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# Real Scenarios Workshop: From Awareness to Action: Combating Bullying in Our Schools



## Objective:

- Raise awareness of bullying by helping students identify different types of bullying, including physical, verbal, and cyberbullying.
- Promote empathy by encouraging students to understand the emotional impact of bullying on victims and the importance of supporting others.

Develop problem-solving skills by guiding students through scenarios to identify and address bullying behaviors effectively.

## Key Components:

- Bullying
- Empathy
- Awareness
- Respect
- Problem-solving
- 

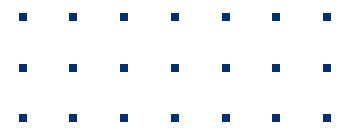
## Duration:

1 hour



# Workshop:

## From Awareness to Action: Combating Bullying in Our Schools



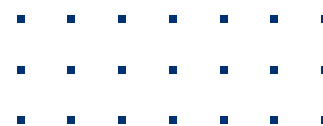
### Workshop Overview

This workshop is designed to empower students to combat bullying by developing self-awareness, empathy, and effective communication skills.

- **Icebreaker: Share Your Voice (10 minutes):** Participants will begin by sharing a brief personal experience where they stood up against bullying or witnessed kindness. This sets the tone for the session, building a safe and respectful environment and encouraging active participation.
- **Exercise 1: Walking in Their Shoes (20 minutes):** In small groups, participants will be given scenarios of bullying situations (e.g., verbal bullying, exclusion, or cyberbullying). Each group will discuss the scenario from the perspective of different roles involved, such as the victim, the bystander, or the bully.
- **Exercise 2: Creating a Bullying-Free Zone (20 minutes):** Participants will brainstorm practical strategies to prevent bullying in their school or community. Each group will present their ideas and discuss how these strategies could be effectively implemented in real-life scenarios.
- **Wrap-Up and Reflection: Stand Up, Speak Up (10 minutes):** The session will conclude with a reflective discussion on the importance of empathy, recognizing bullying, and using effective communication to challenge bullying behaviors. Participants will be encouraged to share one action they will take to create a bullying-free environment at school.

## Workshop:

### From Awareness to Action: Combating Bullying in Our Schools



## Icebreaker: Share Your Voice

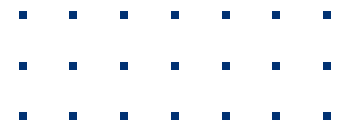
The workshop begins with a light-hearted icebreaker activity where participants share personal stories of standing up against bullying or witnessing acts of kindness. This activity is designed to build rapport among the participants and create a comfortable environment for open communication.

By reflecting on personal experiences, students gain insight into the importance of taking a stand against bullying and realize the impact their actions can have on others. This sets a positive tone for the session, encouraging students to engage and actively participate throughout the workshop.



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## Walk in Their Shoes



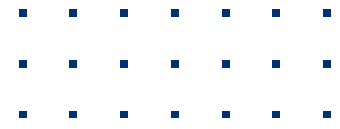
In this exercise, participants are divided into small groups and assigned roles to reflect different perspectives in a bullying scenario. The groups are given specific situations, such as verbal bullying, social exclusion, or cyberbullying, and must consider the situation from the point of view of different people involved, including the victim, the bystander, and the bully.

This role-playing approach helps students develop empathy and understand the emotions and motivations behind each perspective. After discussing the scenarios in their groups, participants will propose inclusive solutions to the bullying situations.

These solutions will focus on promoting respect, empathy, and ethical decision-making. The debriefing session following the group discussions will allow participants to reflect on the challenges faced by each role and share ideas on how to effectively address bullying.

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## Creating a Bullying-Free Zone

This collaborative activity focuses on brainstorming practical strategies for preventing bullying in the participants' own schools or communities. Working in small groups, participants will develop action plans, posters, and slogans that promote kindness, inclusivity, and respect. They will discuss ways to address bullying in different environments, such as the classroom, hallways, or online spaces.

By encouraging students to think about real-world applications, this exercise empowers them to take ownership of their school's atmosphere and create tangible actions that can reduce bullying.

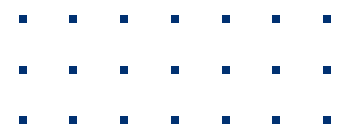
The students will then present their ideas to the larger group and discuss how to implement these strategies in a meaningful way. This exchange of ideas fosters teamwork and sparks creativity in problem-solving.





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## Conclusion

The final segment of the workshop encourages students to reflect on what they've learned and how they can apply their new skills in real-life situations.

The group will participate in a guided discussion where they can share key takeaways and insights about bullying, empathy, and effective communication.

This reflective time allows participants to process the activities and solidify the skills and strategies they've developed during the session.

Each student will then be invited to share one personal commitment or action they will take to promote inclusion and address bullying in their own lives.





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## Instructions for Teachers

- **Objective:** Foster empathy and understanding of the impact of bullying on individuals from diverse backgrounds Encourage participants to create and implement inclusive solutions to prevent and address bullying in real-life scenarios.
- **Duration:** 1 hour
- **Materials Needed:** Printed scenario cards featuring cultural and religious inclusion challenges; Optional: Visual prompts about bullying in different contexts to aid in discussion.

## Workshop step by step

### Activity 1. Icebreaker – Share Your Voice (10 minutes)

#### Setup:

- Arrange participants in a circle to foster an open and respectful environment.
- No materials are required for the icebreaker, but you may choose to display visual prompts to help students get started.

#### Activity:

- Ask each participant to share a story related to bullying, kindness, or respect.
- Encourage participants to reflect on how these stories shaped their understanding of inclusion and bullying.



