

Take a Step

(Adapted from *Don't Laugh at Me*)

Time: 20 minutes

Materials:

Take a Step Statements

Preparation:

None needed

Directions:

1. Have participants line up shoulder to shoulder facing the facilitator. Ask them to imagine a line painted on the floor in front of them.
2. Introduce the activity by explaining that there are many different feelings associated with bullying behavior. This activity will help the group focus on the impact bullying has on everyone involved.
3. Explain that you will be reading a statement. If the statement describes you, silently step across the line and look back to see the participants who did not cross the line. Tell participants that if they are not comfortable taking a step, they can remain behind the line noticing any feelings they may be having.
4. Ask participants to step back across the line. Repeat until all statements have been read.
5. Have participants return to their seats to reflect on the activity. In small groups answer the following:
 - What are some thoughts and feelings that came up during the activity?
 - What did you learn about yourself?
 - How could this activity be used in your school setting?
6. Give participants the opportunity to share comments from their group discussion with the large group.
7. Summarize the activity by stating that bullying has long term consequences for the child who bullies, the child who is bullied, and the children who witness it happening. Many of the participants went back to childhood memories as they took a step across the line. Bullying and harassment that is happening in schools now will have a long term impact on today's students.

Take a Step Statements

- Take a step across the line if you have ever been teased, called a name, or made fun of.
- Take a step across the line if you were ever chosen last in a sport or game.
- Take a step across the line if you have ever been harassed because of the color of your skin.
- Take a step across the line if you have ever been made fun of because of your religious background.
- Take a step across the line if you have ever been teased for wearing glasses, braces, a hearing aid, your height, weight, complexion or the clothes you wear.
- Take a step across the line if you have ever been left out or excluded from an activity.
- Take a step across the line if you have ever seen someone else being teased, called a name, or made fun of.
- Take a step across the line if someone has ever said or did something mean to you and you were reluctant or too afraid to say anything about it.
- Take a step across the line if you have ever gone along with your friends even though you were uncomfortable with what they were doing.
- Take a step across the line if you have ever stood by and watched while someone was teased, called a name, or made fun of.
- Take a step across the line if you have ever wanted to speak out about something that was happening but were afraid or too uncomfortable to do so.