

WIMP

Education Pack by Lizzy Blake

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(Please note the Key stage indicators are only guidelines.)

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Bullying

Worksheet

Things to do if you are being bullied

Tell an adult you trust

Get your friends together and say NO to the bully

Tell yourself that you don't deserve to be bullied

Try not to show that you are upset which is difficult

Walk quickly and confidently even if you don't feel that way inside. Practice!

If possible avoid being alone in places where bullying happens

Kidscape

Try being assertive, shout NO loudly. Practice in front of a mirror

If you are different in some way, be proud of it! It is good to be an individual

If you are in danger, get away. Do not fight back. Talk to an adult first.

Try to ignore the bullying

Stay with groups of people, even if they are not your friends. There is safety in numbers

DISCUSSION

Discuss this advice given by Kidscape. Which three pieces of advice do you think are the most useful?



What Is The Best Way To Deal With Bullies?

Worksheet

IN PAIRS OR GROUPS

Below are eight ways about how to deal with oral bullying. Discuss each one in turn and decide whether you :-

- a) agree with the statement,
- b) disagree with the statement,
- c) think it depends on the circumstances.

Try and give reasons and examples for your answer.

If someone starts to call you names or make fun of you.....

1. The best thing to do is run away.
2. Keep calm. Look the person in the eye and tell them to leave you alone.
3. Walk away and at the first opportunity, tell an adult.
4. Whatever you do, don't lash out. Hitting is only likely to make the situation worse.
5. Call them hurtful names to make them realise what it feels like.
6. Ignore it. Make out that you couldn't care less and that you think their behaviour is pathetic.
7. There's nothing much you can do. You've just got to put up with it and hopefully they will eventually pick on someone else.
8. Don't show you're upset and don't cry. Bullies thrive on weakness.

When you have decided, share your ideas in a class discussion.

Why do some people bully?

Worksheet

People become bullies for lots of different reasons:

- they have family problems
- they are being bullied themselves
- they are selfish or spoilt and always want to get their own way
- they have no friends and feel lonely
- they feel bad about themselves so they want to make others feel bad too
- they are taking out their own frustrations on others
- they feel insecure and unimportant - bullying gives them power
- they want to look big in front of others
- they have been bullied into joining a gang and have gone along with things just to keep on the bully's good side
- they don't understand how bad victims feel

Whatever the cause, bullying is usually a sign that **the bully needs some help**.

Bullies need victims. The bully will always be able to find something about a person to focus on:

wearing glasses,
having big ears,
being in a wheelchair,
being good at exams,
or too small and shy,
too fat,
too thin,
too attractive,
too intelligent,
too creative,
or being the 'wrong colour'
or wearing the 'wrong' clothes.

Bullies use differences as an excuse for their bad behaviour. But it isn't this difference in the victim which causes the problem - it's the bullies who have the problem because they are

- afraid
- jealous
- envious
- cruel
- angry
- insecure
- unhappy

(reproduced by the kind permission of Kidscape)

Rorholdt

Worksheet

Think about Rorholdt in the play Wimp!

Why do you think he was a bully?

What do you think his home life was like?

Do you think he had brothers and sisters who bullied him?

How do you think bullying made him feel?

What do you think he was scared of?

What do you think he was like when his gang wasn't around and he didn't have them to protect him or show off to?

- Hot seat Rorholdt to find out more about him.
- Create some role plays or still images around a day in Rorholdt's life, based on the information you get from hot seating him. eg. Rorholdt's home life.

Read through Scene 9 in Wimp.

- How do you think Rorholdt felt when Henry wasn't scared to stand up to him?
- Hot seat him about what he really thought and felt at that moment.

Ways of Dealing With Bullying In Wimp

Worksheet

- **In the play Wimp, the characters deal with bullies in different ways.**

Read through scene 4, 9 and 15.

You could act out these scenes in groups.

- **In each scene , how do the characters deal with the bullies?**

Find things they say and do that :

a) you think are a good way of dealing with a bully

b) are a bad way of dealing with a bully.

- **What other things could the characters say or do which would help them stand up against Rorholdt?**

- **Re-run the scenes in different ways. Your aim is to deal with Rorholdt as effectively as possible, without getting in a fight or getting hurt.**

Think about what you say and how you say it

Does a change in your tone of voice help?

Are you keeping eye contact with the bully?

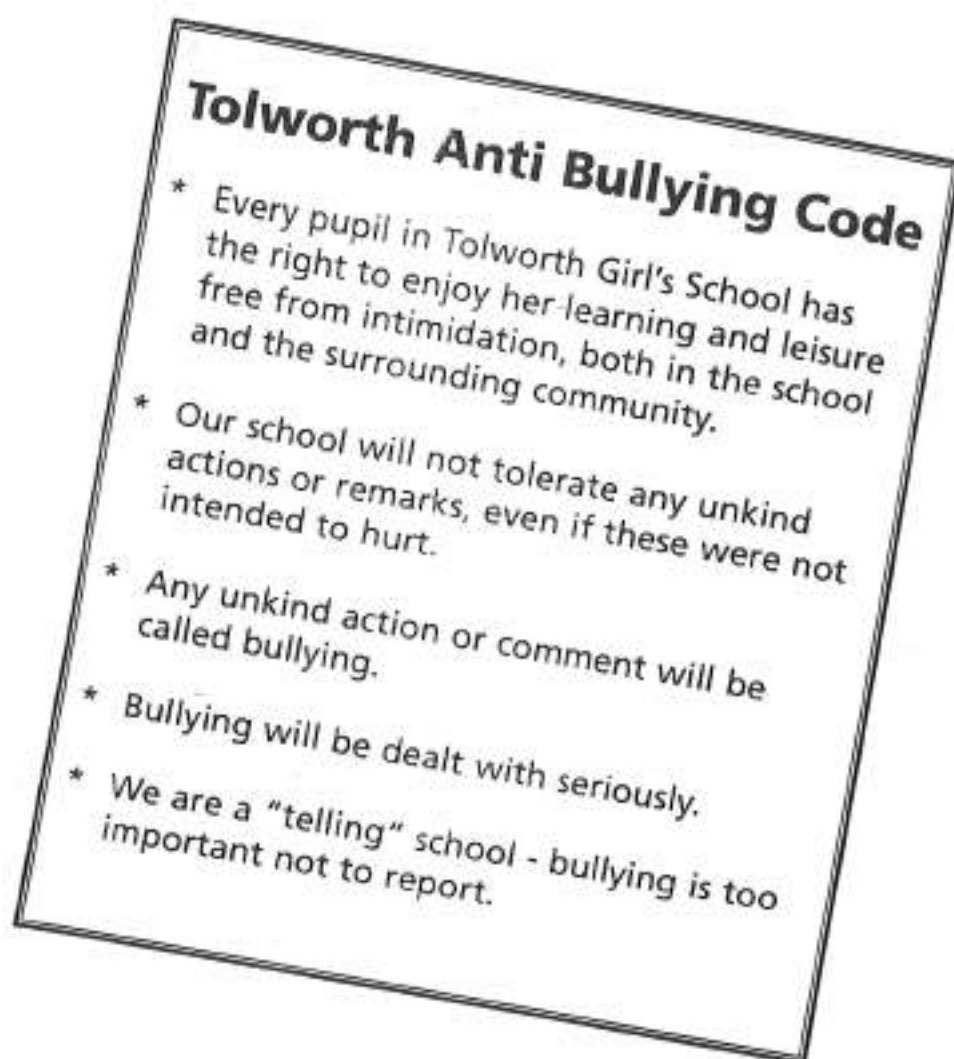
Does a change in how you stand or walk help?

Anti-bullying Codes

Worksheet

Some schools have set up anti-bullying codes.

Here is an example drawn up by the pupils of Tolworth Girl's School in West London.



In groups discuss what you would want in your school anti-bullying code. When you have decided what you want in it, write it up neatly on large pieces of paper and design it.

How Can Schools Deal with Bullying?

Worksheet

IN GROUPS

1. Look at these ideas for dealing with bullying.
2. Write some of your own ideas in the spaces.
3. Cut up the sentences.
4. Rearrange the sentences so that the most useful ones are at the bottom and the least useful ones are at the top.



Set up a bully court in school to deal with bullies

Bullies should get counselling to try and find out why they bully and to help them to stop

Set up a vigilante group in school to watch out for and deal with bullies

Draw up an anti-bullying code which is signed by students and parents before they join the school

Display an anti-bullying code in every classroom

Have counsellors, selected from the older years, who students can go to in confidence if they are worried about bullying

Have bully boxes placed around the school. Students can write down the names of those who have bullied them or if they have seen someone being bullied

Have bully boxes around the school. Students can get in touch with a counsellor through it to talk about their worries

The school should have a trained school counsellor who students can talk to

Bullies should be expelled

Bullies should be punished harshly

Case Study : Writing about bullying

These notes are about how a teacher at Westminster City Boy's School introduced work on Bullying:

Ideas for Teachers

- In pairs pupils tell each other about an occasion when they were bullied (eg younger brother or sister) or had been bullied and how they felt about it.
- Use the bullying poster as a trigger to describe the feelings of being a bully or being bullied. Write a class poem (see below).
- Write a poem where someone is a bully or is bullied, giving their feelings as well as describing what happened.

Group Poems

Proud

Strong
Wanting to show off a lot
I don't care about anybody
I'm not afraid
I'm best in the class
I'm in charge of everyone
Happy all the time
Happy and tough
Good and strong
A bit guilty
But a good strong man

Isn't it a laugh to kick people
Don't it make me look good
If I hit when they won't hit me

I'm important
I know the right answers
I'm a hard nut
Big and boastful
Invincible
Flash, easy, good
But kind of guilty

Evil and mean
Strong and Cheeky
I steal money and pick pockets
Powerful, the King, the best fighter,
I'm a devil
BUT REALLY
I'm weak. I'm covering up
I feel guilty.
But I don't tell anyone.

I feel

Like hitting back
Like shouting at them
Like hiding
Weak
Small
Like hitting back
As I want to Forget revenge

Weak
Helpless
And a chicken
I never wanted to go to school until
the bully is sorted out

I'm hurt
I'm scared and I want to cry

Scared
Not wanted
Weak
Small and shy
Frustrated
Unhappy
Weak and small
Frustrated
Unhappy
Weak and small
I want to beat them up
Very unimportant
Maybe without money
Sad and Unhappy
Down in the dumps
Small
Unhappy
Afraid

Ideas for Teachers

Poems about bullying by year 7 boys

I am a bully

I am a bully
tough and mean
I thump and kick
I steal and nick
It's all the same to me.

Give me your lunch box
Give me your lunch
give me it quick or I'll give
you a punch.

Give me your money
give me it quick
If you don't I'll give you a
kick.

All day long
I've been thumping and
kicking
stealing and nicking.
Next thing you know I'll be
in a fight.
I don't care.
I might be scared but
I won't show my fright.

Being a bully

I'm a bully
I'm really great. I have fun
Bullying people.
Everyone's afraid of me,
I'm so tough.

But really inside
I feel guilty
I feel sorry for the people
I bully
But I don't show it.
I pretend to be
Invincible.

The bully and bullied

I'm a bully
watch out for me
Kick 'em and run,
that's me.
that's my idea of fun:
what's yours?

I get picked on
it's no fun,
I get picked on,
I can't run.
I'd like to get my arm back.
But he's bigger than me.

On the wrong end

I heard them shouting,
Get him! Get him!
I tried to run away,
But they surrounded me.
I felt helpless
Like a hen which is going to
be killed.

They asked me for money

Bullies Drove Me to Suicide - True Story

Discussion / Comprehension

Read the bullies drove me to suicide story and answer the questions.

