

Camp Safety Training: Facilitator's Guide

Bullying Prevention at Camp

Discussion Questions

- What are the differences between bullying and normal peer conflict?
- If someone comes to you and says they are being bullied, what are your next steps?
- In what ways can we be proactive in preventing bullying at our camp?

Activity #1

Name of activity: Give Me Five

Length of activity: 10 minutes

By simply brainstorming the takeaways from the Bullying Prevention at Camp training together, you can both encourage reflection and discussion, and also get a sense of staff learning styles and retention. This will give you a sense of what learning will need to be reinforced.

Objectives:

1. Staff will be able to communicate the difference between bullying and peer conflict.
2. Staff will be able to offer specific strategies for preventing and responding to bullying.

Materials:

Markers, sticky note pads and large chart paper or white board located in front of group.

Instructions:

1. Break into small groups. Write five takeaways together (five minutes) – one on each sticky note.
2. The facilitator can prompt the groups by asking what they remember, what specific actions they would now take differently, and what they think are the most important lessons. It's a good idea to also ask how the role of lifeguard and camp counselor, or staff member, are different.
3. Each group shares sticky notes with the whole group. Write or have someone scribe on sticky notes what the group comes up with.

Activity #2

Name of activity: Numbering Up. *(Compliments of Michael Brandwein.)*

Length of activity: 15 minutes

Bullying can ruin the camp experience for a camper. Simply feeling excluded can ruin camp as well. This activity is designed to have your staff experience what it feels like to be both included and excluded, and how they can be aware of this during camp.

Objectives:

1. Staff will identify high risk times for peer-to-peer abuse.
2. Staff will begin strategizing ways to minimize that risk.

Instructions:

1. Have the group spread out in a space.
2. Start calling out statements detailing groups that the participants need to form. The goal is to create separate groups from the whole group, with a specific number of people. The separate groups must have the EXACT number of people that equals your statement. No more, no less.
3. Once the separate groups are formed, they cheer. Then move on to the next statement. Pick up the speed once the group gets the hang of it.

Example Statements:

- Three plus four equals
 - Number of players on basketball team allowed to play on the court at one time
 - Number of legs on a spider
 - Number of sides on a triangle
 - Number of sides on a square
 - Number of Wonders of the World
 - Number of lives a cat has
4. Have the group sit to debrief:
 - How many of you were invited to join a group?
 - How many were left out of a group, even if just once?
 - How many were kicked out?
 - How many of you were pulled into one?
 - Would somebody be willing to tell how it felt to be left out? Kicked out or included?
 - How can we tell if someone wanted to be a part of the group? What did they say? What did they do?
 - How will you know if a camper is being left out?
 - Knowing that a caring, inclusive environment helps minimize bullying, what are ways we as a camp can build community?

Activity #3

Name of activity: Empowering the Victim

Length of activity: 15 minutes

Victims of bullying tend to feel weak and defeated. Staff members are responsible for counteracting these feelings by empowering victims. This activity is designed to help staff feel comfortable with empowering the victim.

Objectives:

1. Staff will learn the definition of empowerment.
2. Staff will learn strategies to support victims of bullying.

Instructions:

1. In a group, brainstorm and discuss ways to empower the victim of bullying. These might include:
 - Reminding them they are not alone.
 - Ignoring the bully when they are name calling or trying to get a rise out of you.
 - Walking away, remaining calm and trying not to react. Showing anger or fear can encourage the bully.
 - Not reciprocating the behavior.
2. In pairs, role play a discussion with a victim of bullying. Have each partner give feedback and suggestions.