

## Anti-Bullying Activities

### **Activity Summary**

As non-formal educators, it can place Adult Scouters in a position to 'teach' through non-formal means and open our youth members minds to general social acceptance and the inequalities in our communities that need to be tackled. Bullying in scouting Ireland is absolutely not allowed, and measures should be taken always to make the section a welcoming place to members from all different backgrounds.

### **Rationale**

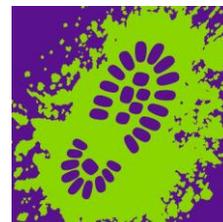
We support young people to become active citizens and to work to create a better world.

### **Details**

Anti-Bullying activities that can be organised for any program meeting to tackle a range of issues. There is a multiple choice of activities so as it can be tailored to the current knowledge and age range of your section.

### **Link to Activities**

1. [Toothpaste Race](#)
2. [Creating an Anti-Bullying Contract](#)
3. [Compliments Chasing](#)
4. [Inequalities – 5-coin competition](#) (Community project starter for older sections)



## **Activity: Toothpaste Race**

### **Details**

Separate into Lodges/Sixes/Patrols/Crews. Have the youth members in each, squeeze ALL of the toothpaste out of a tube of toothpaste onto a plate. When they are done, set up a relay race challenge giving each member a single toothpick and asking them to put the toothpaste back into the tube using toothpicks (one person at a time getting one go to scoop some toothpaste in, before rushing back to swap turns with someone else in their Lodges/Sixes/Patrols/Crews).

It won't be long until they realize the task is impossible.

At this point, you should find it easier to engage them in a discussion about bullying. Ask each youth member to think of a time when someone said something mean to them and visualise the hurtful words in their head (this can be done openly using a whiteboard if you see fit for the section).

Once everyone has had a moment to think, ask the youth members to imagine the toothpaste represents all the words, and help them understand that, just like you cannot put toothpaste back into a tube, you cannot remove the pain caused by saying hurtful things to others.

A follow up to the above would be to [make a pledge](#) against bullying in the section.

### **Equipment**

- *Tube of toothpaste (per team OR one across the section. Race setup can be altered so as to tackle waste – e.g: time trial).*
- *Toothpicks (one per youth member)*

## ***Activity: Create an Anti-Bullying ‘Contract’***

### ***Details***

Similar to what would already take place in many groups around the Island early into the Scouting Season (or now, it’s never too late!) you can encourage your section to design the content of an Anti-Bullying contract.

This can serve as a general background reminder as to the behaviour we expect from our youth members on this topic and can link into using our [Scout Promise & Law](#).

It is important to encourage our youth members to be the ones creating its content. Try use a large sheet and have them write the content themselves on this.

Once the content is complete, have each member of the section sign off on it. This can be reviewed throughout the year as new members may join.

Particularly in our younger sections, support ideas of making the contract bright and attractive. Use paints, colours, or have individual smaller sheets that members can decoratively add their names to which can be then tacked to the original contract. This can be an important step in taking ownership of the contract and keeping it bright and visible all year long until it gets renewed.

### ***Equipment***

Large Sheet (Flipchart size recommended)

## ***Activity: Compliment Chasing***

### ***Details***

This activity can be run in the background of a general program meeting.

Start the meeting by explaining the rules, and that there is a 'prize'. The rules are as follows; Every member takes part, with our first member saying one genuinely complimentary thing to another member. Similar to the game 'chasing', the idea is not to be the one left 'on'. So, to pass it to the next person, you must be complimentary of them.

Try to set a deadline (such as the end of the meeting) and have members take their time in passing on the compliment. Designate one adult as the judge who can decide whether someone was being genuine, or just trying to 'pass it off'.

The idea here, is to encourage how easy it can be to be kind every day and say nice things rather than being mean. As time passes, compliments will begin to get more and more genuine as the members try to think harder and harder to 'pass'.

Be sure not to reveal the prize at the start. At the end, reveal a prize that can be shared by all members instead. The aim is not to have a single winner, but rather to encourage the games background message instead.

### ***Equipment***

One shareable 'prize'.

## ***Activity: Inequalities – 5-coin competition***

### ***Details***

This activity uses rounds of flipping coins to explain how social structures can limit individual outcomes

Start the activity by giving every member 5 coins (the value of the coins being irrelevant). Round 1 has been predetermined that everyone is starting equally. Set a two-minute timer and in that period, everyone will compete for coins going against one other person at a time. One of them will call out a bet (of one to three coins) on the outcome of each flip. The winner of each bet takes the specified number of coins from the loser. Once you have lost all your coins, you are out of the game with no lending from other players allowed.

Try to post the rules up at the start to avoid confusion, see below as example.

# **Instructions for the Coin-Flip Simulation**

- 1) One person per pair bets heads or tails on each flip, up to 3 coins.
- 2) The winner of the bet takes all the coins, no matter who flipped or made the bet.
- 3) Flip quickly. You cannot stop betting.
- 4) No borrowing once you go bankrupt.

After the two-minute round, have everyone join a group depending on how many coins they hold (0 coins, 1-4, 5-9, 10-15, or 16+).

## ***Activity: Social Inequalities – 5-coin competition***

### ***Details (continued)***

In round 2, everyone can bet again BUT, through looking around the room we can notice that some players have started off better than others. The impact of betting 3 coins can be detrimental to some, or just fun to others, depending on your starting amount. To the players with no coins, they have a single chance at success with no coins to give if losing and being placed out of the game if the first chance is a loss.

The idea here, is to show that as rounds increase it becomes more and more difficult for some members to even begin to compete. Some may get lucky, but overall, it is harder to compete with someone who is starting round 2 with 16+ coins.

Our goal is to translate this into what happens in our communities. Sometimes, due to the uncontrollable factor of someone else's background; it can be harder to compete with other peoples starting point and access to more resources.

We need to be mindful that in life, not everybody has equal opportunities to begin with. We need to support, where possible, communities we can identify facing this issue.

Begin a discussion on how it can be harder for people of certain communities / sexualities / backgrounds to compete with others with certain privileges. What can we do as members of scouting to highlight this in our communities? Is it possible to tackle an issue like this in your community? How can we support these people better? Ultimately, How can we create a better world for all?

### ***Equipment***

5 coins per member (value irrelevant).