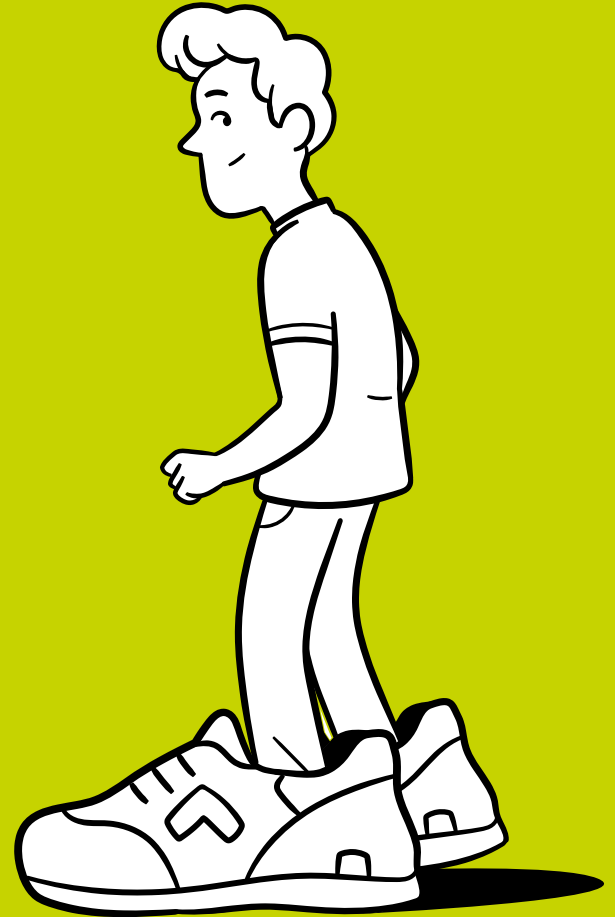


PUTTING YOURSELF IN SOMEONE ELSE'S SHOES:





EXCLUSION

(include the person in the group)

Karima is left out of the group of your friends. Jenny and Karen say that she is very old-fashioned. Mary invites Karima to join her and her friends, saying that Karima is very intelligent and can solve maths problems very rapidly. Mary has never talked to Karima much so she wants to get to know her better and make feel her comfortable among her friends.

RUMOURS

(kindly challenge negative behaviour)

Jeanna is talking with Kirstin behind Anna's back. When Paula is alone with Jeanna, she kindly tells her that she was a bit upset about what she said about Anna before because she knows that rumours hurt people.

ONLINE BULLYING

(talking with an adult)

Maggie sees that in a group chat on Snapchat someone with a fake account is being mean to Matthew. You know that is Julia because you know she created and uses that Snapchat account. Maggie does not know Julia well so she prefers to talk to a teacher about this. Maggie knows that Matthew is very sensitive and often bullied.

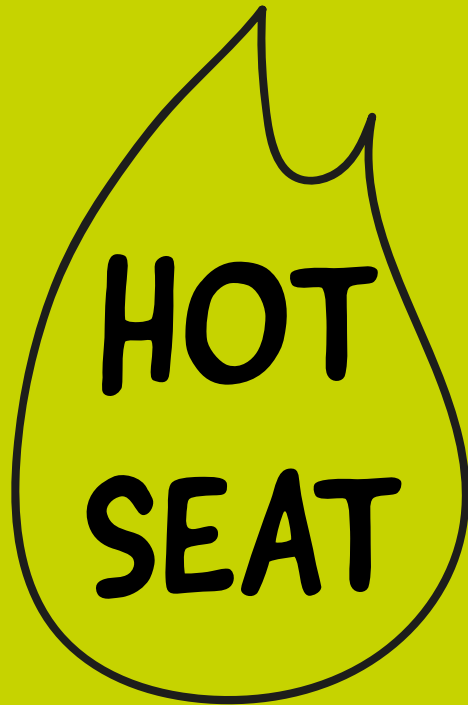
AGGRESSIVE SCENARIO

(asking for help from an adult)

Mandy is pushing Katie against the wall and she is shouting at her. She always puts Katie down but now she seems to be becoming aggressive. She is mad because she thinks that Katie flirted with the boy she likes. Barbara sees what is happening and she is worried so she decides to look for help from a trusted adult.

DISCUSSION

- How did you feel playing the different roles?
- How was it imagining and acting out the feelings?
- What made some more difficult than others?
- Were you surprised by how you felt in any of the roles?



- What kind of consequences do you think your behaviour has on other people, how do you think it makes them feel?
- What were your thoughts when you behaved like that?
- What were your feelings when you behaved like that?
- What have you thought / felt since it happened?
- What do you think you could do differently next time?
- What do you think you could do to make things right?
- How has experiencing this behaviour made you feel?
- What have you thought / felt since it happened?
- What do you want to happen next?
- What do you think could help you in this situation?
- Who do you think could help you in this situation?