- How did other pupils at the school react to Sandie being bullied?
- How did Sandie's mum react to her being bullied?
- How did Sandie feel about being bullied?
- List three ways in which Sandie reacted to the bullies.
- How did the bullying effect Sandie?
- In groups discuss other ways Sandie could have dealt with the bullies or stood up to them. How could the other pupils in her class have helped? How could her Mum have helped more?

Drama Activities/Discussion

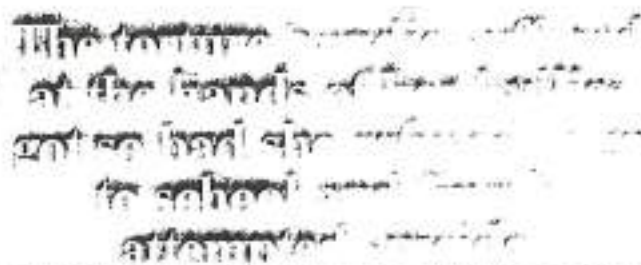
1. Role play the scene where Sandie first gets bullied at school.

You need Sandie, two or three bullies, some other members of the class and maybe a teacher.

2. Show the scene to the rest of the class.
3. Now run the scene through again. Try different ways of dealing with the bullying situation. Get the audience to shout out stop when they want to change the actions of the characters, then either they or the actors can carry on the scene following the new suggestion.
4. Do different ways of speaking, standing and reacting help or hinder the situation?

bullies

drove me to



F

irst she called me names, then she got others to do the same. Then came the barging into me in the corridor, and apologising profusely. Then she'd sit behind me and stab me

with her compass. She would threaten me with death if I told. And I believed her, so I would do anything she said. Perhaps what was worst was everyone else thought it was so funny. I was totally on my own.

Once, I tried telling my mum what was going on. She told me I should ignore it. But how can you ignore taunting that goes on all day long? She either didn't understand, or perhaps she didn't believe it was that bad. Occasionally one of them would pretend to be friendly and sit next to me and be nice to me. I tried asking them why they were doing it. I was never told. Then the next day it would be even worse because this so-called friend turned her back on me and told the rest that I said awful things about them. She would also tell them that I truly did have bad breath, greasy hair, or nits, of any other of a thousand

things that could be wrong with me. Each time one of them would pretend to be my friend for the day, I was so grateful that I had to believe them. And I was also scared that if I didn't believe them, they'd make things even worse.

living in a nightmare

Things came to a head one day in January. For the whole of the new term after Christmas they made my life hell. Constant jibes about what was wrong with the clothes I was given for Christmas; pushing me around the corridors; deliberately tripping me up if I walked past them in the classroom; incessant name-calling and threats about what they would do to me if they caught me after school, or if I dared to tell anyone.

It was during one lunchtime that they came looking for me. I was in the library and I just knew they had something

dreadful planned. I was pushed along the corridor and out into the playground. They took me behind the PE store room. Fiona had been my friend a few days before, but now she produced a small plastic bottle from her bag. It was half filled with a yellowy liquid. She removed the top and thrust it in my face. The smell was unmistakable.

"Drink!" I was told. I backed away into the wall behind me. They crowded around me, smiling grotesquely.

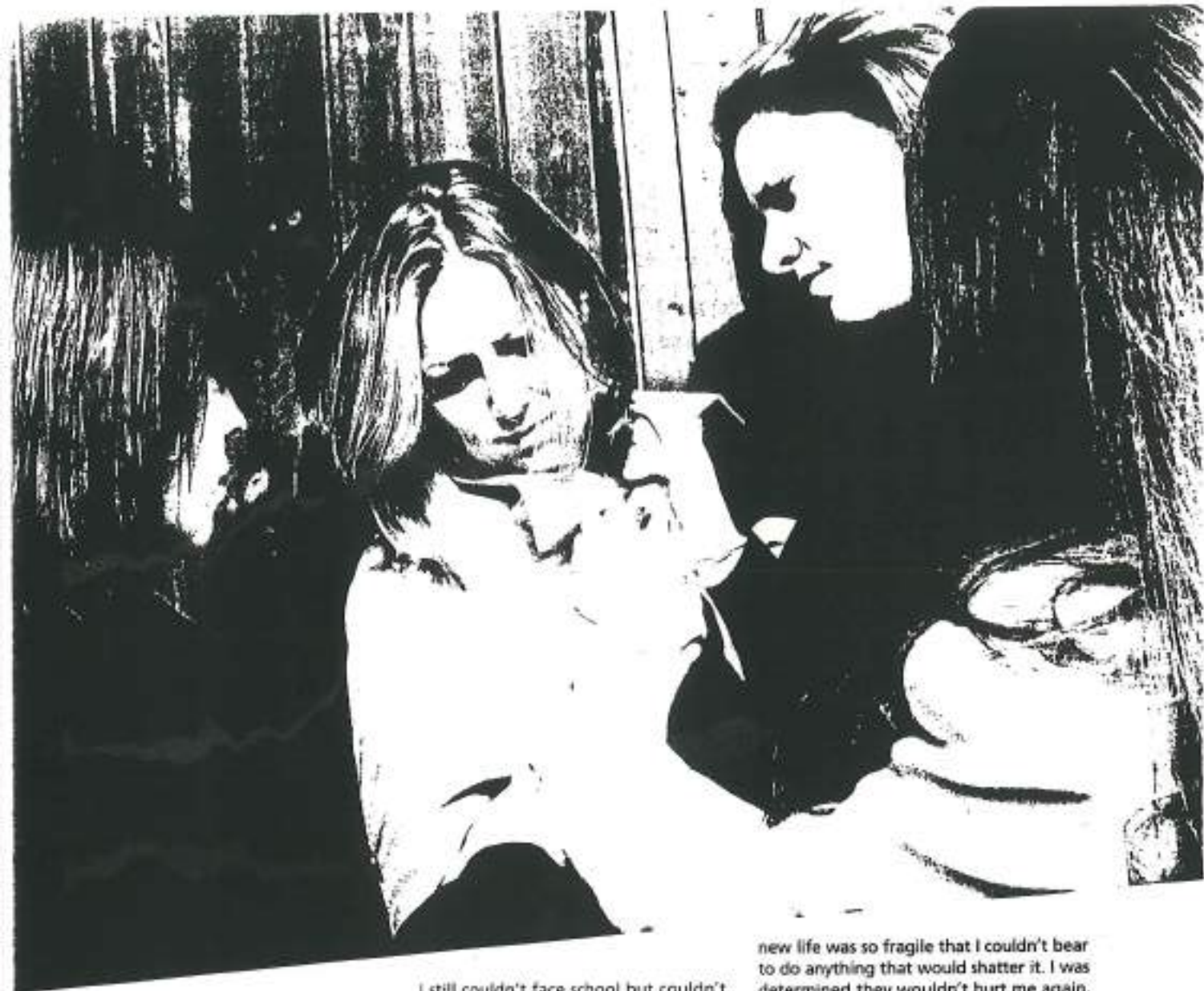
"Go on, drink," they taunted. I turned my face away. I felt tears run down my face, warm and wet.

"What's wrong? You should be grateful that we're sharing with you. Drink." I could see their teeth behind their smiles. My knees gave way and I sank to the ground.

"Get up." A command.

"Drink." The awful word was said again. I knew I was sobbing, but I couldn't stop. I couldn't get up. I couldn't get away. I curled my arms around myself. Then I felt the contents of that plastic bottle drip onto my head. It soaked through my hair and trickled down my cheeks.

It gushed down my neck and coursed through my fingers. The empty bottle was discarded next to me. They left gleefully and without remorse. I didn't move for some time, but sat there shivering, wet and stinking of the foul liquid they'd poured all over me. I was so ashamed. How could I tell anyone?



Eventually the school was silent. Still I didn't move. I waited until I was sure they'd all gone. Then I walked home.

refusing to go to school

The next day I refused to go to school. I'd decided I would never go again. Mum tried to persuade me and eventually physically forced me. She dragged me into the car and drove me to school. Everyone was trying to find out why I wouldn't go, but I couldn't tell. The teachers took me into an office and were very kind but I couldn't say anything. The first chance I had, I left. I roamed the streets for the rest of the day, feeling utterly alone.

One of the girls phoned me to apologise, but I'd heard it all before. I said it was OK. She asked me whether I was going to tell anyone, I said I wouldn't. She said she thought it was best I didn't. I couldn't believe they were still threatening me. Hadn't they done enough?

I still couldn't face school but couldn't tell anyone why. Things just went from bad to worse. Perhaps it was because Mum kept asking me what was wrong. Every day she asked me. Finally I tried to commit suicide. I took a whole bottle of aspirin from the bathroom cabinet. It was a half-hearted attempt and I just ended up throwing up. I suppose it was a cry for help. Not surprisingly my mum decided to go to the social services for help. The social worker told me I could go to another school, but only on condition that I promised to attend. She also said it would be a good thing if I saw an educational psychologist.

Brian, my social worker, never pushed me to tell him what had happened, but bit by bit I began to trust him. Once I knew that I wouldn't have to see those girls again I started to rebuild my life. When I eventually told him what had happened that day, he was so understanding. Brian wanted me to tell the school so that the girls wouldn't get away with it. But I couldn't. I'd moved school, but I still lived in the same house. My

new life was so fragile that I couldn't bear to do anything that would shatter it. I was determined they wouldn't hurt me again.

I'll never forget the despair I felt when I was being bullied, but slowly I've been able to believe that not everyone will treat me like that. Brian told me once that the girls must know they've done something awful, and they have to live with that. It would be nice to believe they're ashamed of what they did. **IL**

HELP BOX

Don't suffer in silence if you're being bullied. Remember, the bully's greatest friend is secrecy, so tell your parents or a teacher. The longer you go without telling someone, the longer the bullying will go on.

If there's a bullying situation at your school, don't encourage the problem. Don't be friends with the bully. Don't laugh at their taunts and jibes. Don't join in with their name-calling. And don't be afraid to tell.

Finally, if you need to talk to someone about bullying, contact the **Kidscape Campaign for Children's Safety** on 0273 730 3300.



NTV



0800 1111

Special Report

How to Beat Bullying

15 Things

"I just want to die. I can't take it any more"

"I feel really horrible. I cry a lot and can't go to sleep so I'm always really tired"

"They grab me and threaten me. I'm so scared"

"The girls in my class pull my duvet off and threaten me. I can see no way out"

"The kids at school kick and hit me. My mum and the teachers don't believe me about the bruises"

"I could hibernate because I'm only happy when I'm asleep"

"My life is a misery"

● Do you want to help a friend who is bullied?

● Do you want to help a friend who is bullied?

● Do you know where to turn?

Everything you need to know is inside this booklet!

How To Beat Bullying Victims speak

Don't suffer in silence! Bullying is a problem that affects thousands of young people in this country – are you one of them? Over the next six pages, we hope to give you all the advice you'll need to beat bullying once and for all ...

