

Stay OK at school



Bullying – the scars remain

Children often don't realise the lasting effects that bullying can have on a victim. This activity demonstrates the irreversible effects of bullying.

1. Have your students hold a blank piece of paper in their hands.
2. Ask them to crumple it up then stomp on it. They should really mess up the piece of paper, but be careful not to tear it.
3. Have the students unfold the paper and smooth it out.
4. Ask them to make it as flat as when they first started with the paper. Can they do it? Why not?
5. Ask your students to look at their paper and notice how scarred and dirty it is.
6. Ask your students to tell the paper "I'm sorry". Has this helped to smooth out the paper? What else could students do to fix the paper?
7. Explain to students that even though they have apologised and tried to make the paper smooth again, scars remain.
8. Point out that this piece of paper will never be the same again, no matter how hard you try to fix it.
9. Let your students know that this is what happens when a person is bullied. The bully may apologise but the scars are there forever.