The Bully Triangle Dynamics

1. Review Bully Triangle Concept.

2. The Bullying Triangle - this next exercise will help them answer the question “Do you need all 3 for bullying to happen?”

Do demonstration with 3 chairs labeled Watcher, Target, Bully. Put the papers on the chairs to show that one chair represents a Watcher, one a Target and one a Bully. Put the Bully Triangle cards face down on the chairs -- the red cards on the Bully chair, the green cards on the Watcher chair, and the blue cards on the Target chair. Stand behind each chair and talk about each one to make sure they understand.

You or have a student stand behind each chair and read some of the bullying situations. This is how it works: the person behind the bully chair picks up a red card and reads it, then the person behind the watcher chair reads a green card, and then the person behind the target chair reads a blue card. Ask the group, "What is happening here? Is it going right? Or, is it going wrong? Why? What's going to happen next?"

3. We already know why Watchers and Targets do what they're doing - FEAR. But why is the bully being a bully, what makes them do the things they are doing?

Review or Introduce “Don't feed the Bully” concept (don't give the bully what the bully wants). Why is the bully doing what he/she is, what does he/she want?
Read a few more red cards and keep asking, “why did the bully do this?” “what are they trying to gain?” “what do they want?” You’re looking for answers like: control, attention, being the boss, looking strong or cool, others will think they know everything...."is there one word that kind of means all of these things?” POWER

Giving the bully the power they want is helping to make them stronger and to keep being a bully. We don’t want to give them what they want, we don’t want to FEED THE BULLY.

Can use the glogster http://judynorman.edu.glogster.com/dont-feed-the-bully/