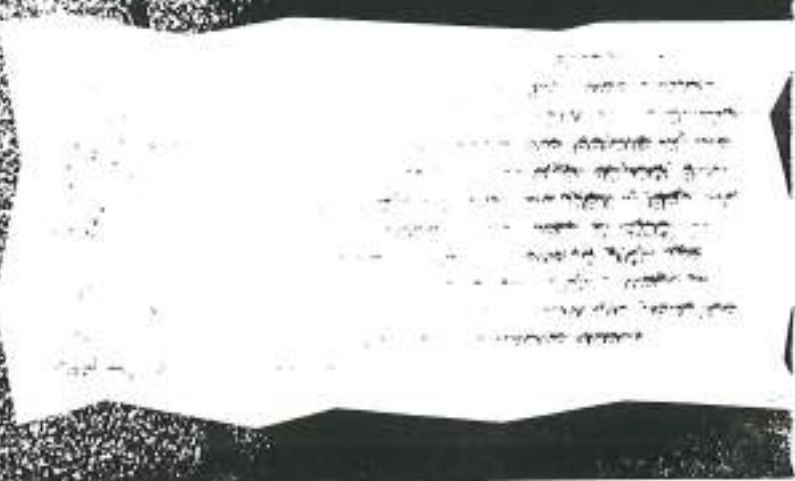
I'm at college now but was bullied for most of my time at secondary school. I suppose it started because I always got my work handed in on time and they thought I was quite a good student. The bullying was never physical – I wasn't beaten up or anything – but words hurt just as much, believe me. I don't know what I would have done if I hadn't

"You keep asking yourself 'What have I done wrong?' Then you realise that you haven't done anything – it's the bullies who are to blame. They've usually got this absolutely massive chip on their shoulder and love making other people miserable. I've been bullied for most of secondary school just for sticking up for my younger brother and I even had someone take a stab at my mum, calling her horrible names. But I deal with it by just ignoring them, and believe me, it has worked!"

Rebecca, 15, Hull

and my best friend Nazma who's in this photo with me. I've always been backed up by me and I couldn't have got through it without her."

Mantha, 17, Essex



I've no idea why I was picked on. The girls at school had a reputation for being hard and I was in the wrong place at the wrong time. One day I was in the shopping precinct and one of them accused me of staring at her. The next thing I knew they were all round me, pulling my hair and hitting me. At one point one person came to help me."
Sam, 15, Wiltshire

Bullying - The Facts

● Around ten young people commit suicide every year because they're victims of bullying.

● ChildLine's special Bullying Line has received more than 43,000 calls since it was set up in March of this year.

● Research shows that boys are more likely to use violence when they bully. Girls often use more subtle tactics.

What Is Bullying?

- When another person deliberately intimidates you.
- When you feel threatened just by his/her presence.
- When you're having money taken from you against your will.
- When someone taunts you verbally or spreads rumours about you.
- When you feel forced to take drugs.
- When you're being physically attacked or threatened with violence.
- When someone turns your friends against you.
- When you've done nothing wrong but no one will talk to you.
- When people make fun of the way you look or act.
- When you're hated for your religion or colour.

"From an early age I knew I was gay. I guess I just had nothing in common with other lads, but they used to make my life a misery. They did hit me, but the taunts were worse. It got really bad, like when we were in a humanities class and had to role play being interviewed for a job. One of the bullies had to ask me questions in front of 30 other pupils and I just knew he'd say something awful. Of course the teacher said at the end 'Is there anything else you'd like to ask Jon?' and he said, 'Yeah, Jon why are you such a 'queer'?' Everyone laughed, and I wanted to die. I couldn't even tell my parents because that would mean telling them about being gay."
Jon, 18, Manchester

"The boys who bullied me were definitely under a lot of peer pressure themselves. I saw one of them at my youth club and he could hardly look at me, but if he'd been with his mates it would have been a very different story. Also, they went to an all boys' school and I don't think they knew how to deal with girls at all because of that. They probably thought being nasty was the only way they could get my attention."
Sara, 14, London

"Two girls I knew started phoning me, swearing and shouting horrible things about my friends and family. To be honest, I think they did it because they both had really bad problems with their parents back at home. They were probably just jealous of me."
Katy, 14, Elsmere Port

Celebrity Comment



Julie de Rohan from Steve Wright's Posse
 "There were three girls in our class who were just horrible and real bullies. The rest of the class had enough and got together to confront them in the locker rooms. Most of us just stood around looking embarrassed, but the bullies must have got a bit of a shock because they left us alone after that."



Tony di Bart
 "Most of the kids at school thought I was cool because I was into music, like soul and gospel. I didn't really get a lot of trouble because everyone knew that if they started on me, all my other friends from the youth club would come to my rescue."

Gary B from Maxx
 "I used to do a lot of acting when I was at school. Whenever it was time to choose someone for a lead role it was always between myself and this other boy. If I got the part he used to beat me up then try to make me mess up my lines during the play."



Danni Minogue
 "While I was at school I was also appearing in a TV programme and the other pupils were always going on at me about it. It was a difficult time - bullying is hard to take."



Rohan from Urban Cookie Collective
 "I was bullied at primary school - one of the boys was the same age as me but a lot bigger, and he used to pick me up and swing me about by my hair. There were also twins who used to pick on me all the time and for a while I was scared to go to school. It was finally resolved with an all-out showdown and I ended up being friends with all of them!"



Anita from 2 Unlimited
 "I experienced racial harassment and bullying mainly at primary school, from the ages of seven to 11. I was really lonely and I went through those years not getting on with black or white kids because I felt I didn't fit in with either. Kids can be so cruel at that age, and it's so hard to stand up for yourself."

How To Beat Bullying

Why do they do it? Is there *any* excuse for bullying behaviour? Read on and find out what makes a bully tick...

Peer pressure bullies

◆ They're scared

There are always bullies who roam around in gangs and there are always those on the sidelines who do lots of dirty work for the ringleader. They're probably being bullied too, because they don't want to stand up to the bully for fear of being singled out for attention. In

there are always going to be those who bully because they think it'll make them look impressive.

◆ **They're sarcastic and cruel**
Insecure people want to make their friends look up and take notice, so intimidating other people is an easy way to go about it. They'll pick on those least likely to answer back or to pose any threat and probably stick to making cruel jokes at their victim's expense.

minds off other problems or maybe they just have a hard reputation they want to live up to.

◆ They're used to bullying

Older brothers and sisters (or even parents) may have been violent or nasty towards them all their life, and to them it's natural to get rid of their own anger by taking it out on others.

◆ They don't like themselves

Some bullies are so troubled that

Boyfriend bullies

Are you being forced into a sexual relationship or are you frightened by your boyfriend's aggressive behaviour? Then you must...

◆ **Talk** It may be that he doesn't realise his behaviour is intimidating you. Talk to him and make it clear how you expect to be treated.

What's their problem?

other words, being just as nasty as their 'friend' makes for an easier life.

◆ Do they mean any harm?

They may seem uncomfortable with what other members of the group are doing and may even try to apologise to their victims when the main bullies aren't around.

◆ They're looking for approval

They're desperate for the go-ahead from their mates, so will always be looking to them for a reaction to everything they do. If there's no audience around they'll probably leave you alone.

they are probably disruptive and violent in other areas of life too, perhaps at a youth club or at school. If this is the case, then they'll no doubt be well-known to teachers and parents who may have already had complaints from other people.

◆ **Listen** Does he have problems he's not letting you in on? Find out if he feels pressurised by friends to act a certain way when he's with you.

◆ **Think** Is it worth sticking around? Remember - being harassed or touched-up is a form of bullying, even if the culprit is your boyfriend.

Insecure bullies

◆ They put on a show

When you're not sure whether people like you, the temptation's there to show off a bit. Some people try to be funny, others may wear their best clothes to school, but

Bullies with their own problems

◆ They're in trouble at school

Lots of bullies are involved in a spot of bother when it comes to other areas of their school lives. The people they pick on act as a sort of diversion or something to take their

A Bully Writes...

"Dear MIKE,

I always read your magazine and I hope you don't mind me writing to you. I saw a piece you did on bullying and thought I'd write to get something off my chest.

I am disgusted to say that I was once a bully. I spat and swore at people and even beat a girl up so badly that I broke her arm. I'm 19 now and have never been ashamed to admit that I deeply regret the things I've done in the past.

Peer pressure and the fact that my own father used to sexually abuse me and beat me up made me very depressed when I was younger. I couldn't hit back at my dad, so I took it out on other people. I'm glad to say that I left home at 17 and have never hit or even sworn at anyone since. I'd like to apologise to anyone I hurt, and I want you to know that if I could turn back time I would be a nicer child.

My message to people who are being bullied is to stand up for yourself and ask the bully what their problem is. If someone had stood up to me or even asked why I bullied them I would probably have told them about my dad. Who knows? We may have ended up being friends."

From an ex-bully,
Dorset



Celebrity Comment

Mark Tonderai, Radio One FM DJ

"I was at a strict boarding school in Africa. The bullying was so bad that they set up a special place where the young kids could be together, away from the seniors. This only delayed the bullying for a year! The seniors used to tie us up in laundry bags and burn us with cigarettes. Bullying was punishable by expulsion, but that didn't stop them. If you were bullied you couldn't run away, or cry even - it was all part of this macho rubbish. When I became a senior, it was hard to resist becoming a bully myself, especially because as seniors we were expected to administer punishment to juniors. A clip round the ear was perfectly acceptable, for example."



Celebrity Comment

Scott Bradley
"Bullies want to be feared, but you've got to realise that often they're upset about their own lives and so they feel the need to upset other people too. Feel sorry for them, but don't be trodden on."

What can you do to help?

Perhaps you're not a victim, but would like to do something to help another person who's being bullied. We've got some tips for you if you've had enough of standing on the sidelines...

A friend in need

You may want to pretend that nothing's happening and turn a blind eye because...

You don't want to make trouble for yourself. If the bullies have made your mate's life a misery, what's to stop them doing the same to you?

Your friend may not want your help. He/she probably thinks it's not a problem that anyone else can help them solve.

You may feel that the bully will only get his/her friends involved if you intervene and things will get even more out of hand.

Your friend hasn't confided in you that he/she's having problems and you don't want to seem like you're poking your nose in.

You don't want to lose friends. It may be that the bully is also a mate of yours and you feel it's best not to take sides.

Your friend may have sworn you to secrecy, so you'd be betraying that confidence if you got help from somewhere else.

How can you help?

Everyone can do something to help, even if you don't know the victim (or bullies) well. Quite often the person in trouble will insist that he/she can handle the situation on his/her own, but if you think things are getting serious then you might want to

take action anyway. Here are some tips if you think it's time for the bullying to stop...

Let a teacher know

Don't feel as though you're grassing - all you're doing is making your concern known to someone in a better position to help. You don't necessarily have to name the bully, just mention in passing that you've noticed the victim is getting a bit of hassle. If the teacher keeps an eye on him/her it will probably become apparent who the culprits are and most schools have tried and tested policies on how to deal with bullies. **NB:** If the bullying isn't happening at school then try to talk to an adult who knows both the bully and the victim. He/she could be a youth club leader, employer or an adult friend of both parties.

Listen to the victim

He/she may not even be a friend of yours, but it will always help them to know there's someone there who is willing to talk about the problem and give support. Don't be afraid to introduce yourself - admitting to someone else there's a problem may be his/her first step to getting help.

Be a friend

Bullying is a very lonely experience, and victims may feel that they don't fit in with the crowd because they've been singled out for attention. Give the victim's confidence a boost by asking him/her along next time a gang of you go out together.

...physically and verbally bullied for four years to and from school. Eventually the bullies were changed and I no longer felt like I was making my life a misery. But if it hadn't, then the abuse would have continued. I didn't want to tell anyone about what would happen. But now I should do something. You know someone who's being bullied, please offer your help. Convince them not to tell anyone about what's happening. It's not their fault and it's not something...



Take what they say seriously

If someone takes you into their confidence and admits they're having problems with bullies, it's really important that you're sympathetic. Don't laugh it off and say 'It's nothing' or 'Just forget about it'.

1111 and it won't cost anything to call. Why not suggest he/she phones from your house (the call won't show on itemised phone bills) or say you'll go with them to a phone box?

Never join in

You may even dislike the person you know is being abused, but bullying is not something that anyone deserves. Think about the victims you know and ask yourself if what's happening to them is fair. How scared would you feel if you were in their position? It may be easier to join in with the bullies than stick up for the victim, but if you can't bring yourself to help then please don't make the problem worse.

