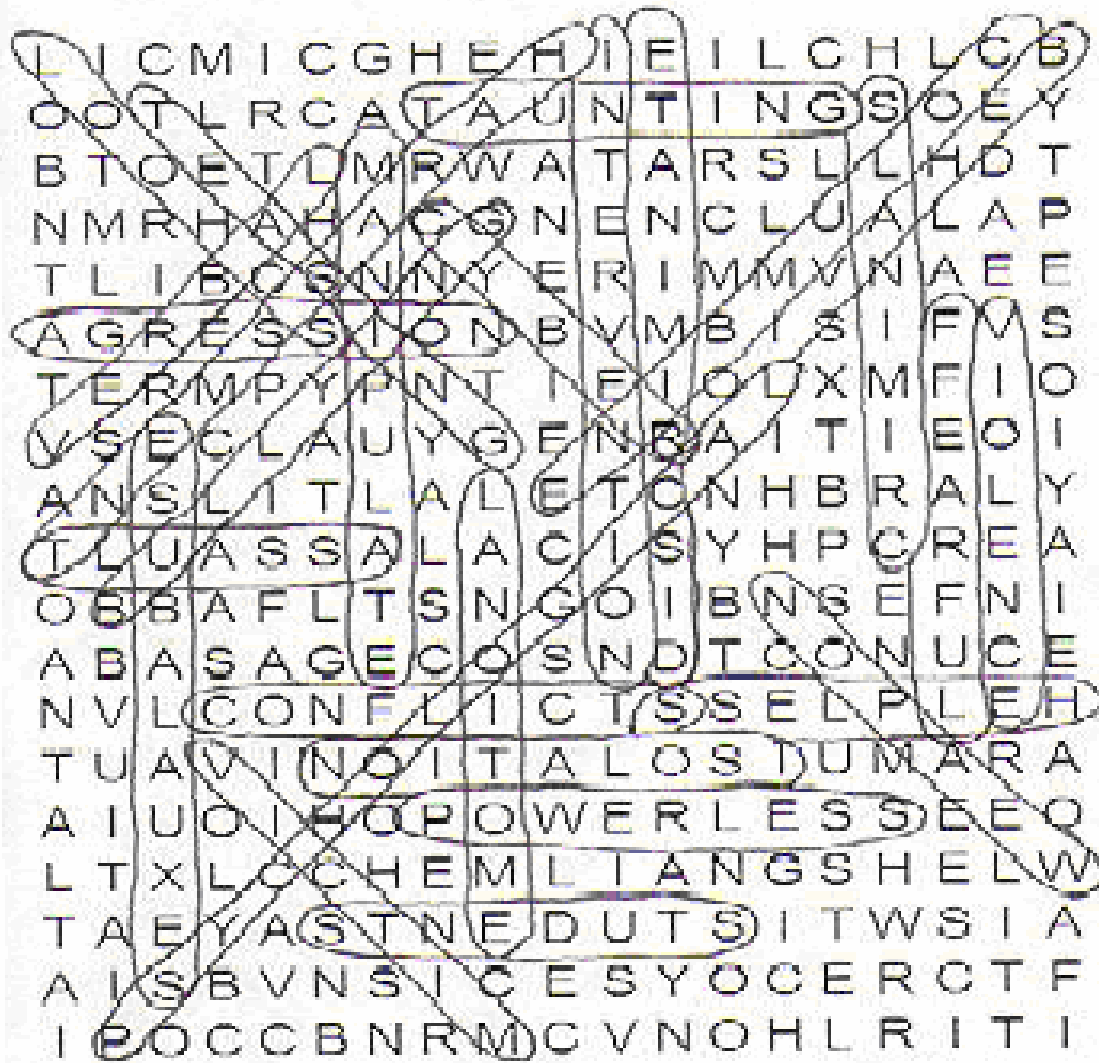
Word Search

Find all of the words relating to bullying.
Words are horizontal, vertical, and diagonal.

