



Cap sur l'école inclusive
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Pedagogical sheet

Bullying in the classroom

Activity to be developed in the Portuguese Language lesson

Section of the module /E

Contact: Luis Neves

Partner Entity: Associação de Solidariedade Social dom Algarve OMNES
PRO UNO



Objectives

- Discussing discrimination due to physical appearance/social status
- Analysing the role of witnesses and other intervenients
- Finding solutions to fight bullying.
- Reporting events from excerpts of documentaries.
- Recognising the role of the media in the individual's personal and social training
- Increasing understanding about the causes and consequences of *bullying*.
- Creating empathy with the victims of *bullying*.

Principles and theoretical fundaments on the basis of the theory

Physical, verbal or psychological aggression, called bullying, unfortunately, has already been experienced by many children and sometimes in the classroom context.

If there is a child in a school who is a victim of the aggressions mentioned before, we can make an activity with the students about Bullying at school, which we will call – **“And if I were the victim?”**

We should think about several questions and try to find answers for all of them. Science and technology, among other areas, have reached a huge development in the last few years, presenting a constant evolution in very short periods of time. Explaining a child or an adolescent that a few years ago there were no mobile phones, tablets, Internet or robots is a complicated task, once they have grown with this reality, many of them since they were born. Today, it is unthinkable for them to live without some of these devices.

Maria Irene Maluf, in a very interesting article, that she wrote –“Bullying: the triangle of aggressiveness” – refers: “ *Meanwhile, we have come to the 21st century to a world where happiness is directly connected to what gives pleasure and what gives pleasure is the new, the unprecedented, the “adrenaline” of the eminent danger, of the challenge. For that, nothing better than a game, an aggressive game and more than that: power. The power to underestimate the other, to use him, to make of him a character, like a caricature. The power that aggressiveness brings to the weak comes from the intimidation they practise, which generates suffering to those who can’t defend themselves. Children have been learning how to be aggressive in a more and more early age and as the majority who seems to have been born knowing how to operate a computer, a lot of them look like pre-adolescents at the age of 4 or 5, who want to dominate the other using verbal or physical hostility. The rising tide of aggressiveness that can be seen in children and adolescents’ behaviour includes a huge range of explosive wrath conducts, physical and verbal aggression, fights, threats, cruelty, vandalism, etc. The situation is alarming: today, one of the most constant complaints that happen at schools of all social and economic levels is the difficulty to deal with that instinctive potential that was reborn at a very high level in the end of the 20th century.*

Bullying, name given to that universal violent behaviour at school involves a way of power affirmation through attitudes where an intentional, repetitive aggressiveness surpasses the play between peers.”

Target public

Courses of Education and Training of Basic Education

Material / Instruments:

- Computer
- Speakers
- Projector
- Documentary from da SIC: “E se fosse consigo? O *Bullying*” (2/5/2016)

https://www.youtube.com/watch?v=ngUfvgvGz_4

- Copies of the dramatization

Webgraphy:

☐ **Stop *Bullying*** – An educational resource based on the human rights to fight against discrimination.
(https://www.amnistia.pt/wpcontent/uploads/2017/10/Manual_Stop_Bullying_AI_Portugal.pdf)

Bullying (<http://www.apavparajovens.pt/pt/go/o-que-e2>)

☐ “**E se fosse consigo? O *Bullying***” Documentário da SIC(2/5/2016)

https://www.youtube.com/watch?v=ngUfvgvGz_4

☐ http://www.irenemaluf.com.br/artigos/bullying_triangulo_da_agressividade.asp

☐ <https://www.portalbullying.com.pt/>

☐ <http://escolasaudavelmente.pt/pais/comunicar-com-os-filhos/falar-sobre-o-bullying>

Presentation of the methodology (description of the Activity)

1st Session (Portuguese Language) – Watching a documentary:

In the lesson of Portuguese Language, the teacher will approach the subject: “*and if was with you?*”

After the projection of the documentary from SIC: And if it was with you? Bullying” (2/5/2016)

https://www.youtube.com/watch?v=ngUfvgvGz_4., the students start a debate about the topic from excerpts of the documentary. The topics will be:

- Discrimination due to physical appearance/social status
- The importance and the role of witnesses and other intervenients

➤ Solutions to fight against humiliating attitudes of bullying

In the end of the session the students should recognise the role of the media on the individual's personal and social training.

2nd session (Portuguese Language).- Performance of scenes *bullying*:

During this lesson the students will form groups of work. Each group will perform some situations of bullying, like for example:

In the playground there is a scene of social, emotional or psychological bullying.

Mateus and Joana exclude Alfredo from all the play and tell some mates rumours/insinuations about Alfredo.

Alfredo feels slandered and tells his mother about what is happening.

Alfredo's parents tell what happened to the teacher and, together, they try to find solutions for the problem.

With this dramatization we want the students to understand the causes and the consequences of bullying, get more knowledge about this problem and develop sympathy for the victims of bullying.

Skills affected

- Communication in the mother tongue;
- Self-assertion skills;
- Civic skills;
- Personal and social skills
- Skills to approach this topic and to try to find solutions

Evaluation:

To better fight the bullying phenomenon, each session is evaluated through the systematization of the information about the topics approached and later reflexion about experiences, ideas and reports that are shared.