Let them know about ChildLine

The number for the ChildLine Bullying Line is: 0800-449944 (this is due to end in October of this year). After this time he/she can ring the usual ChildLine number on: 0800-

Celebrity Comment

Bad Boys Inc.
(from left to right)

Ally: "I was bullied and I know it's difficult, but my advice is to hold your head up high and stand up to them."
David: "Try to ignore them, it's always the bullies who have the real problems, not the victims."
Tony: "Bullies will look back on what they did and regret it a lot as they get older."



How To Beat Bullying

When you're being bullied you feel as though there's absolutely no way to get out of the situation. But here are some tried and tested ideas which might help...

Photo: Andrew Eccles/Photo Disc

"I changed schools"

"I was at a mixed boarding school about 200 miles from home which was awful because I had to spend so much time with the girls who were bullying me. I think it was all down to jealousy because I found it really easy to talk to boys. The two girls involved turned everyone against me and kept saying horrible things about me - I used to cry myself to sleep every night and as we shared a dorm they were only a couple of yards away at the time.

"When I went home for Christmas I told my mum everything and said that I didn't want to go back. She was brilliant about it and so understanding. We went to the headmistress together and explained the situation, but we realised there wasn't a lot we could do if I wouldn't let a teacher speak to the bullies (I thought that would make it worse because then they'd get me for being a 'grass').

"Mum decided there was nothing else for it but for me to leave. I moved much nearer our house to another school, but came home every evening instead of boarding. It was the best thing I could have done because I just didn't know how else the problem could be solved. I was much happier after that although I know it was a drastic solution. But if there's no other way to escape the bullies then it's something to think about."

Samm, 17, Surrey



Celebrity comment

Let Loose

Lee (left): "There was a gang of fifth-formers at our school who used to stand at the gates and beat up every tenth person who went in. I was unlucky quite a few times and dreaded school every Monday morning."

Richie (middle): "I wore national health glasses at school and was bullied a lot because of that. My advice is not to lose hope if you're being bullied. The tables will be turned one day, so always stand up for yourself."

Rob (right): "Bullies are idiots, but at the end of the day I'd still say it's best to walk away from them rather than retaliate."



Solving the

"I dealt with the bullies face-to-face"

"I know it's not always best to stand up to bullies, but it depends on your circumstances. A group of girls I'd once been friends with suddenly turned against me for no reason and always picked on me when they were together. I was really scared, but I never let them know that because it would've given them too much satisfaction. One of the girls walked past me on her own the other day and she wouldn't look at my face. For someone who had been the ringleader of a lot of trouble she looked pretty scared. I gave her direct eye contact and it seemed to work - she scuttled off and had no intention of saying anything nasty because she was on her own. It proves what they say - bullies are cowards. It made me feel stronger to look at her like that and let her know that I wasn't bothered by her. I'd tell anyone else to do the same, but never be tempted to resort to violence. I've wanted to hit out at them so many times but I never will because it would only get me into more trouble. Luckily, I've got a friend who has always said that any time I want, I can go and shout at her to get rid of my frustration!"

Gayle, 16, Ayrshire

"My parents spoke to his parents"

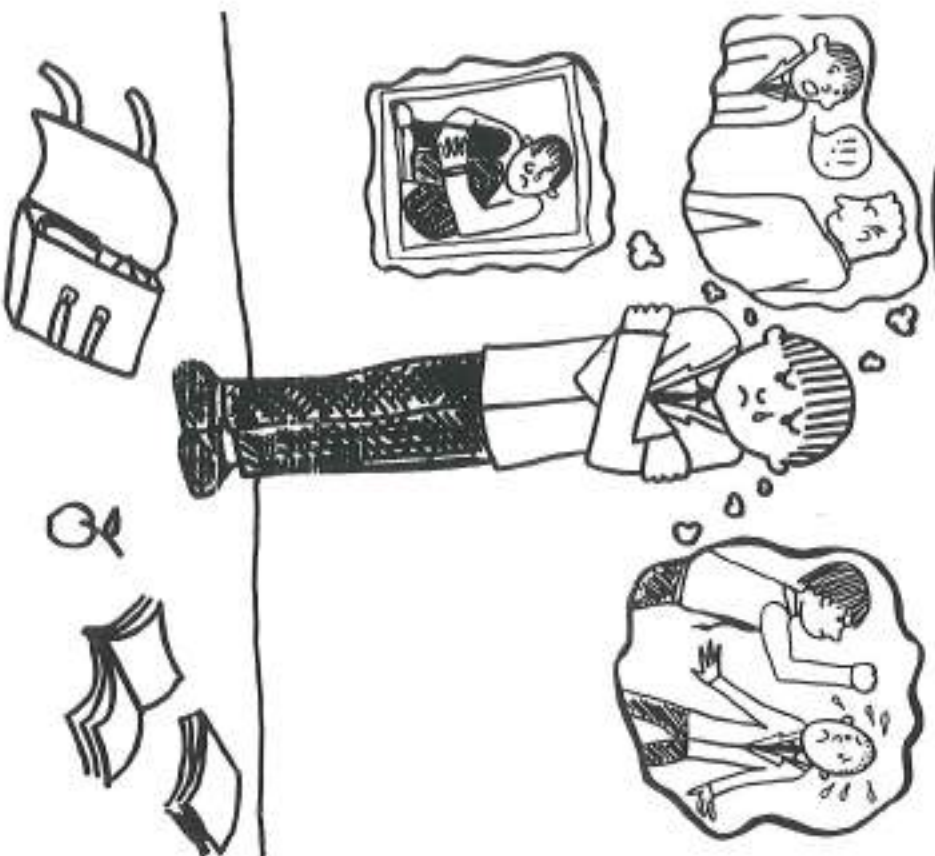
"When I was about 13 there was a boy at my swimming club who used to terrorise me. I don't know what his problem was, but he used to punch me or try to pull me underwater and once he threw all my dry clothes into the pool. Everyone knew he had a problem with me but when instructors or parents were about he'd be as nice as anything. After a few months I told my mum I didn't want to go back and she went on and on about it, asking me if anything was wrong. I think they were worried I was being victimised because I'm quite small for my age and it had happened before. They got the story out of me eventually and straight away mum said she was going to go round and see his parents about it. I told her not to, but she went anyway and seemingly the boy's mum was really good about it. She said he was 'a good boy' but they'd had that sort of problem with him before and she was going to talk to him about it - I must admit I was petrified about what was going to happen. Anyway, I gave the club a miss for a week and when I went back he completely ignored me. He and his friends never spoke to me again, although they were always talking about me to other people, but I thought I could handle that. I don't know what his mum threatened him with, but it certainly worked!"

Alison, 16, Edinburgh

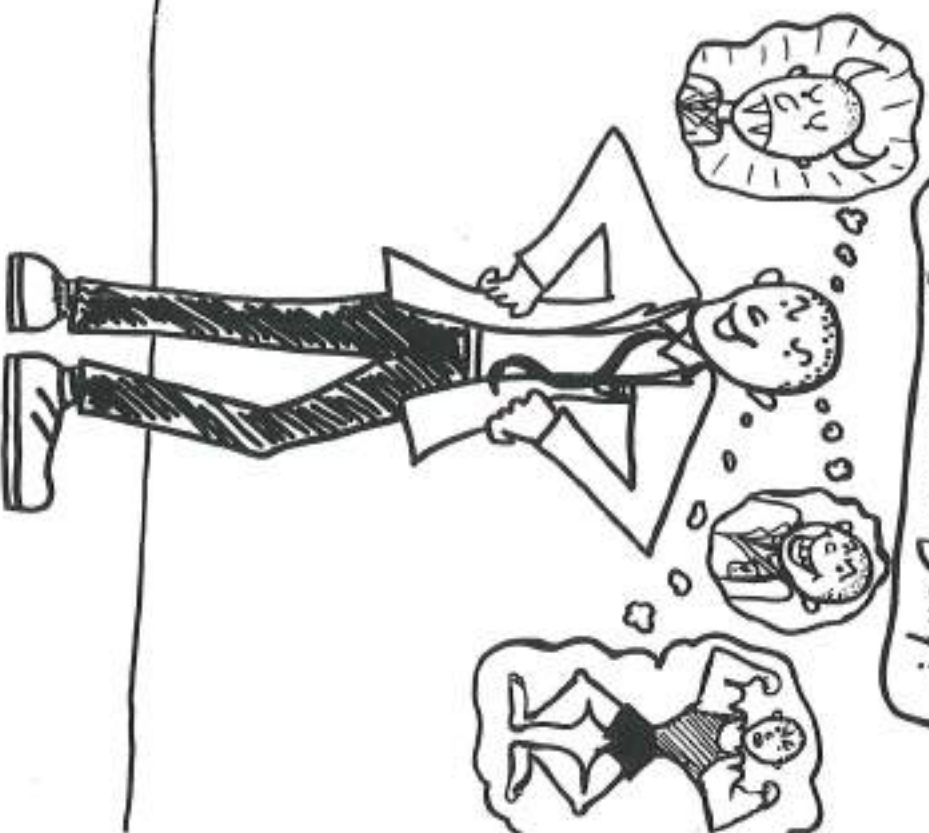
Written by Lindsey Johnston. ■ Production: Jacqui Cavall ■ Design: Clare Holte ■ With sincere thanks to everyone interviewed. Some names and locations may have been changed to protect identities.

HOW DOES BULLYING MAKE YOU FEEL?

If You Get Bullied?



If You Are A Bully?



What is bullying?

Bullying includes a wide range of hurtful behaviour: physical hurting, such as pinching, hitting and kicking, and also psychological hurting, such as name-calling, sending nasty notes, telling nasty stories about someone, locking them in or out of rooms, ignoring them or sending them to Coventry. It is unprovoked and repeated behaviour. Bullying can be carried out by one or more children who like or need to feel that they have the upper hand. They usually appear to be in a stronger or better position than the bullied child, who feels unable to retaliate. Bullying may be linked to racial or sexual harassment, or be criminal, as when money or other property is demanded with threats.

Bullying usually takes place at school, frequently in the playground during breaktimes. But children may also be bullied on their way to and from school and in and around their homes. Sometimes it is adults who do the bullying, either at home or at school, when parents or teachers are threatening or aggressive towards children. Wherever it takes place, bullying is a serious matter which affects everyone. Parents of all children need to understand what they can do about it – whether their child is being bullied, or sees it going on, or is one of the children actually doing the bullying. Everyone has a part to play in stopping bullying.

Racial harassment

Racism is often a significant factor in the bullying of children from ethnic minority groups. For some black children racial harassment is a continuing aspect of school life. This bullying includes physical abuse on the basis of race or colour, and racist name-calling, insults and jokes. In schools where such behaviour is unchecked children will need a great deal of support from their parents, family and community, particularly where teaching staff do not acknowledge that there is racism or bullying in the school.

What does it feel like to be bullied?

Bullying hurts. It is painful, distressing and frightening. The effects can be very

demoralising and harmful to self-confidence and self-esteem. Children who are bullied find it hard to defend themselves and often feel that they are weaker, less popular or less attractive than other children. They feel that there is something wrong with them, that it is all their fault. They often feel let down and hopeless because it seems that no one can support or protect them. They find it very hard to talk to anyone about what is happening. Many children think they have to 'grin and bear it'.

Being bullied is a very confusing and lonely experience. School work and family and social life can all be affected. Sometimes the hurt continues into adult life. In some cases, young people who have been bullied become terrified at the thought of school and refuse to attend. Some have found life unbearable and each year about ten young people commit suicide saying that bullying is the main cause of their distress.

