

Phil's Story

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| Age Group | 12+ |
| Group Size | 10-25 |
| Duration | 60 minutes |

Overview:

In this activity participants learn to recognise bullying and find solutions against bullying.

Objectives:

- To identify different types of bullying
- To understand what it feels like to be bullied or to be a bully
- To reflect on different bullying situations and to find solutions

Materials

- Flipchart, markers
- Copy and cut out the situation cards

Preparation:

Prepare the story in advance as it is necessary for both parts of the activity. For the second part of the activity use different parts of the story as situation cards.

Step-by-step instructions:

1. Ask the group to stand one next to the other and to close their eyes. Tell them that they should imagine they are a person called Phil.
2. Then read out 'Phil's story', taking short breaks between the paragraphs to give everyone the time to understand and think. Explain in the beginning that participants should take a step forward if they think that the concrete part of this story constitutes bullying or refers to bullying. They can make smaller or bigger steps according to how grave the bullying is in their opinion.
3. After you finish reading the story, ask participants to open their eyes again and to stand still where they are. They can look around to see where the others stand.

Debriefing 1:

- Where do you stand now? More in the back or more in the front?
 - How do you feel now after hearing the story?
 - Why do you stand more in the front or more in the back?
 - Which situations were difficult to decide on? Which ones were more obvious? Why?
 - What do you think is bullying? Do others see it differently? Why?
4. Now the participants can leave their positions and come back together. Ask them to recap the story. What different things happened to Phil?
 5. Explain that you will now look deeper into these situations and think about how we could support Phil. Divide the group into five smaller groups and give each a situation card.
 6. Ask the participants to read their card and then to think about what could help Phil in this situation.
 7. Ask them to prepare a short role play of their situation with Phil, bullies and bystander and show the solution they came up with.
 8. Present the plays. After each scene, ask the audience:
 - What did you see?
 - Do you think this is realistic?
 - What other ways can you propose to help Phil?

Debriefing 2

- How realistic do you find these solutions?
- Would you dare to use them in your school?
- How do you think can we prevent bullying before it happens?

Appendix: The Story of Phil

Phil is 12 years old and today he is starting a new school. We are going to follow him during his first month in his new class.

Phil just had his first lesson. Now, after the lesson, he walks through the hall to go for lunch. In the hall he sees a group of people from his class looking at him, and then beginning to laugh. Phil doesn't know anyone in his class yet, so when he enters the canteen to eat his lunch, he sits down at the free table, while his classmates are sitting together in groups.

After a week Phil starts to get secret text messages. They say that he is weird and smells bad. He gets really uncomfortable but tries to ignore it.

During the breaks, Phil is often alone and sits on a bench near his classroom. One day his teacher tells him to go out and play with the other boys. Phil puts on his jacket and goes to the football ground where the other boys are playing football. He asks if he can join, but one of them tells him that they are already too many and he can't participate.

Paul is another boy in Phil's class. He is also very quiet and Phil has noticed that the other boys also tease Paul. One day he tells the teacher when some of his classmates push Paul in the hall and call him dirty names.

Paul and Phil take the same bus to school every day. One day Phil takes the seat next to Paul. Paul looks at him, and then he stands up and changes his seat.

Adam is the strongest and loudest boy in Phil's class. One day he puts a whiteboard marker in Phil's bag when no one pays attention, and then yells so loud that everyone can hear him: "Phil is a thief, he stole the marker".

As weeks go by, Phil feels more and more uncomfortable at school. When he enters the classroom, the other boys laugh at him and make jokes about him. Phil tells them to stop calling him names at last, but that just makes it worse.

Phil is not good at sports, so during the gymnastic lessons he doesn't participate much. In one lesson they play basketball. When Phil gets the ball, someone is pushing him to the floor. The teacher just yells: "Come on Phil, get up!"

Phil has a good relation with his mother. For his birthday he gets a pink and green t-shirt, his favourite colours. The next day he puts it on to show gratitude to his mother. But just before he arrives at school, he secretly changes his shirt, and puts on a blue one instead.

After a month in his new school Phil is more scared than ever. He finds a note in his locker that says: "I will kill you, loser". He packs his things and decides to go home. But before he gets out someone pushes him to the ground and kicks him into the stomach.

Situation Cards:

1. Phil just had his first lesson. Now, after the lesson, he walks through the hall to go for lunch. In the hall he sees a group of people from his class looking at him, and then beginning to laugh.
2. During the breaks, Phil is often alone and sits on a bench near his classroom. One day his teacher tells him to go out and play with the other boys. Phil puts on his jacket and goes to the football ground where the other boys are playing football. He asks if he can join, but one of them tells him that they are already too many and he can't participate.
3. Paul is another boy in Phil's class. He is also very quiet and Phil has noticed that the other boys also tease Paul. One day he tells the teacher when some of his classmates push Paul in the hall and call him dirty names.
4. Paul and Phil take the same bus to school every day. One day Phil takes the seat next to Paul. Paul looks at him, and then he stands up and changes his seat.
5. Phil is not good at sports, so during the gymnastic lessons he doesn't participate much. In one lesson they play basketball. When Phil gets the ball, someone is pushing him to the floor. The teacher just yells: "Come on Phil, get up!"
6. After a month in his new school Phil is more scared than ever. He finds a note in his locker that says: "I will kill you, loser". He packs his things and decides to go home. But before he gets out someone pushes him to the ground and kicks him into the stomach.