

<p style="text-align: center;">BULLY NO MORE TEACHER'S NOTES</p>
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A Synopsis of the Play

“Bully No More” was written with the intention to promote discussion and understanding around the issues of bullying. The play is performed by two actors who play three different characters. Ralph is a good natured boy in year five who has no problems socialising at school and playing in team situations. Eric is Ralph’s best friend but finds it difficult to socialise in large groups. Since Ralph joined the lunch time, hand ball team Eric has been spending more time by himself. Becksy, who is also a loner, has been bullying Eric for his lunch money but she does this because her older brother Alex takes her lunch every day and nobody at school or at home is aware of this.

The play is set on the week of the school camp. Becksy and Eric have elected not to go and find out they will be spending the week alone at school as all the other children have decided to go on the camp. Eric decides this is his opportunity to confront Becksy about the bullying. Eric thinks he may lose Ralph as a friend if he doesn’t succeed because lately he is always unhappy and alone. Eric decides to take up karate and challenge Becksy to a fight. Becksy faints before Eric can even lay a karate chop, so he follows her home after school only to discover the reason she fainted was because she was hungry from having her lunch money stolen everyday by her brother Alex. When Ralph returns from camp Eric proves his friendship by signing on for the lunch time, hand ball team and the boys are best friends again. Eric confides in Ralph about Becksy being bullied by her brother. The boys decide to help by asking for suggestions from the audience and then acting them out in short scenes.

In the final scene Becksy tries to bully Eric again but he confronts her about what he has seen Alex do and offers to help her through the suggestions he and Ralph have gathered. Becksy decides that the suggestions are worth a try and eventually through Eric’s help the bullying is stopped and Becksy’s life at school and at home becomes happy and safe.

Eric and Becksy form a friendship through this process and take up dance karate classes together, for fun.

Questions About the Play

1. Why do you think that Ralph enjoys playing handball so much?
2. Why doesn't Eric want to play on the hand ball team?
3. Why do you think that Becksy is bullying Eric for his lunch money all the time?
4. Why is Eric such an easy target for Becksy?
5. What does Becksy tell us about her big brother Alex?
6. Why does Becksy want to be like her big brother Alex?
7. Why doesn't Becksy tell anybody that Alex has been bullying her?
8. Why doesn't Eric tell anybody that Becksy has been bullying him?
9. Why does Eric learn karate?
10. What happens when Eric tries out his karate technique on Becksy?
11. Why does Becksy faint?
12. What were some of the suggestions the audience acted out to help Becksy?
13. Did Becksy take up any of these suggestions?
14. What happened to Becksy after she told her mum about Alex bullying her?
15. What happened to Eric after he helped Becksy and told his friend Ralph what had been going on?
16. How had Eric changed by the end of the play?
17. How had Becksy changed by the end of the play?

Drama Improvisations

During the play the children and performers participated in improvisations exploring the issue of bullying. Here are examples of those improvisations to practice again in class and then offer the children to come up with some of their own scenarios.

Improvisation 1

Three Characters

- A Teacher
- A student who has been bullied
- A student who is the friend of the person being bullied.

The setting.

In the playground outside the teacher's office.

The improvisation begins the child who is being bullied at school needing to tell a teacher but not being able to. The child believes that this would be dobbing or that the bully will find out and the situation will just get worse. The friend has to convince the child to go to the teacher offering full support. When the friend convinces the child who is being bullied to tell they approach the teacher's office together. When the teacher hears what they have to say she offers support to help stop the bullying.

Improvisation 2

Four or five characters

A group of children playing basketball together.
Within the group there is one child who won't let anybody else into the group and another child who would like more children to play.
One child who is alone and not playing the in the game.

The setting.

A Basketball Court.

In the group we have two antagonists. One who doesn't want the new child to play and another who would like to include everyone in the game. Both of these characters try to sway the group to their way of thinking. The child who is by

themselves asks nicely to play repeatedly until finally the group decide to let the child play the game.

Improvisation 3

Three Characters

- A Bully
- A friend of the Bully
- The child who is bullied

The setting.

The school playground.

The two friends decide they would like to play handball but discover that they haven't got a tennis ball. They see a child playing alone with a tennis ball. The bully decides to demand the ball from the child using stand over tactics. The child refuses to give the ball to the bully. The friend of the bully stands up for the child who has been bullied and tells the bully not to behave that way. The friend invites the lone child to come and play with them so that they can all share the ball.

There are many more scenarios that the children could come up with in class about the issue of bullying.

Drama Trust Exercises

During the play the characters talk about being able to tell your problems to some one that you trust. Through these drama exercises the children can explore what trust is and how it feels.

Exercise 1

Break the class into groups of about six children. Have all the children stand in a tight circle with one child inside. The child inside can fall and then caught by the children in the circle. The child in the middle is then pushed gently from one student to the other around the circle keeping their feet central and their body straight but having no control over which direction they are pushed in.

Exercise 2

The children can break up into pairs. One child can faint as the other catches them from close distance. Both children can have a turn at fainting and catching.

Exercise 3

The children can be broken into pairs. One child can wear a blindfold and the other child can lead them from one end of the room to the other. The children can take turns and both have a go at leading and being blind folded.

These exercises can be interpreted appropriately according to class size and the maturity of the children. For example on the first exercise just have one group at a time create the circle while it is supervised and watched by the rest of the class.

Questions About Bullying

What is bullying?

Name some different ways in which people bully.

Why do you think that people bully?

How does being bullied make you feel? If you haven't been bullied how do you think it would make you feel?

What sort of suggestions can you make to stop bullying happening at your school?

How do you think bullying affects the school or home?

If people see bullying and say or do nothing does that make them a bully as well?

What are some of the ways bullying can be stopped.

Quote "Everyone has the right to feel safe and secure at home and at school".
What do you think about this quote?