Signs of bullying

Parents will usually know when their child is distressed or anxious, but they may find it hard to understand why. When one or more of the following happens and cannot be explained then parents should be alert to the possibility that their child is being bullied:

- Children may come home with dirty, damaged or missing clothes, bags or books; with bruises or scratches or other injuries; without money they should have in their possession, or asking for extra money for the next day.
- They may be late arriving at school or getting home because an indirect route has been chosen without any apparent reason; be very reluctant to go school but unable to explain why; make excuses to miss school, or be genuinely stressed, depressed, unhappy, and unwell.
- Concentration, behaviour and the standard of schoolwork may deteriorate, and there may be changes in mood and behaviour. The child may become withdrawn, solitary and cut off from both family and friends. Very often, children and young people who are bullied are really frightened and unable to talk about

Bullying

the causes of their difficulties and unhappiness.

Effects of witnessing bullying

- Children may be confused about what is really happening, and also frightened. They might want to help but feel that there is nothing they can do because adults do not listen, or tell them not to fuss, or refuse to believe what they are saying. They may feel confused about loyalty and concerned not to tell tales. They may be told 'it's only a joke' and feel unsure about this.
- Children usually feel caught up in something nasty when they see bullying, but it is often difficult for them to know how to handle the situation, especially if the school environment feels unsafe and they are afraid that they could be bullied too.
- For some children bullying is learned as a strategy and as a way of self-protection in a frightening and insecure situation. For this reason it is too simple to speak only of 'bullies' and 'victims'.

In one way or another everyone is affected and the parents of all children should be concerned to see that bullying is effectively tackled by their school.

If your child is being bullied

As children often don't want to talk about being bullied, their parents will find it hard to find out exactly what is happening. Even when they do know what is going on, there are all sorts of difficulties in deciding on the best way of coping with the problem. Parents often feel confused and hurt themselves. Sometimes they feel very angry and want to rush to defend their child, and sometimes, especially if they have been bullied themselves, they think that there is very little they can or should do.

Here are some helpful tips and a few rules:

Listen to your child!

- Take time to listen carefully and be sensitive to what the child is trying to say, or might be afraid to say. They may be concerned that

you will make things worse by telling someone else or by complaining to the school. Assure your child that you love them and will support them and stand by them, even if you can't promise to keep everything you are told a secret.

- Try and pinpoint exactly what is going on – who is involved, when and where it happens and how often. You will not usually get all this information at once, and it is important not to 'grill' a child. Listening once is not enough. Show that you always want to know of any incident that is painful or distressing, whatever it is.
- If your child agrees, it can be helpful to write down a record of events. It can also be useful for parents in discussions with the school – hard facts are necessary when making a formal complaint.

Don't listen to myths!

Take what your child tells you seriously. Don't try and dismiss it as 'just part of growing up' and if the school says that there is no such thing as bullying there, don't believe them. Believe your child. Children should not have to put up with bullying. They should not be blamed when it happens to them, and nor should you be blamed when you complain.

The answer is usually not to be found in telling your child to *get tough* or to retaliate. There are many more positive ways of helping your child to cope. And you should expect a lot of help from the school.

Take prompt action and don't let anyone tell you you're fussing and don't give up
Bullying rarely just stops. Children who are frightened about bullying need adults to act to make them safe. Children calling ChildLine say they want help to stop the bullying but they don't want anything done that makes things worse for them. They will usually have taken steps themselves to make things better like avoiding the dangerous areas of the playground or trying to placate those who are bullying them. Praise them for taking those steps – it will help build their self respect and confidence. Your

child will have a lot of understanding about what is going on, so it is important to discuss with them what might be the best course of action.

Once you have decided what to do, go ahead and don't be put off by anyone, teachers or head teachers who tell you that you are fussing. Remember that bullying is not easy to change especially if it has become a habit. You must not give up however long it takes. The attention you pay towards helping your child is vital. It will help them become more confident, feel safe and less of a target for others.

Ask the school to help

Although your child might be very afraid of the backlash if anyone is told about the bullying, you will usually have to work with the school to improve matters.

The governing body and the head teacher of a school share responsibility for the conduct and discipline of pupils. The head must take steps to ensure that there is good behaviour, self-discipline and a proper regard for authority at the school. These are legal duties. You can find out more about this in the ACE leaflet *Governors and Discipline* (See Sources of help below).

Getting information

The school should make sure that its behaviour policy is available and absolutely clear to pupils, staff and parents. Some schools have an anti-bullying policy that makes very clear to everyone in the school and to parents that bullying will not be tolerated. This kind of policy should mean:

- Everyone knows what is meant by bullying and that the school sets out its procedure for preventing bullying and dealing with it when it does happen.
- Pupils and parents know who to approach at school for help.
- Parents are encouraged to work with the school to stop bullying. Everyone has a part to play, including the dinner ladies.
- Careful provision is made for supervision of the playground at breaktimes and elsewhere

at other times, such as after school, on the school bus, when bullying is most likely to happen.

- Plans are made to help new pupils settle down and make friends quickly so that they are less likely to be bullied.

This kind of policy is called a 'whole-school policy' and it ensures that everyone takes responsibility. This way the problem does not fall only on the shoulders of a few people who become lonely and isolated.

Parents should ask for full details of the school's behaviour policy and also of the anti-bullying policy if there is one. If the school has not thought out how it will deal with bullying because it denies that it goes on, there will be quite a lot of work to do. However, parents may remind the school of its duty to take reasonable care of pupils and to ensure that there is a safe and reliable system of supervision.

School discipline

The school's behaviour policy should apply to any child who bullies others, and set out the sanctions that might be faced. In some instances pupils may be excluded from school for one or more days for bullying, and in extremely serious cases may be permanently excluded from the school by the head teacher. Parents might feel that for the protection of their child the offending pupil should be excluded, but this is a matter for the head teacher, and parents have no right to demand any particular punishment, particularly exclusion.

They can however expect the school to follow its own behaviour policy and to take reasonable steps to protect their child from bullying. This might involve ensuring that better supervision is provided in the playground, in school between lessons, or on the school bus. Sometimes the supervision that has been arranged is inadequate because people are untrained and are not able to maintain discipline. A proper response by the school might also include providing extra resources to support and supervise a child who is bullying others and who has emotional or behavioural difficulties that require special help.

to maintain good contact with children away from home, and make sure that children have access not only to a sympathetic person at school, but also to a telephone and to sources of support outside the school.

Transfer to a new class or school

Sometimes it might help if the head teacher agrees that your child may transfer to a different class. In more serious situations you might want to consider moving your child to a different school. You are entitled to withdraw your child from a school if you wish to do so, and to apply for a place in another. Parents have a legal duty to ensure that their child receives efficient, suitable, full-time education, so it is important to be clear how you are going to do this, and to ensure that if your child is removed from a school, other plans are in place. The ACE booklet *School Choice and Appeals* (see *Sources of help* below) can help you when you are trying to find another school.

In some situations, a child might be at such risk or so deeply distressed that the parents would be justified in removing the child from the school straight away. Parents should trust their own judgement about making such a decision but should also take immediate action to inform the school and education authority about what has been done and why.

Getting long-term support

If you want your child to remain at the school in spite of the bullying, or if you feel that there is no real alternative, you might have a long struggle ahead. Not all schools have anti-bullying policies and parents are often told, 'There is no bullying in this school', in spite of all the evidence to the contrary. You might find that you and your child are simply not believed, or taken seriously. Even when the school attempts to deal with bullying it will usually take some time for attitudes and behaviour to change throughout the school. Very often bullying does not simply stop when a complaint has been made. Many parents find that they and their child get stuck in this kind of situation because there is no quick solution, and sometimes it seems there will be no end to the problem.

It helps to get support from others. If there is a parent-teacher association at the school this may offer support. It can also be very effective to raise the question of the school's policy about bullying at the annual general meeting of parents. This makes the issue public and open to discussion and may result in other parents becoming more questioning and challenging about the school's policy. The ACE information sheet *Governors and Parents* gives more information about this. *Governors and Bullying* gives details of the effective action that schools can take. (See *Sources of help* below.)

Education otherwise

Suitable education does not necessarily have to be given at school, but may quite lawfully be given 'otherwise', at home for example. (See *Education Otherwise* in *Sources of help* below.)

Complaints to the police

Where children are bullied outside school hours or premises, or when schools fail to take effective action against bullying, parents sometimes want to complain to the police, particularly if their child has been physically attacked. Children cannot be prosecuted for a criminal offence until they reach the age of ten years. At this age a child may be brought to court, although very often this will not be appropriate, even when there is sufficient reliable evidence on which to base a prosecution. Very often young people are cautioned by the police and punishment is left to the school or to parents rather than the courts. If a young person is charged and found guilty of a criminal offence, such as assault, by the courts, parents may be ordered to pay any fine, costs or compensation imposed. The courts have the power to order the payment of compensation to the victim of a crime, instead of or in addition to imposing a fine.

Taking legal action

If the school fails to take reasonable care to ensure a child's safety and well-being at school, this failure may amount to negligence and give

rise to court action. The threat of court proceedings, or even a complaint made in a solicitor's letter, sometimes persuades people to stop their offending behaviour. Usually the threat of legal action will only be appropriate in serious cases and as a last resort. Parents would need to consult a solicitor, who would advise whether legal aid could be obtained in the name of the child. When negligence cases are successful, the court may award compensation for the harm or damage that has been suffered.

If your child is bullying

There are many reasons why children bully others at school. A lot of bullying is done by groups of children and one child is picked on. Many children take part in bullying because they fear it might happen to them if they do not join in. Some children who bully have been bullied themselves, either at home or at school or both. Bullying has become a way of survival for them. This does not excuse them, but it does mean that accusations and blame directed at individual children or their parents will not be very helpful. Other children bully because they are troubled at home or find schoolwork difficult or are simply miserable about themselves. Often parents do not know that their child is involved in bullying at school and will be shocked when told. They will want to be given all the facts and have chance to talk to their child and the school about what has happened. In other cases, children who bully at school will also be aggressive and difficult at home and their parents may feel unable to control their behaviour, particularly in the case of young people in their teens.

If your child is called a bully it is important to take this possibility seriously and to try and work with the school to understand what is happening and decide what should be done, both by the school and by yourself. You need to be clear, for example, whether the bullying is done by your child alone, or as part of a larger group or gang. The school has primary responsibility for ensuring that no one gets away with bullying at school, but parents also carry responsibility for their child's behaviour. A great deal can be done to help children who bully

others to change their behaviour and parents can play an important part in this.

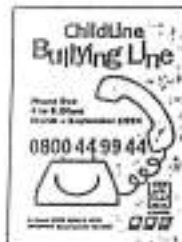
If you think that your child has particular difficulties that the school is not addressing, you might want to ask for your child's needs to be assessed and for more help to be given. The ACE booklet *Special Education Handbook* (see *Sources of help*) gives information on this. You will also find lots of practical suggestions for helping your child in some of the other publications listed below that try to tackle bullying both from the point of view of those who are bullied, and of those who do the bullying – whatever their reasons may be.

Teachers who bully

Any kind of bullying by teachers or school staff is serious and should be reported immediately to the head teacher, to the school governors, and sometimes to the police. Physical assault may give rise to either criminal or civil court proceedings, or both. Parents will usually need advice about how best to proceed. A local solicitor could be consulted, or an advice agency such as the Children's Legal Centre (see *Sources of help* below).

It is illegal for teachers in state schools, including grant-maintained schools and city technology colleges, to use corporal punishment such as hitting or smacking, or any kind of physical assault, such as throwing things. Corporal punishment is not illegal in some independent schools as long as it is not excessive or improperly motivated. However, parents who do not want their child to be punished in this way should inform the head teacher in writing that under no circumstances is corporal punishment to be used against their child. Such instructions must be obeyed.

Sometimes teachers bully pupils by constant unfair criticism, by humiliation, verbal abuse and by demoralising treatment. Parents should complain about such behaviour to the head teacher and to the chair of the school governors. Unprofessional behaviour by teachers is ultimately the responsibility of the governors, who employ members of staff and who may pursue parents' complaints by following disciplinary procedures.



