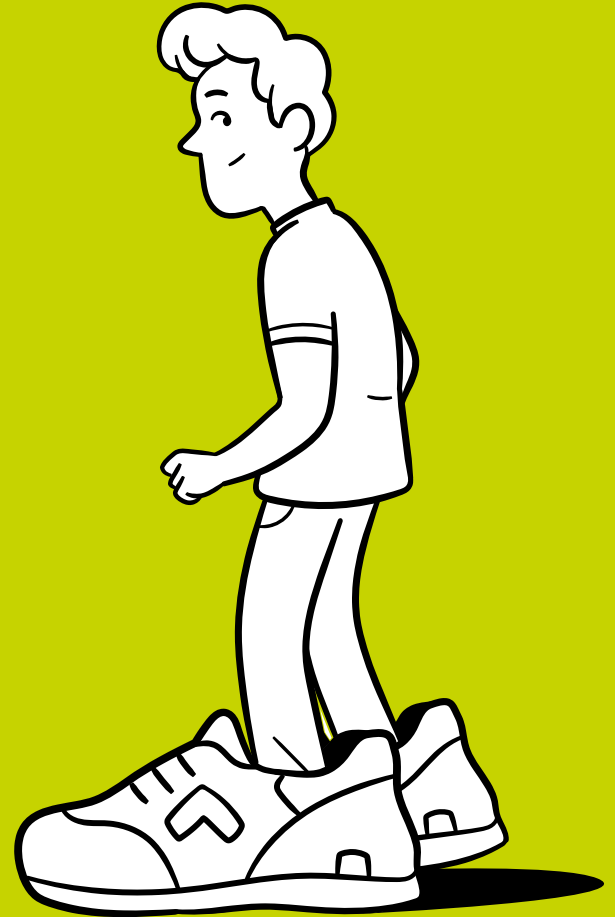


PUTTING YOURSELF IN SOMEONE ELSE'S SHOES:



**GETTING
STARTED**



CHARACTERS



MANDY

“Today Andy shouted in the corridor that I look like a little baby, because I am so short compared to all my friends. All the others laughed. I feel like there is something wrong with me and I feel ashamed of how I look.”



JULIE

"Yesterday a group of girls came up to me and told me that they do not like me because I am overweight. They said I should eat less. I do not eat much but I feel afraid that if they see me eat they will get mad at me."



JACK

“I do not like football and I have started to be picked on by some boys in another class. They call me “gay” and yesterday in the toilets they told me I should change school because they do not like gay people.”

Note this is an opportunity to discuss why using the word ‘gay’ as an insult is wrong



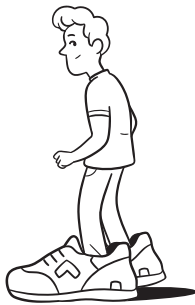
MICHAEL

“I am called names because where I come from.
Not all the boys are mean, some just follow Paul.
But it hurts me and I am very sad about this.”

GROUP ACTIVITY

- What thoughts do you think were in the mind of the character that was bullied?
- What helps you understand/guessing his/her thoughts?
- What feelings do you think he/she was experiencing?
- If you were with the person, what would help you understand their feelings?
- What do you think she/he would do after this bullying experience?
- What consequences would these actions have for her/himself?
- How many of you have ever had a similar thing happen to you?

YOUR EMOTIONS



**CREATE YOUR
OWN EMOTION
POSTER**

Think

their thoughts during that situation

Feel

their feelings in that situation

Do

their actions in that situation

Consequences

what happened next to them and others