



BULLYING SKIT ACTIVITY

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- You have 45 minutes to develop a skit and 5 minutes to act out your skit
- Choose a Facilitator the facilitator will make sure that everyone has a chance to contribute
- Your group will be given a bullying topic for your skit
- Your SKIT MUST INCLUDE the use of the term OWN MY POWER
- Brainstorm Ideas
- Consider using Props, Signs...
- Be sensitive, sometimes these issues can trigger old wounds
- Everyone has the right not to participate, or to stop participating if you feel uncomfortable.
- Have FUN!



SKIT TOPICS

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- **Verbal:** a skit about the experiences of someone who is being bullied through name-calling, teasing, insults
- **Social:** a skit about the experiences of someone who is being bullied by spreading rumors, leaving people out on purpose, breaking up friendships, forcing someone to do something they don't want to do
- **Psychological:** a skit about the experiences of someone who is being bullied by intimidating someone, manipulating people and stalking a person
- **Physical:** a skit about the experiences of someone who is being bullied physically, hitting, punching, shoving
- **Cyber:** a skit about the experiences of someone who is being bullied through the use of the Internet, mobile phones or other digital technologies
- **Bystander:** a skit that is about the experiences of bystanders, those who watch bullying happen or hear about it.