Bullying

Sources of help

There are many publications intended primarily for schools. These can be helpful to parents too. Details are in the free BBC Factsheet (1994) *Bullying - Advice for Teachers and Schools*.

A list of resources of different kinds - stories, poems, videos, and resource packs, and details of research with a full bibliography can be found in:

Skinner A. (1992)

Bullying: an annotated bibliography of literature and resources.

Youth Work Press, 17-23 Albion Street, Leicester LE1 6GD.

Two useful practical books are:

Rosemary Stones (1993)

Don't Pick on Me: How to Handle Bullying.

Piccadilly Press Ltd., 5 Castle Road, London NW1 8PR. £5.99.

Dan Olweus (1993)

Bullying at School: What we know and what we can do.

Blackwell, 108 Cowley Road, Oxford, OX4 1JF. £8.99.

For help and advice contact:

Advisory Centre for Education (ACE)

1b Aberdeen Studios, 22 Highbury Grove, London N5 2EA. Tel: 071-354 8321.

Telephone advice lines mainly for parents, teachers and governors. Open on weekdays from 2.00 to 5.00 pm. ACE also publishes information sheets and handbooks. Relevant ACE publications include:

Governors and Bullying, £1.00

Governors and Discipline, £1.00

Taking Matters Further, £1.00

Special Education Handbook, £4.50

School Choice and Appeals, £4.50

ChildLine

Freephone 0800 1111. 24-hour free confidential helpline for children and young people who are experiencing abuse, bullying or stress of any kind.

From March until September 1994, ChildLine will run a special, dedicated Bullying Line open every day from 4.00 to 9.00 pm on 0800 44 90 44. That too is free and confidential.

Kidscape

152 Buckingham Palace Road, London SW1W 9TR. Tel: 071-730 3300. The telephone helpline for parents and schools is open Monday and Wednesday, 9.30 to 5.00 pm. For information sheets and publications list send large sae.

Anti-bullying Campaign

10 Borough High Street, London SE1 9QQ.

Tel: 071-378 1446. Telephone advice line open Monday to Friday, 9.30 to 5.30 pm. Ansaphone operates when lines closed.

Children's Legal Centre

20 Compton Terrace, London N1 2UN.

Tel: 071-359 6251. Telephone advice line open Monday to Friday, 2.00 to 5.00 pm. Provides free advice and information on laws and policies affecting children and young people.

The Samaritans

See local telephone directory for numbers. Free confidential helpline for anyone suffering distress.

Education Otherwise

P.O. Box 120, Leamington Spa, Warwicks, CV32 7ER. Tel: 0926-880828. A self-help organisation offering support, advice and information to families practising or thinking about home education. Publication list available. Publishes *School is not Compulsory*.

Education Law Association (ELAS)

1b Aberdeen Studios, 22 Highbury Grove, London N5 2EA. Tel: 071-354 8318. Can give names and addresses of solicitors throughout the country who specialise in education law.

Further copies of this factsheet can be obtained by sending a large stamped addressed envelope to:

ChildLine
(Advice on Bullying for Parents)
FREEPOST 1111
London N1 0BR.





"I'M BEING BULLIED."

MG
MY GUY MAGAZINE

ChildLine



0800 1111

BBC RADIO

I found going to a new school pretty frightening.

WHEN I WENT TO SAINTBRIDGE I KNEW A FEW PEOPLE FROM PRIMARY SCHOOL. I DON'T KNOW ANYONE HERE.

STILL, HERE GUES.

AT LEAST THIS TIME TOMORROW, IT'LL BE OVER AND DONE WITH.

I'LL INTRODUCE YOU TO A FEW PEOPLE WORTH GETTING TO KNOW.

THANKS.

OH, BRAD, OVER HERE!

I don't realise that from Day 1 I was getting racist knives.

WHO DOES SHE THINK SHE IS?

I BET SHE THINKS SHE'S SOMETHING SPECIAL.

MARK FLETCHER.

IS THAT GOOD THEN?

HALF OUR YEAR WANT TO GO OUT WITH HIM.

But it wasn't so bad.

HI, YOU'RE NEW AREN'T YOU?

THAT'S RIGHT, I'M ANNA.

I guess the boys wanted to chat me up.

After a week I felt much better.

HAVE WE GOT HISTORY NEXT?

NO, DOUBLE MATHS. BUT YOU'RE GLAD I TOLD YOU NOW.

But before I got the chance to meet him.

MIND WHERE YOU'RE GOING!

NO.



ChildLine's Bullying Line has received over 60,000 calls since it was set up in March this year.



ChildLine



0800 1111

HOW TO BEAT **BBC** RADIO BULLYING

Around ten young people commit suicide every year because they're victims of bullying.

The photo-story you've just read is not unusual. You can probably see the same thing happening in your school. You probably know someone who's being bullied. And if it's happened to you then you'll appreciate the misery it can cause. We've got together with BBC Radio and ChildLine to show you can beat bullying. If you're a victim or just a victim's friend, you can take action that will get results. Bullying depends on your silence. Here's how to speak out.

Girls are twice as likely to call ChildLine because of bullying problems than boys.

Follow these steps if you want to stop being bullied

Tell Someone
You can't beat bullying on your own. If it's only you that knows you're being bullied, then tell your best friend, tell your mum, tell your teacher. Nothing can happen without telling someone.

mum because she knows you very well, but with teachers it does matter. You need to convince them that what you're saying isn't the result of a wild imagination, or just a bit of a sulk and you want to get your own back. You need to convince them of the effect bullying is having on you. So go over in your mind what you're going to say to a teacher. If you can't say it, write it down in a letter and give it to him/her personally. Or take a friend along. That would help show you were serious.

Don't exaggerate and don't underplay it
Tell the truth. Exactly what happened. If you exaggerate to get extra sympathy



you run the risk of not being believed. So don't. If you underplay it because you don't want to cause too much trouble, then they might not take it seriously enough.

Don't let the problem get taken out of your hands
It's your problem and you should have a say in the solution! Make sure you're consulted before any action is taken, because it affects you directly.

Keep notes of the bullying
Write down when and where the bullying

happens. Keep a record of what was done and who was involved. If you have friends who saw what went on, get their names as witnesses.

Get a life outside school

When you're being bullied it can be really hard to concentrate on anything other than what's going to happen next at school. But the more you find things to keep you busy outside of school, the easier it will be to put it out of your mind. See as many friends as you can. Keep busy, join things, get involved in sport or voluntary work. It'll help.



WHY BULLIES DO IT

They're scared
They bully because they're scared of being picked on themselves, so it's an act to stop others bullying them.

They want to show off

Some people try to be funny, others try and wear flash jewellery, girls with little imagination think that they can show off by bullying - that people will find it 'impressive'.

They want to seem tough

Some girls do it because they want to impress their mates. They always look to see the reaction of their friends.

They're bullied themselves

Others get picked on at home by older brothers and sisters. They in turn pass on their anger and aggression to someone else.

They don't like themselves

Some bullies are so troubled that they are probably aggressive in other parts of their lives too.

ChildLine can help
You'd like more advice who you could talk to just need a word of encouragement, then open ChildLine on 0800 1111 or the ChildLine Bullying Line 0800 449944 (until 31 October 1994).
Rehearse what you want to say
It may not matter so much when you tell your

Boys who make a habit of bullying are more likely to go on to become criminal offenders later in life.

Supported by The Baring Foundation

To Fight or Not to Fight?

Worksheet

The media and Fighting

Look at film posters, magazines, photos of popstars, adverts on tv, tv programmes, films and tv dramas.

How many of them have images of fighting in them?



We are shown images of fighting everyday, but is fighting always the best way to deal with a situation? The following activities in this chapter will enable you to discuss the issues around this topic.

How do the different characters in Wimp deal with violence?

Worksheet

Learns to stand up to the bully

Allows the bullies to push him/her around.

He/she isn't scared of the bully.

Not scared to stick his/her nose into other people's arguments.

He/she threatens the bully to a fight.

Stands up for people when they're being bullied.

He/she answers the bully back.

Tells the bullies to get lost

He/she doesn't think violence solves anything.

He/she refuses to fight the bully because he/she has more important things to deal with.

He/she thinks that boxing shouldn't be used to hurt people but that bullies deserve to be beaten up.

He/she shows the bully that he/she is scared of them.

Goes to comfort his/her friend, even when the older boys are laughing at him/her.

He/she thinks that beating people up is stupid.

Refuses to fight the bully because he's scared

He/she learns to stand up to the bully.

Dreams that he/she beats up the bully.

Refuses to tell his/her parents that he/she has been threatened by the bully.

Teachers Notes

You can use these statements as part of the game overleaf or use them as part of a discussion:

Get pupils to decide which statement refers to which character.

Then discuss who they think dealt with the bullying situation best.

Which actions did they agree with and which didn't they agree with and why?

What would they have done in a similar situation?

Will do whatever the bully tells him/her to do, because he/she is scared of being beaten up.

To fight or not to fight

Worksheet

In groups read each of these statements in turn. Discuss whether you agree, disagree or if you're not sure about the statement. Give reasons and examples to back up your views.

If someone takes something of yours and won't give it back then you should thump them.

You should ignore bullies if they challenge you to a fight

If a boy gets beaten up by a girl, he's a wimp.

You shouldn't use fighting to hurt other people

Wimps deserve to get beaten up.

Two people beating each other up is really stupid

Boys should prove themselves by fighting

Boxing is a really stupid sport

Boys should never hit girls

It's OK to fight, the whole point is not to get hurt yourself

It's alright for a girl to hit a boy

It's wrong to hit someone because they make you feel stupid

Girls have just as much right to fight as boys

If you have a disagreement with someone, you can find ways of sorting the problem out, without fighting

If someone challenges you to a fight, you don't have to fight them

It's OK to refuse to fight someone

If someone insults you, you should fight them

You're not a real man if you don't fight

Famous Pacifists

Worksheet

Pacifism : ie. the belief that you can solve problems and war through ways other than violence.

Throughout history men and women have stood up for what they have believed without resorting to fighting.



Martin Luther King 1928 -1968 : fought for the equal rights of the Black people of America without resorting to fighting.

"only goodness can conquer evil and only love can conquer hate"

M.K. Gandhi : fought for and won Indian Independence peacefully.

"I have nothing new to teach the world. Truth and non - violence are as old as the hills"



The Dalai Lhama : Has campaigned peacefully for the freedom of his country and people in Tibet, who have suffered cruelty, occupation and the loss of their homeland.

The Greenham Common Women : Have camped outside the Nuclear Plant at Greenham Common since the 1970s to campaign against the use of nuclear weapons.

Chipko Movement : In 1972, 300 Indian women sacrificed their lives to save the sacred Kheiri trees by clinging to them in Rajasthan, India.

The tree people : Have camped about and lived in trees to try and save the forest which will be cut down to build the Newbury by-pass.



JAMES DIED DOING WHAT HE DID BEST

From page 3

of the fighter, though, has to be of paramount importance. This was a devastating night for boxing - the evening of the Stone tragedy and the ruckus at Birmingham's NEC (September 1994) rolled into one.

It sickened me as the rioters ignored MC Mike Goodall's pleas for calm, continuing to fire bottles like missiles as innocent spectators, some cut, others bruised and shaken, fled.

As broken bottles and shattered glasses were swept up, and the chairs stacked, Murray lay motionless in a hospital bed.

He had battled bravely for 12 hard rounds, but the fight had only just started.

Boxing is an easy target for the BMA, who have renewed their inevitable cries for the sport to be abolished. But for whom are they carrying out their campaign?

Why do they remain silent whenever someone dies from cigarette smoking which, like boxing, can be damaging but is also an act of free will and takes hundreds of thousands more lives each year?

If we stop a man boxing, what alternative can society provide which will be equal in satisfaction, adulation, challenge and reward?

