

Violence-Bingo

Age Group	14+
Group Size	10-20
Duration	60 minutes

Overview

Combining reflection and a game of Bingo, participants explore their own role in a violent culture. The group should already know each other well and trust each other.

Objectives

- Help people recognise their own role in the culture of violence
- Highlight interdependence between society and individual attitudes

Materials

- Bingo cards (printed or drawn 3x3 grid with different ordering of 1 to 9 on each)
- Small pieces of paper, pens
- Quiet music
- Flipchart with «Iceberg» graphic (appendix)

Step by Step Instructions

1. Explain the topic of the session with a brief introduction no more than 2 minutes
2. Ask the group to stand in tight circles of five to ten people, with one participant in the middle of each circle. The participant in the middle should cross their arms across their chest, close their eyes, and hold themselves rigid like a stick. They should then allow the other participants to pass them from one to another across or around this small circle, falling between the others who take the weight of the central person before gently pushing them across to another. It should be a positive feeling to be able to trust the others in the group.
3. Ask people how they feel before you move on.
4. Ask everyone to spread out and lie or sit down on the floor, closing their eyes. Begin to play gentle relaxing music and explain that everyone is going to ask themselves some questions about their own life. It's important to take your time and keep a calm, gentle atmosphere in the room. Ask participants:
 - Think of a situation when you have been violent in your life. It can have happened recently, when you went to school or even earlier.
 - What did you do?
 - Why were you violent? Why did you do it? What happened?
 - How did you feel then?
5. Ask everyone to open their eyes, stand up and form a human sculpture that represents how they felt at the time, to form a shape with their body that reflects that emotion. Ask participants to also look around to see what the others are doing.
6. Select a few sculptures from the group that appear different from each other and ask what the participant is trying to represent, what emotions they are expressing and why they chose to represent their feelings like this.
7. Ask participants to go together in small groups of 3 or 4 to share what they thought about, if they wish to.

8. Explain that it is important to look at our own behaviour before analysing or criticising others. This self-reflection helps us to understand that we all contribute in some way to a violent culture.
9. Come back together and hand each participant a pen and paper. Ask everyone, with their situation in mind, to write down, in as few words as possible, why they used violence in that situation.
10. Go round the circle and ask everyone to read out what they have written, explaining why that gave them the power to use violence in that situation.
11. Group similar notes together and pick one from each group that most clearly represents that category. Give each a number from one to nine. You will need at least 9 different reasons to play the Bingo game so if necessary you can add any of your own.
12. Give a Bingo card to each participant and then stand outside the circle and call out the reasons and their numbers to the group. The participants are to try and write down another situation where that reason could be used as justification for being violent. Give each reason between 30 seconds to a minute to allow participants time to think and write but also ensure the game keeps moving on.
13. When someone completes a line across their grid and calls BINGO, ask them to stand up move to the centre of the circle to receive their prize, a group hug from everyone else.
14. Continue reading through all 9 justifications of violence and then ask the group to share one or two examples of what they wrote for each number.

Debriefing

- What do you feel now?
- What are the different justifications that you came up with?
- Are some more used than others?
- Are there other reasons why people use violence?
- Where do you think we have to start if we want to create a violent-free society?
- Where do you think we can individually start to be non-violent?

You can present the group the iceberg graphic (appendix) and ask which forms of violence lie above, and which below the water line and why. What makes it difficult to work towards a culture of non-violence?

