



PLANIT
TEACHERS

Developing Effective Strategies for Addressing and Overcoming Bullying through Drama and Performance

Introduction

Welcome to this Worksheet

This worksheet is designed to help you understand the importance of empathy, kindness, and respect in preventing bullying behaviors, and to provide you with the skills and knowledge you need to create a positive and supportive school community.

Understanding Bullying

What is Bullying?

Bullying is a complex issue that affects individuals and communities in different ways. It can take many forms, including physical, verbal, and relational bullying.

1. What are the different forms of bullying?

2. How does bullying affect individuals and communities?

3. What can you do to prevent bullying?

Empathy and Kindness

The Importance of Empathy and Kindness

Empathy and kindness are essential in preventing bullying behaviors. When we show empathy and kindness towards others, we can help to build their self-esteem and confidence, and create a positive and supportive environment.

1. What is empathy, and how can you show it towards others?

2. Why is kindness important in preventing bullying behaviors?

3. How can you promote empathy and kindness in your school community?

Drama and Performance Techniques

Using Drama and Performance to Address Bullying

Drama and performance techniques can be powerful tools in addressing and overcoming bullying. They can provide a unique and engaging way to explore the complexities of bullying, and to develop effective strategies for addressing and overcoming it.

1. What are some drama and performance techniques that can be used to address bullying?

2. How can you use role-plays to demonstrate effective strategies for addressing bullying?

3. What are some benefits of using drama and performance techniques to address bullying?

Creating a Positive and Supportive School Community

Building a Positive School Community

Creating a positive and supportive school community is essential in preventing bullying behaviors. This requires a collective effort from students, teachers, and parents, and involves promoting empathy, kindness, and respect throughout the school.

1. What are some ways to create a positive and supportive school community?

2. How can you promote empathy, kindness, and respect in your school community?

3. What are some benefits of creating a positive and supportive school community?

Activities and Questions

Role-Play Activity

Role-play a scenario where someone is being bullied, and demonstrate effective strategies for addressing the situation.

Public Service Announcement

Write a script for a public service announcement about the importance of preventing bullying.

Poster or Flyer

Create a poster or flyer that promotes empathy, kindness, and respect in your school community.

Reflection and Evaluation

Reflection

Reflect on what you have learned about bullying and how it affects individuals and communities.

1. What was the most surprising thing you learned about bullying?

2. How will this learning change your actions in the future?

3. What questions do you still have about bullying?

Conclusion

Conclusion

In conclusion, developing effective strategies for addressing and overcoming bullying through drama and performance requires a comprehensive approach that incorporates empathy, kindness, and respect.

Additional Resources

Additional Resources

Here are some additional resources that you can use to learn more about bullying and how to prevent it:

- Books:

- Websites:

- Organizations:

Assessment and Evaluation

Assessment Rubric

Use the following rubric to assess your understanding and participation in this worksheet:

Criteria	Excellent	Good	Fair	Needs Improvement
Participation				
Understanding				