Murray, like all fighters, adhered to a code of violence which is dangerous but regulated. He tinkered with the wires of a bomb which, he knew, could explode at any time.

The risks in boxing will always exist. As an amateur, I pursued the same dreams as Murray. I knew, accepted and took the same chances. Murray, I suspect, was no different, but certainly more gifted. For many, boxing is in the blood - it's an addiction - and Murray suffered a unfortunate overdose.

We can never be certain a man will not lose his life in the ring again, but we cannot be positive that, when boarding an aeroplane, it will not plummet into the sea or that the next journey in our car will not be the last.

Murray's family and friends will be deeply saddened, their grief unimaginable - and our thoughts and deepest sympathies are with them - but they should also be proud.

James Murray died in action, doing what he did best, performing with a level of skill and determination most of us can only admire and will never attain.

He was seconds

JAMES MURRAY'S life came to an end when Chief Consultant neurosurgeon Garth Cruikshanks, who carried out the emergency operation on the talented Scottish boxer, announced: "Mr. Murray is breathing on the support of a ventilator only, but he is unfortunately clinically dead."

I have informed his parents Kenneth and Margaret, sister Janie and brother David, that the decision to switch off the respiratory machine must be their choice. Having covered all but one of James' 18 pro contests and exchanged well-wishes 35 minutes before the championship bout, I find it hard to express the loss.

The little guy knew what poverty was, coming from the deprived village of Newmans, where unemployment is the daily norm since the closure of the nearby colliery and steel-works.

In his short life he never asked for much, working as a gardener for the local council, but pride and the burning desire to be somebody in the ring drove him on.

I remember his words at a publicity lunch chaired by Glasgow's Lord Provost the previous week. "All I want is to be British champion, make a few bob and possibly drive a nice wee car."

Well, in my book he came within 34 seconds of achieving his boxing goal and I'm sure the fight he put up during the desperate next 24 hours was just as immense, but, sadly for all concerned, it was not to be.

His heart-broken manager Alex Morrison expressed his deep regret. "As his manager I feel partly responsible. I know he loved boxing and wanted this fight, but it is not the answer."

I remember telling James before the fight: "You'll be fam-

It's so hard to express loss of a little guy I knew so well

JOHN MORRISON at RINGSIDE

GLASGOW - October 13

ous tomorrow morning. Now I wish to God he wasn't.

"The whole situation in and out of the ring disgusts me. I am lost for words. James was a decent wee guy, who only wanted a fair deal in life and sadly he has been deprived of even that."

"The doctor believes the damage happened early in the fight because of the advanced extent of his brain injuries."

"I am sure he was in front going into the last round, but somehow he toiled from the ninth, trying to retain his control."

Trainer Dave Douglas - the last person to speak to Murray - totally depressed, said: "I loved the guy like a son. My only regret is that we did not take action and force referee John Keane to stop it on cuts earlier. Then all Scotland would be a happier place today."

Promoter Frank Warren added: "After the dramatic nightmare in Glasgow, I find it extremely hard to justify an argument at the moment, but improvements must be made,

whether it be at medical, police or Board Of Control level, as immediate action to improve the sport taken. It must be implemented sooner, rather than later."

The last ring fatality, Scottish soil was 40 years as when 18 year-old Willie McSt died after an amateur bout Glasgow.

Murray, always concerned about his fellow man, had organs donated to a local transplant unit in Glasgow.

A fight report in these circumstances is barely relevant, but we are a paper record and offer the following:

Boxing annals will record a single line that Drew Doche successfully defended his Brit bantamweight crown with 12th-round victory over rival James Murray at Hospitality Inn.

What followed will never be forgotten, much less ignored.

Murray fell to the floor, obviously in distress, whilst less louds roared. When the

BOXING IS BACKED BY

BOXING is safe from the abolition lobby for the time being following the backing provided by Iain Sproul, the Sports Minister, in the House of Commons on Monday.

Referring to boxing as a "terrible sport," he said statistics showed it was no more dangerous than other sports.

"I would not agree that boxing should be banned altogether," he told MPs. "It would be a great shame if this tragic death were to weigh too heavily."

Mr Sproul said 268 deaths were recorded in British sporting activities between 1986 and 1992, only three of which were in boxing. Nevertheless, since 1986 11 boxers have required brain surgery after bouts in Britain.

That is not a good record. And everyone in boxing must look at themselves and consider their position. Are the right

By BOB MEE

things really being done to improve safety?

James Murray's death is a terrible waste. But it should not, cannot, be dismissed as "one of those things", as if we all accept that every so often this sort of tragedy will happen.

Boxing must take itself into a new era, with regulations and standards that are clear and precise. And it must enforce them.

It must also look at the more recent innovations that have supposedly made the sport safer and analyse whether or not they have been a success.

It's been a week for theorising. When someone dies in such appalling circumstances, it's natural to seek out answers and to pounce on conclusions that might

seem to satisfy the aching curiosity that is a part of grief. But it's likely that the most sensible and positive reactions to Murray's death will come only after a painstaking investigation.

The issues that must be looked at should include the quality of the medical facilities on offer at the Hospitality Inn, the chain of administrative decisions that allowed a riot to occur, the possibility that James Murray was dehydrated from the struggle to make the bantamweight limit, coupled with the effects of a championship fight taking place in an atmosphere where the oxygen quality was probably low. The Boxing Board must talk deeply and sensitively with everyone involved and discover what is to be learned. The independent medical working party that was about to present its report and recommendations

will presumably now delay matters to take into account anything new which the Murray tragedy raises.

Since the death of Angelo Jacopucci 1978, following a European middleweight title bout against Alan Minter in Italy, a that of Johnny Owen in Los Angeles in 1980, British boxing has tightened its regulations.

But to what end? While it is obvious essential that boxers should have skull rays and the most sophisticated brain scans available, boxing's recent safety record does not bear comparison with supposed "dark old days" of the 1970s when championship fights were 15 round boxing gloves were smaller and medical facilities less advanced. History may say the current run of tragedies to be less significant than it seems in the immediate

Cool Tiger sinks teeth into Watson

By Ken Morton: QUEENSFERRY - October 5

LIGHT-WELTERWEIGHT Tommy "The Tiger" Welsh (10st 10lb) delighted his hometown supporters who had made the 80-mile journey from Holyhead when he scored an impressive third-round knockout victory over Nottingham's **Mike Watson** (10st 2lb) in a scheduled six-rounder on a John Davies dinner show at Styles Night Club.

Welsh boxed coolly throughout, picking his punches and varying his attacks. It soon became apparent that Watson lacked the power to trouble the Holyhead boxer and perhaps Mike's future lies in the lightweight division.

Watson attempted to work behind his left lead, but the more powerful Welsh was in almost total command. Welsh stepped up the pressure in the third, when he floored Watson in a brief count with a left-right combination to the jaw.

An even harder repeat combination sent Watson crashing down and referee Ivor Bassett, who officiated throughout, might have dispensed with the formality of counting out the stricken Nottingham boxer. Time was one minute even seconds.

It was announced from the ring that plans are afoot to match Tommy Welsh for a Welsh title on a future John Davies promotion in Deeside.

Alfreton miner Seamus Casey (11st 9 1/2lb) proved popular with the audience as he stopped new pro **Andy Neri** (1st 4lb) from Plymouth at one minute 26 seconds of round four in a scheduled six-two.

It was a rare inside the distance win for Casey, who was having his 140th contest. The limited Neri displayed courage, but tired towards the end of the second, although he battled gamely in an increasingly uphill struggle.

In the fourth, Neri touched down from a flurry of punches and fatigue and Seamus, sensing victory, piled on the pressure until the spent and defenceless Plymouth man was mercifully rescued.

In the show-opener, **Dewi Roberts** (10st 11lb) of Dolgellau outpointed another Plymouth boxer, **Paul Salmon** (10st 2lb), in a lively six-two, though referee Ivor Bassett's margin of 60-58 1/2 appeared over-generous.

Salmon has slimmed down since I saw him make his professional debut in Sheffield against How Williams and is an improving fighter. Roberts built up an early lead in only his second fight of the year, but his timing was off, especially with his favoured southpaw left.

The heavily-tattooed Salmon had his best moments in the fifth, but failed to impress the referee, who did not give him a round. This one could go on again.

Despite a nationwide search, no opponent was found for Welsh cruiserweight **Tim Redman**. Nevertheless, the enthusiastic diners found the three-night bill satisfying fare.

HOWARD'S

UNBEATEN Howard Eastman (11st 8 1/2lb) crashed the British rankings with a devastating first-round stoppage of Llanelli's experienced **Carlo Colarusso** at the Marriott Hotel. It was his seventh straight win (six early).

A combination dropped Colarusso (11st 12lb) by the ropes. It looked as though he wouldn't beat the count, but he scrambled up at eight. Carlo's legs betrayed him and he lurched back into the adjacent ropes, at which point referee Mark Green rightly called it off after two minutes 10 seconds. It was scheduled for six-threes.

It was a terrific show from Eastman, the "Battersea Bomber". Colarusso went into the seventh round in a British middleweight title bout with Neville Brown earlier this year and a delighted Dennis Mancini, working in Eastman's corner, said afterwards: "How often do you see that happen to Colarusso?" Eastman stayed cool and used his long left jab intelligently, always looking to keep his man at bay. The Londoner landed a useful look - a combination, then stepped away from possible retaliation and then - with Colarusso suddenly looking open - Eastman banged in the left-right which finished it. It was as sudden, and conclusive, as that.

Canning Town's John Bosco (11st 2lb) - back after a one-year lay-off - had his hands full with Bargoed's **J.P. Matthews** (10st 12lb), with referee Richie Davies declaring a 39-59 draw after a great six-threes which opened the show.

It was Bosco's first outing since being stopped by Robert Wright at Wolverhampton - which snapped his winning run at 12. He looked good for long periods, finding the target with well-placed left counters as Matthews bored in, but nothing he did could discourage the Welshman. And in several of the rounds, Bosco tended to fade in the later stages. Bosco sustained a badly cut left eyebrow in the second, which prompted referee Davies to halt the action and take him to the corner for an examination. The injury bled on and off for the rest of the bout.

Bosco had a small nick under the right eye by the finish. The pattern was set in an all-action first round. Bosco found the range quickly, putting punches together well and slotting in a stiff jab through the middle. Matthews tried to force his way inside and was happy to take counters on his way in. Once he got close, he started landing solidly.

Bosco switched his target to the body, but a stiff combination to the head had him unsteady for a moment, but he hit back gamely to have Matthews in a spot of trouble. The second saw Bosco use his jab effectively and land some fair right crosses as Matthews came in, but about halfway through, the blood appeared from Bosco's left eyebrow and there were anxious moments as referee Davies took him to the corner. Matthews used the ring perimeter in the third and

SIMON EUAN-SMITH at RINGSIDE

MAYFAIR - October 16

Bosco made the running. Bosco was scoring with his jab and dug in one solid left to the body.

Matthews was trying to force his way in, working behind a solid jab, and this was a more successful round for the Welshman, although he was looking lumpy around the left eye by the finish. The fifth saw Matthews score with two left hooks early on and, although he went on his bike again for a while, he was scoring effectively in the last minute.

It looked up for grabs going into the last, and Bosco tried to put on pressure, but Matthews countered effectively with uppercuts and Bosco was warned for a low left. Matthews turned aggressive, forcing Bosco to back off and the drawn verdict was very well-received. I could go on again.

Nigerian **Peter Obol** (13st 4 1/4lb) made a successful start to his British campaign, forcing

him. He was on his feet quickly, but then he ran on to a left-right combination that put him down and out after 2.14 of the first. It was scheduled for four-threes.

