

BULLYING

Lesson Guide for
Episode 1

Supplies: Paper, pens, Bibles

Objective: For girls to understand the issues and beliefs behind bullying and to feel equipped to face the challenging situations they may find themselves in as the bullied, the bully or the bystander.

Begin video

Stop @4:02: Small Group Discussion Questions (5 minutes)

1. Define bullying and give three examples of when you've witnessed it happening.
2. What are the effects of bullying on people?

Stop @10:25: Creative Activity (10 minutes)

Preparation: Write these common lies girls believe related to bullying on blank paper (one on each page) for the group activity.

Nobody likes me.
I'm not as good as everyone else.
It's my fault that I'm being bullied.
I'm not pretty enough.

I need to change myself so people will like me.
There's nothing special about me.
I need to put others down to look good.
It's not my problem when someone is being bullied.

1. Pair up the girls in your group.
2. Hand out one of the papers with a lie written on it to each pair and have them write down what truth they would speak to a girl who was believing this lie. Encourage them to use their Bibles to find a verse that might apply.

For example: "There's nothing special about me."
The truth is everyone is special in God's eyes and uniquely made by Him.
Psalm 139: 13-14 "For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful."

3. Have each pair share their answers with the group.

Before re-starting the video, tell the girls to find a comfortable place and close their eyes for the upcoming song. As they listen to the words, encourage them to ask God what lies they might be believing about their own lives, and what truths God has for them instead.

Stop @13:30 Optional Activity (5 min)

Depending on how mature/open/close your group is, you could pause at this point and share some of the lies/truths they might have discovered during the song.

Stop @20:00 Discussion Question (3 minutes)

1. Has this changed your perspective on the bully? If so, how?

Stop @26:00 Application (5 min)

Ask the girls to think about which of these three roles they can relate to most right now: The Bullied, the Bystander or the Bully.

Now ask them to write down one step they could take this week to move forward in this journey. For Example: The Bystander: Step in next time I see a classmate being bullied.

The Bully: Ask myself why I feel the need to put others down and talk to someone I trust about this struggle.

The Bullied: Tell a trusted adult about the experiences I've had and ask them for help.

Declarations (2 min)

Stand together and speak these truths out loud. Have fun with it!

"I am important."

"How God made me is amazing."

"God loves me all the time."

"I can make a difference."



square
one
WORLD MEDIA

Mailing Address

Square One World Media Inc.
225 Riverton Avenue
Winnipeg, Manitoba
CANADA
R2L 0N1

Phone: 1.800.565.1810 (ask for BUgirl Ministry)