

The Bullying Prevention Roll-Play Game

Two or More Players

Ages 6 - 12

What you need:

Problem Cards

Solution Cards

Think About It Cards

1 die



About the Game

Every day, countless children face bullies at school, on the playground, and in their neighborhoods. This game presents problems children commonly encounter and provides them with techniques to respond to those problems. Role-playing their responses can help children incorporate the techniques into their behavioral repertoire and prepare them to face bullies with confidence. In addition, the game includes thought-provoking cards to help children understand more about bullies, targets, and bystanders.

Before You Play

Print out the three sets of cards (Green Problem Cards, Blue Solution Cards, Purple Think About It Cards), cut out the cards, and place them in three separate piles. Note that there are 6 additional blank Solution cards. You may use these to personalize the cards for the group you are playing with.

Rules

1. The youngest player goes first. He or she selects the top card from the Problem (Green) pile.
2. He or she reads the problem aloud and chooses one or more players to act out the situation. He or she directs the role-play, telling the other players what roles to assume, but they improvise what they say or do.

3. The first player then looks through the Solution (Blue) cards and picks the solution that best fits the problem.
4. He or she then joins the role-play and acts out a solution that will successfully resolve the problem.
5. Next, he or she rolls the die. The number rolled equals the number of points earned for this turn.
6. Finally the first player selects the top card from the Think About It (Purple) cards and responds to the question or instructions. He or she earns 2 additional points for a response.
7. It is now the next player's turn to select a card from the Problem (Green) pile.
8. Play continues until someone earns 24 points. If time runs out, the player with the most points is the winner.

NOTE: There are not right or wrong answers. Points are given for every attempt to solve a problem.

Problem

You finish your drawing, and another kid tears it into pieces.

Problem

Another kid takes your lunch.

Problem

You are walking up to the blackboard when someone sticks a foot out to trip you.

Problem

A kid says you were staring at him and punches you.

Problem

A bigger kid threatens to hit you unless you do his math homework.

Problem

Someone is spreading rumors about you.

Problem

You are on the school bus, and a group of kids make you give up your seat.

Problem

Two kids cut in front of you on the cafeteria line and then laugh at you.

Problem

You are on the playground, and other kids are calling you names.

Problem

A kid knocks over your juice on purpose.

Problem

Another kid imitates everything you say.

Problem

You find nasty notes about you left around the classroom.

Problem

The other kids start a game at recess and won't let you play.

Problem

Your best friend suddenly starts ignoring you.

Problem

A girl in your class tries to copy your test answers. When you don't let her, she tells the teacher that you were trying to copy from her.

Problem

You are standing quietly by yourself when someone kicks you from behind.

Problem

One kid pushes you into another and says it was your fault.

Problem

Your friends turn their backs on you when you come over to join them.

Problem

One kid gets the others to gang up on you.

Problem

A kid says he will beat you up unless you carry his bookbag for him.

Problem

Kids at school are sending you e-mails that say mean things about you.

Problem

Someone is posting rumors about you in a blog.

Problem

Someone is writing mean notes about other kids and signing your name to them.

Problem

Every evening, you get a phone call from someone who calls you names and then hangs up.

Problem

You try to sit down at a table in the lunchroom, and other kids keep moving into each seat you approach.

Problem

An older kid makes you give him your lunch money.

Problem

You put your glasses down, and another kid purposely slams a book on top of them.

Problem

You are the only one in your class not invited to a party.

Problem

Someone has written mean words on the blackboard. Another kid tells the teacher you were the one who did it.

Problem

You offer to help a new kid in your class, and the others make fun of you for it.

Problem

You are walking to your classroom, and another kid blocks your path.

Problem

A group of kids make nasty remarks about your family.

Problem

You are wearing new jeans, and some kids at school make fun of them.

Problem

You just had your hair cut, and the other kids say it looks weird.

Problem

You have just come back to school after being sick for a week, and none of your friends will talk to you.

Problem

Some kids call you a baby because your older sister always walks you home from school.

Problem

Other kids make fun of you because your parents won't let you ride your bike alone.

Problem

You are doing a project with two other kids in your class. You've done your part, but they haven't done theirs. The project is late, and they tell the teacher it's your fault.

Problem

A kid whose voice you recognize is leaving mean phone messages on your family's answering machine.

Problem

Your best friend is hanging out with a new group and tells them to ignore you.

Problem

A new boy in school purposely bumps into you, making you drop your lunch tray.

Problem

A boy in your class is supposed to be handing out papers. When you reach for yours, he holds it back and won't let you take it.

Problem

When you talk to your friends, they pretend they don't hear what you are saying.

Problem

A group of kids imitate the way you walk.

Problem

Your friends start a new club and leave you out.

Problem

All the other kids are talking about a party that you weren't invited to.

Problem

Someone throws paper balls at you.

Problem

At recess, a girl trips you on purpose.

Problem

A group of kids block your locker and won't let you open it.

Problem

You get an instant message from someone threatening to hurt you.

Solution

**Tell a grown-up
you trust about what
has happened.**

Solution

**Stay away from kids
you know are bullies.**

Solution

Stay with a group.

Solution

**Act brave, even if
you don't really
feel that way.**

Solution

**Keep any bullying
notes or e-mails
and show them
to a grown-up.**

Solution

Walk away.

Solution

Ignore the bully.

Solution

Say no very firmly.

Solution

Keep cool, and act as if you don't care.

Solution

Tell a friend.

Solution

Have a joke or funny answer ready.

Solution

Keep a record of what has happened so that you can show it to a grown-up.

Solution

Solution

Solution

Solution

Solution

Solution

Think About It

Has anything like this ever happened to you? Tell about it.

Think About It

If something like this happened to a younger child, what would you suggest?

Think About It

Why do you think the other kid or kids acted this way?

Think About It

Have you ever done anything like this?

Think About It

If you were watching this happen to someone else, what could you do?

Think About It

Why do some kids get bullied while others don't?

Think About It

Tell three things you can do to avoid things like this from happening.

Think About It

How do you think most kids feel about bullies?

Think About It

How do you think most bullies feel about themselves?

Think About It

Who can you tell if you are being bullied?

Think About It

Name one strength you have that helps keep you from being bullied.

Think About It

Why are bullies less likely to bother kids who look confident?

Think About It

If something like this has happened to you, what can you say to yourself to help you feel better?

Think About It

Do you think bullies can change how they act?

Think About It

Complete this sentence: Bullies are _____.

Think About It

Tell about one thing your school does to try to prevent bullying.

Think About It

What would the world be like if there were no more bullies?

Think About It

How could you help a friend who is being bullied?

Think About It

What do you think happens to bullies when they grow up?

Think About It

Why is it important to tell another person if you are being bullied?

Think About It

Complete this sentence:
It's a good idea for kids to practice how they will react to bullies because

_____.

Think About It

Are bullies brave?

Think About It

What is the best suggestion you ever heard about how to stop a bully?

Think About It

Complete this sentence:
I wish that bullies

_____.