



Quality Theatre In Education

ABN: 31 012 483 301

## ***“Bye Bye Bully”* - Teachers Notes**

### INTRODUCTION

“Bye Bye Bully” is intended as an introduction only to your school’s wider anti-bullying program. Whilst the show should prove very helpful on its own, an effective anti-bullying program requires the education and co-operation of all staff, students, and parents.

If your school does not have a structured anti-bullying program, we recommend a Canadian publication which outlines an entire program called **“Take Action Against Bullying”**, (*Bully B’ware Productions, 1421 King Albert Avenue, Coquitlam, BC, V3J 1Y3. E-mail: [bully@direct.ca](mailto:bully@direct.ca)*).

### THE PLAY

The show aims to introduce the topic of bullying through an entertaining play, centred around a famous character from 17<sup>th</sup> Century French literature, Cyrano de Bergerac, who was, at once, a fearsome fighter, and an object of ridicule, because of his enormous nose.

As the play progresses, we see the various styles of bullying employed, first by one character, and later, the other, indicating that both a bully and a victim, (or “target” as a less negative term), lies within us all. This is very important for students to realise, so that they accept the responsibility of taking part in anti-bullying activities.

### THE EXERCISES

After the play, the “Bye Bye Bully” performers lead students through a range of exercises, designed to help prevent bullying.

These are simple games, intended to be immediately effective in the absence of any school's more substantive program. Within the limitations of the performance time, only some of the many important training areas are covered. These are;

- a) buddying
- b) reporting bullying incidents
- c) improving self-confidence/posture

### TYPES OF BULLYING in "BYE BYE BULLY"

1. TEASING - Verbal abuse, ("BIG NOSE!"), can be equally as damaging as physical abuse. A teasing session between two students stops being fun and becomes **bullying when one party isn't enjoying it anymore.**
2. INTIMIDATION - Creating fear in the target is one of the bully's main aims. Students who **show less fear** by carrying themselves properly are very unlikely to become targets of bullying.
3. PHYSICAL - Physical fighting is extremely **dangerous to both the target and the bully.** Young physical bullies are statistically highly likely to have criminal convictions when adults.
4. OSTRACISM - The exclusion of the target from their group of peers can cause ongoing emotional problems. This form of bullying is **especially common amongst girls.**

### REACTIONS AGAINST BULLYING in "BYE BYE BULLY" PLAY

1. IGNORING - Worth a try, but difficult to do, and ineffective if the bully is determined or supported by an audience of peers.
2. AVOIDING - Staying away from areas in the school where bullies are known to hang-out is an essential part of preventative training. **Learn where these areas are.**
3. FIGHTING - Physically dangerous. Doesn't resolve issues. Leads to further violence.

4. OSTRACISM - Excluding the bully only serves to further isolate them, making the bully bitter and dangerous. An understanding of the consequences of their actions, and under what conditions they will be accepted by the group, is more effective.

### “BYE BYE BULLY” EXERCISES BREAKDOWN

1. BYE BYE BULLY BUDDY - A simple meet & greet game, which encourages students to make new friends who promise to help protect each other against bullying.
2. COBBERS & DOBBERS - Teaches students the difference between reporting an incident to a teacher to get someone in trouble, (dobbers), and reporting it to stop someone getting hurt, (cobbers).
3. YOU! - A non-competitive game which teaches students to walk with purpose, proper posture, and a smile – all effective ways to reduce the chance of becoming a target of bullying.

N.B. For more non-competitive games; *“New Games”*, Dolphin/Doubleday  
*“TheatreSports Down Under”*, The  
Performing Arts Bookshop, Sydney

### HELPFUL WEBSITES

[www.bullying.com.uk](http://www.bullying.com.uk)  
[www.antibully.org.uk](http://www.antibully.org.uk)  
[www.teasingvictims.com/](http://www.teasingvictims.com/)  
<http://familyeducation.com>

**Thankyou for enjoying “Bye Bye Bully”**