# Workshop:

## From Awareness to Action: Combating Bullying in Our Schools

### Discussion:

- Reflect on the diversity of responses shared. Highlight how each person's background, experiences, and values shape their views on bullying and inclusion.
- Discuss the importance of empathy in building understanding and combating bullying in schools and workplaces.

### Activity 2. Walk in Their Shoes (20 minutes)

#### Setup:

- Divide the participants into small groups (3-4 students).
- Provide each group with a printed scenario card depicting a situation involving religious or cultural misunderstandings.

#### Examples of Scenarios:

- A Muslim student requesting time for prayer during class.
- A student facing bullying for wearing culturally significant clothing.
- A peer being teased for bringing traditional food to a social event.

#### Activity:

- Groups will discuss the scenario from the perspective of their assigned roles, exploring feelings, challenges, and potential solutions.
- Together, each group should develop an inclusive solution that addresses the situation in a respectful and empathetic manner.

#### Debrief:

- Invite each group to share their proposed solution and discuss the rationale behind it.
- Emphasize the importance of understanding and respecting different cultural and religious beliefs in creating an inclusive environment.





# Workshop:

## From Awareness to Action: Combating Bullying in Our Schools

### Activity 3: Creating a Bullying-Free Zone (20 minutes)

#### Setup:

- Arrange participants in small groups (3-4 students) to foster collaboration.
- Provide each group with a large sheet of paper, markers, and sticky notes.

#### Activity:

- Explain to the participants that the goal of the activity is to create a Bullying-Free Zone in their school or community.
- Ask each group to brainstorm ideas and strategies for what a Bullying-Free Zone would look like in their school or community.
- Once the brainstorming session is complete, invite each group to share their ideas with the rest of the class.
- After the group discussion, participants can write or sign a Bullying-Free Zone Pledge, committing to uphold the principles of respect, empathy, and kindness in their daily interactions.

#### Sharing:

- Groups present their solutions to the whole group.
- Facilitate a discussion on how these ideas could be applied in their real settings.

#### Debrief:

- Ask participants to reflect on how they can personally contribute to making their school a more welcoming and safe place for everyone.
- Encourage them to think about practical actions they can take, such as being more inclusive, speaking out against bullying, or helping those who are being bullied.



# Workshop:

## From Awareness to Action: Combating Bullying in Our Schools

### Activity 4. Wrap-Up and Reflection (10 minutes)

#### Setup:

Arrange participants in a semi-circle to facilitate an open conversation.

#### Activity:

- Lead a guided reflection on the key takeaways from the workshop.
- Encourage participants to share one personal action they will take to create a more inclusive environment, whether in school, at home, or in future workplaces.

#### Sharing:

- Optionally, ask participants to write a personal commitment statement about one action they will take to support inclusivity.
- **Debrief:**
- Reflect on how empathy, understanding, and effective communication are critical tools in combating bullying.
- Discuss the role of inclusive decision-making and how each participant can contribute to fostering a respectful and bullying-free environment.



# Workshop:

## From Awareness to Action: Combating Bullying in Our Schools

### Tips for teachers:

- **Create a Safe and Inclusive Space:** Ensure that all students understand the importance of a respectful and safe environment where bullying is not tolerated.
- **Encourage Open Participation:** Actively encourage all students to contribute to discussions and activities, but be mindful of those who may be shy or hesitant to speak up.
- **Be Culturally Sensitive:** When discussing bullying, make sure to be aware of the diverse backgrounds and experiences of your students. Use inclusive language that does not make assumptions about students' identities.
- **Guide, Don't Lead Please:** Facilitate discussions in a way that encourages students to think critically and explore different perspectives. Instead of providing all the answers, ask open-ended questions that encourage students to think deeply about the consequences of bullying and how it affects others.

### Follow-Up Activity at Home:

- **Personal Journal:** Ask students to reflect on a bullying situation they have witnessed or experienced. Have them write about how it made them feel and what actions they think could have been taken to resolve the situation.
- **Impact Assignment:** Encourage students to develop a personal "Bullying Prevention Plan." They should write down actions they can take if they witness bullying in school or online, how they will support those affected, and strategies for promoting kindness and inclusion.



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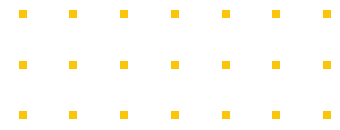
### Assessment:

- **Participation and Engagement:** Observe students' involvement in discussions, group activities, and role-plays. Assess how well they engage with the topic of bullying, particularly how they apply empathy when discussing situations involving bullying.
- **Group Reflections:** Use exit tickets or a quick written reflection to ask students to share one key takeaway from the workshop and one personal strategy they will use to combat bullying in their environment.
- **Scenario Responses:** Evaluate how thoughtfully students develop solutions during the role-play and brainstorming activities.

### Final Notes:

- **Be Mindful of Sensitive Topics:** Encourage openness but also remind students that they can opt out of specific activities or discussions if they feel uncomfortable. Always offer alternative ways for them to participate without feeling pressured.
- **Adapt for Different Groups:** Tailor the bullying scenarios and discussions to suit the age, background, and needs of your students. Younger students might benefit from simplified scenarios, while older students can engage in more complex situations.
- **Encourage Continuous Learning:** The conversation about bullying should not end with the workshop. Promote ongoing discussions about inclusion, respect, and bullying prevention in your classroom. Encourage students to share experiences and continue learning how to create a positive and safe environment in their schools

# TOOLS



## SLIDO



A platform for real-time polls, Q&As, and quizzes. It's useful for gathering feedback from students, especially in larger groups.

[LINK](#)

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## Trello



While commonly used for project management, Trello can also be adapted for collaborative activities.

[LINK](#)



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