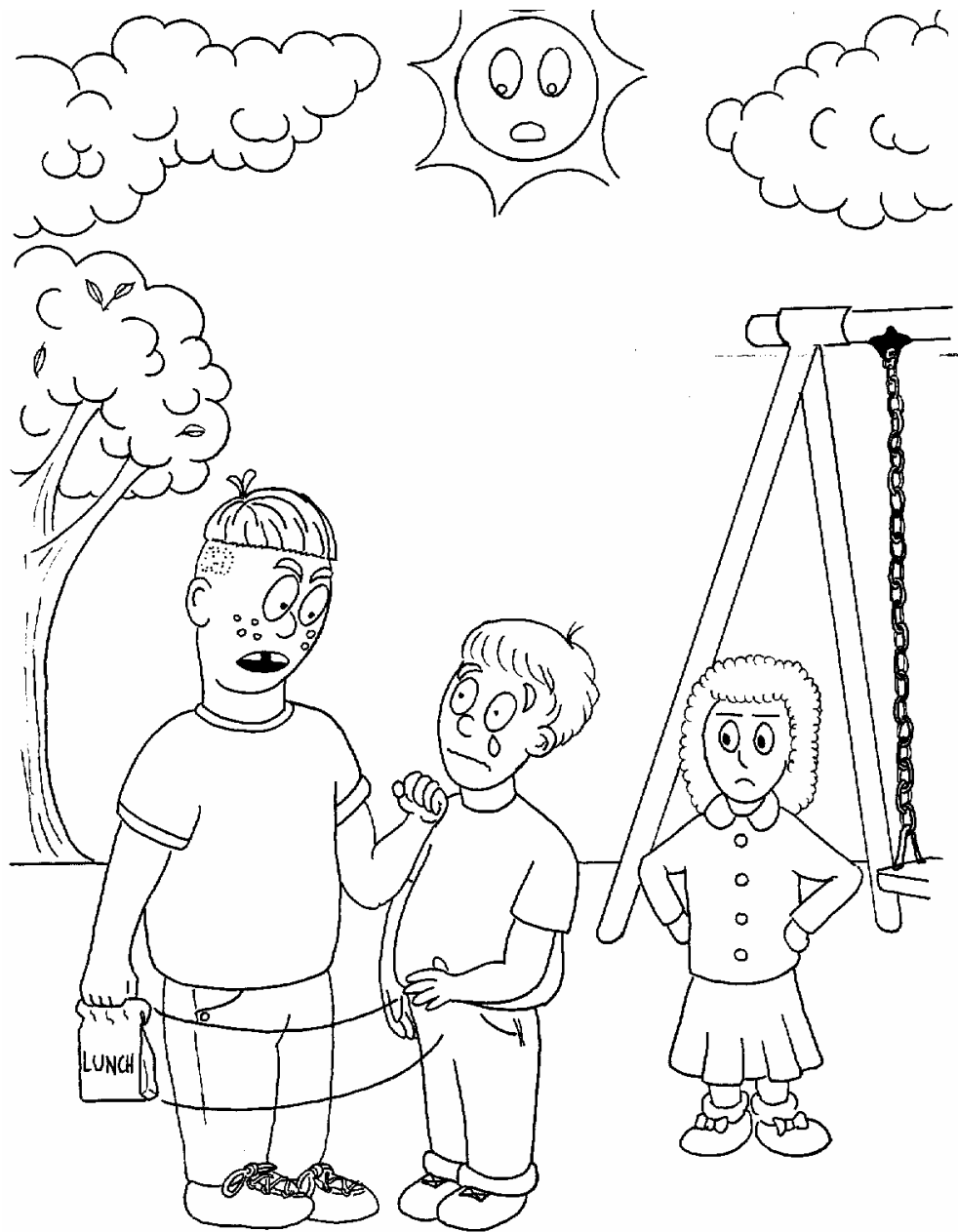
L I C M I C G H E H I E I L C H L C B
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A I U O I H O P O W E R L E S S E E O
L T X L C C H E M L I A N G S H E L W
T A E Y A S T N E D U T S I T W S I A
A I S B V N S I C E S Y O C E R C T F
I P O C C B N R M C V N O H L R I T I

teasing	bullying	columbine
taunting	physical assault	sexual abuse
verbal	harassment	manipulate
school	intervention	emotional
cyber	agression	isolation
behavior	psychological	victim
discriminate	helpless	fearful
students	violence	weapon
conflicts	powerless	criminals