Burton also suffered a cut eye which needed three stitches. Kaighin had not boxed since he was stopped by Shaun Cummins at Stevenage in February 1994.

Denaby super-bantamweight **Steffy Bull** (8st 12lb) outboxed Michael

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Denaby super-bantamweight **Steffy Bull** (8st 12lb) outboxed Michael

UNBEATEN MARSTON ROARS BACK

STOKE featherweight **Gary Marston** (9st) returned after a 19-month layoff and clearly outpointed **Chris Jickells** of Brigg (9st) over eight-two at the North Staffordshire Sporting Club.

Marston has switched from Pat Brogan to the joint-management of Ron Gray and Pat Cowdell - and, following this win, was nominated as official challenger for Keltan McKenzie's

STOKE - October 15

Midlands Area featherweight title. The 28-year-old former coalman took his unbeaten record to eight fights (one draw) with a 79 1/2-77 victory awarded by referee Jim Pridding.

He attacked hard and fast from the start and Jickells could never really contain him or turn the tide. He did

counter with some left hooks from time to time and also landed a good right in the third, but the Lincolnshire man was bleeding from a cut left eyebrow by the fourth. He needed two stitches afterwards.

Marston kept up the pressure impressively and forced Jickells to take a count of seven in the seventh round. The cut looked nasty and Marston kept the punches coming in the last to take an

emphatic win. Swansea lightweight **John Kaighin** (12st 8lb) also came back from a lay-off with a win - this time after a 20-month gap - and by a decisive first-round knockout.

At the start it was opponent **Kevin Burton** of Doncaster (12st 8lb) who tore out and looked like the man in a hurry. But Kaighin nailed him on the way in with a left hook that staggered and then dropped

him. He was on his feet quickly, but then he ran on to a left-right combination that put him down and out after 2.14 of the first. It was scheduled for four-threes.

Burton also suffered a cut eye which needed three stitches. Kaighin had not boxed since he was stopped by Shaun Cummins at Stevenage in February 1994.

Denaby super-bantamweight **Steffy Bull** (8st 12lb) outboxed Michael

FURTHER HOT SEATING*Worksheet*

You could hot seat other characters in the play to find out more about them. You could then use this information to do further drama or writing with your teacher.

Here are some ideas.....

- Roland and his mum and dad, the day after the fight
- Henry and her family (see chapter on Henry and divorce)
 - what was Henry's holiday like?
 - how does she feel about her parent's divorce?
 - what do Henry's parents think of Henry. Do they want to keep her?
- Rorholdt and his family
 - why does Rorholdt bully people?
 - what sort of person is he under his hard exterior?
 - how do his Mum / Dad / brothers and sisters treat him at home?

CREATIVE WRITING**■ Roland's Diary**

Write some of Roland's diary including all his thoughts and feelings about things which happen.

Here are some ideas of things which you could write about:

- The first day he meets Henry
- The night after the fight with his dad
- The day his dad comes back from hospital
- A month after the fight with his dad

■ Cartoon Strip

Make a cartoon strip of some of the events in the play Wimp or continue the story about some of the characters lives.

■ Poems

Write a poem or song or rap about the night Roland hit his dad

■ Letters

Write a letter from Roland to his dad in hospital.

Then write another one from his dad to Roland.

Gender Issues

Worksheet

The differences in the way
Palle, Rorholdt and Henry are treated.

- Look at the previous worksheet. Look at each character's column in turn.

How are they talked about differently?

- Why do you think they are treated in different ways?

Do you think it's fair that they are treated in different ways?

- Think of other things boys are called if they're not big and strong or if they don't want to get involved in fights or sports.

- Think about ways girls are described and are expected to behave.

Words Used to Describe Boys and Girls

- Look in magazines and comics. Make two lists:

List 1: Words used to describe girls in comics and magazines:

List 2: Words used to describe boys in comics and magazines:

- Are girls and boys seen in different ways?
- Are boys expected to behave differently than girls?
- Do you think the way girls and boys are presented in comics and magazines are true to life?
- What other words can you add to both lists to represent boys and girls?

(based on an idea by Susan Fountain in her book Gender Issues an activity File)

Things people say about boys and girls:

Look at the following statements:

- Girls don't know anything about football.
- Boys are better at science.
- Women are bad drivers
- Girls spend most of their time talking about boys.
- Boys can't cook
- Washing up and baby sitting are girls jobs.
- Boys are better on the computer than girls.
- Boys are brave and strong.
- Girls are preoccupied with what they look like.
- Girls aren't mechanically minded.

How is Palle talked about in the play?

"What have we here? A right Wimp! Beaten up by a girl."

"Palle's a cry baby."

"Come on. Come and fight like a man."

"You're a coward Palle. You deserve a good belt around the head."

"If you're not a man, you should be wearing girlie clothes."

"The tiger cub."

"The puppy dog."

"The cuddly toy."

"The King of the Geeks."

How is Rorholdt talked about in the play?

"The sledge hammer."

"The wound master."

"The Champion."

"The great."

"The undefeated."

"The one and only Bent the Gladiator."

How is Henry talked about in the play?

"Is it your teddy?.. It's your teddy isn't it."

"Why do you always act like a boy?"

"I'm not allowed to box because I'm a girl."

"Your hair's beautiful"

Do you :-

1. Agree or disagree with each statement about the character?
2. Think that this is a complimentary or uncomplimentary statement about the character?
3. Do you think boys and girls are expected to act differently? Do they think this is fair?

Why do you think people say these things about boys and girls?

What other things do people say about boys and girls?

How do Boys Feel?

Worksheet

Boys have to stand up for themselves by fighting otherwise they are thought of as cowards.

Being at an all boys school makes boys act more tough than they'd like to.

It's harder to make real friends in secondary school than in primary school.

Boys don't always want to fight.

Most of the time at school boys have to hide what they really feel.

Teachers don't care what boys feel.

Boys behave differently when there are no girls around.

Girls And Boxing

Worksheet

Henriette's dad told her that she wasn't allowed to box anymore.

- Make a list of reasons why he might not have wanted her to box.
- What do you think Henriette's feelings about her dad not allowing her to box would have been? Draw a picture of Henriette. Around the picture write in some of her feelings about not being allowed to box anymore. Also add in some of the things she might say to her dad to try and persuade him to let her box.



Christie Martin

The women's world lightweight boxing champion

Resource Sheet

(...taken from an article in Boxing Monthly, April, 1996)

...She is bright, attractive, personable and well spoken. And she can fight, with a record.... that showed 34 wins, two losses, two draws - 25 opponents stopped.

...Martin looks pretty in pink trunks but is pretty potent too, when it comes to punching.

...if you tell her she fights like a man, she'll take it as a compliment

...on 10 February 1996, the first women's boxing fight was screened on TV

...Christie Martin is seen as more considerate to journalists than male boxers

...we are in the 1990's now and women have increasingly made their presence felt in what was once male domains - from armed forces to finance

...to many of us it does not seem right that women should be hitting each other, inflicting bloody noses and black eyes and even knock outs

...a woman's place is not in the boxing ring

...this lady is not only beautiful, sensual, voluptuous and intoxicating but she can fight.

...she feels that many women would like to box competitively. **" People would be surprised at the amount of people who call our boxing gym... its something that I think women are very interested in..women really would like to get out there and box if they would feel it would be more acceptable. ... If it was more acceptable socially I think we'd be more overflowing with women boxers"**

.. "My feeling is that a lot of these supposedly self- defence classes are bad for women, because they give a false sense of security....maybe you'll take a chance to walk down a street where maybe you think: 'I probably shouldn't be here but, hey , if somebody attacks me I know what I'm going to do.' But if we think about it I'm pretty powerful, and I have good boxing skills, and I could defend myself, but if a man, even a 115 pound man, would jump on me, I wouldn't stand a chance."

...if it were not for her looks and personality and appealing background, it seems safe to say she would never have been on TV, no matter how well she can fight.

....Christy has sparred with women but says it didn't work out too well : **" They went down early or they got broken noses"**. So at the gym she spars only with the men. But she stresses : **"The guys at the gym are true pros. They let me bang with them, but if I hit them with a hard shot they don't feel like they have to come back and hit me harder to prove that they're stronger. They show me that respect because they know how I feel - I don't feel like I'm stronger than them and I don't feel like I can knock them out. They don't have attitudes. And it takes a special man, Believe me, to get in there and let me do my thing and and hit him with some great shots, and him not come back and try to knock me out or hurt me."**

The Holiday with her father

Worksheet

- Show a scene or still image of Henry's holiday with her father.
- Start the scene with Henry's dad coming in and saying, " I don't want to see you boxing anymore; It's about time you started to behave like a lady"
- In pairs role play the conversation between Henry's parents about who is going to look after the children and who is going to keep Henry.

After the holiday

- How did Henry feel having come back from holiday with her father?
- Imagine that you are Henry. Write a letter to a friend in your old town telling her what has been happening, and about your problems and feelings.

What to include:

- What happened on your holiday with your dad?
- How do you feel about your parents splitting up?
- What are your feelings towards your mum, dad and little brother?
- How do you feel about the new place you are living in?
- What do you miss about your old life?

Further Discussion

- How might Henry start behaving towards her brother?
- Hot seat each member of Henry's family to see what their view on the situation is.
- If Henry had three wishes what do you think they would be?

Dear Diary

I don't believe it. Mum and Dad are splitting up!

I was meant to be in bed but I just came down for a drink 'cos I couldn't sleep. Just as I was about to open the door I heard Mum and Dad talking...

Calling for Help

Childline

0800 1111

Kidscape

EMERGENCY LINE

0171 730 3300

NSPCC

NATIONAL HELPLINE

0117 963 3542

Refuge National Crisis Line

0181 995 4430

If you need
someone to
talk to about
a problem,
you can
always phone
a help line,
most of these
are free...

Halfmoon

SCENE 9

RØRHOLDT

Palle! So, here you are!

PALLE

Rørholdt. What do you want?

RØRHOLDT

Talk to you .. about our little agreement.

I stole this from the second hand shop

(he hands him a baby's bonnet)

I think you could use it for "you know what"

Try it on

HENRY

Why should he do that?

RØRHOLDT

Wasn't it you who thrashed him?

HENRY

(Doesn't answer)

RØRHOLDT

(Laughing jovially)

Yes, it was. See, Palle's a wimp, aren't you Palle, a right softy

(Turning Palle round so he can't avoid catching Henry's eye)

Aren't you?

PALLE

yes

RØRHOLDT

So, put it on

PALLE

(puts it on)

RØRHOLDT

Sweet, isn't he?

HENRY

Why are you letting him do this to you?

RØRHOLDT

Why are you letting me do this to you, sweetheart (or Palleline - the feminine version of Palle's name)?

Why? Why? Hit yourself.

PALLE

?

RØRHOLDT

Hit yourself

PALLE

(Does it)

RØRHOLDT

HENRY

No, that had nothing to do with boxing ... I just thrashed you.

PALLE

(Changing)

Why do you want to help me?

HENRY

Because that Rørholdt is a *jerk*

PALLE

Doesn't he scare you?

HENRY

No!

PALLE

Good. So, show me what to do

HENRY

On one condition. You must never use boxing to hurt other people

PALLE

What about Rørholdt?

HENRY

That's different. He's asking for it!

PALLE

Okay, so what do I do?

HENRY

Ok!

(Adopts a boxing stance)

The most important thing is your legs, balance. Try and stand with your legs shoulder-width apart...like this. Right foot behind and relaxed. *Fists* should be here. Try bobbing backwards and forwards, keeping your legs the same distance apart.

PALLE

(Begins to box wildly into the air)

Bang ... ng ... bang

HENRY

No ... slowly ... calm and relaxed again... good

Now, a left hook (She demonstrates)

Biff!

(The musician plays the pleasant theme from the beginning of the show.

With Thanks to :

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