Word Search Answers



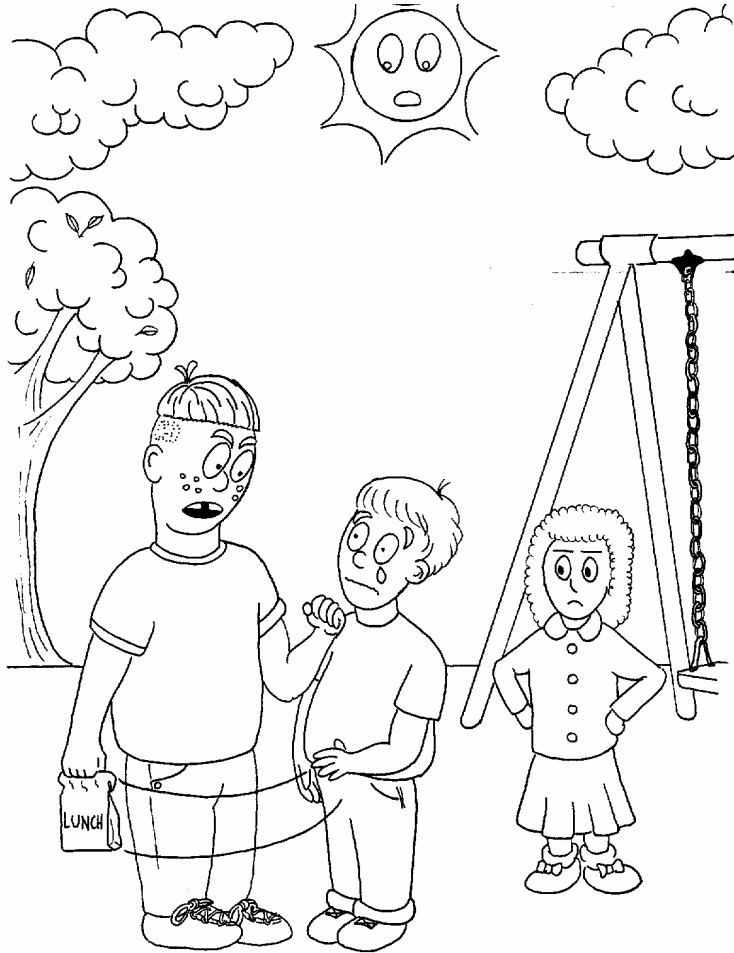
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1. Write in speech bubbles for each character in the picture above.
2. Describe what you think is happening in this picture. How could this have been prevented?

Answer Guide

Students' answers will vary, however, discuss how the girl could help the bullied student. Could she get help? Could this situation be prevented? What would you do in this situation? This is a very open ended discussion.



Post Play Production Questions

After seeing the show *Thank You for Flushing My Head in the Toilet* and other rarely used expressions by Jonathan Dorf, here are suggested discussion questions aimed to aid the student's reflection on the production.

1. Why do you think Helen followed Glinda to become a bully, while Achilles did not?
2. Have you ever felt that you were pressured into bullying like Helen was? Did you give into the pressure?
3. Why do you think Achilles resorted to violence at the Spelling Bee scene? How could his actions have been prevented?
4. Why do you think the last scene of the play was significant? How would the play have been different without the final scene?
5. What are some ways to heal the pain bullying causes in your school environment?



Post Play Production Questions Answer Key

(Answers will vary, but here are some guides.)

1. Helen followed Glinda to become a bully because she did not know how else to respond. She gave in to the peer pressure. Achilles did not give into the pressure. He internalized his anger.
2. Peer pressure should be touched on in this answer.
3. Achilles resorted to violence because of anger towards his peers, and a lack of friendship/support from them also. Mention that friendship, adult intervention, and asking for help from other students could have prevented Achilles' last resort.
4. It was significant because the scene was meant to tell students it is possible to heal the pain bullying causes by coming together.
5. It should be mentioned that the main way to heal bullying in your school is by being respectful of others and stopping bullying whenever you see it.



If you would like to learn more about bullying the following websites may be helpful. 😊

www.stopbullyingnow.hrsa.gov

www.kidpower.org/School-age.html

www.loveourchildrenusa.org/bullying.php

www.nationalsave.org

www.kidshelp.sympatico.ca/en/informed/bullying/bullying.asp

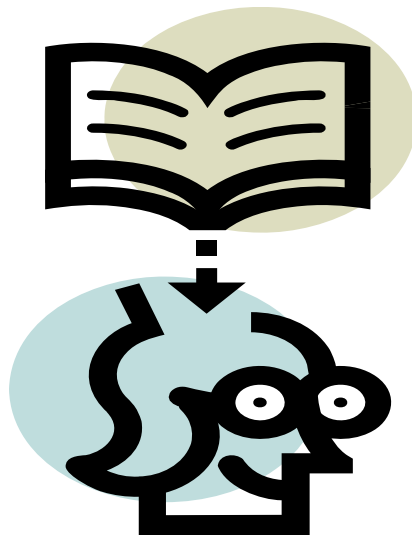
www.bullystoppers.com

www.bullying.org

www.bullies2buddies.com

www.dontbullyhotline.com

www.mercer.k12.ky.us.mchs/bullying/index.html



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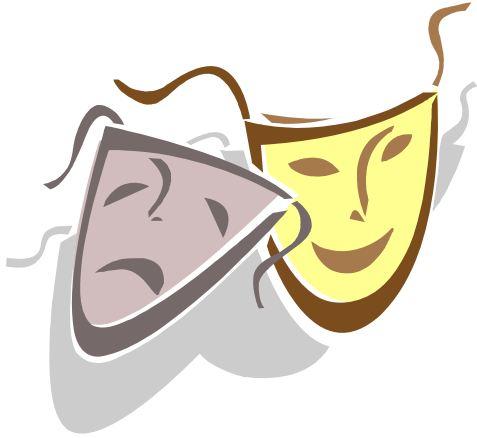
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2006-2007**

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Ashley Raby

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Savannah Rocker

Ashlie White

