Power Struggles

Student Workbook

Grades K - 5

Foxy

Lenny

Ruffy

Bullying

Bystander

Victim
Letter to Teachers:

How to Use this Workbook

This book is designed to fit into an elementary curriculum by K-5 teachers. The exercises are designed to stimulate thinking and dialogue on issues of power that eventually will lead to disruption in the classroom. The intention is to start-as early as possible-to create awareness of bully-victim-bystander behavior at home and in the classroom-school.

Parents can be encouraged to help their children discuss the different roles described in the exercises. Teachers are encouraged to offer their own directions, use the exercises in response to classroom disruptions. When the class or one of its members displays one of the negative social roles, the class could stop and all do the exercise (older grades).

Home assignments can be given on a weekly basis, or daily as seen appropriate by the teacher. Perhaps, the front part of the exercise could be done as a class exercise and the back finished at home.
Series One: Section One

The Players in Pow

Struggles
Dear Parents,

This workbook series is designed to help you and your child talk about behaviors at school that may become or are already problems. The social roles approach tries to:

- Not blame the child, but focus on the social role he/she is playing at school as undesirable parts in a play.
- Reach out to you as a parent to work with the teachers on turning the behavior to a more positive one.
- Stress the value of friendship, cooperation, compassion, helping others, trying hard, and standing up in non-aggressive ways for themselves.

The exercises in this series outline the desirable social role of Gentle Warrior. The undesirable roles are:

- Bully
- Victim
- Bystander

Help your child understand these roles. Read to and work with your child in learning about power struggles. Help them out with these worksheets. Thanks.

Parent Signature: __________________________________
9 WAYS TO DEAL WITH A BULLY

▲ Ignore the bully and walk away

▲ Get Someone to help

▲ Talk to the bully

▲ Agree with the bully

▲ Make Friends with the bully

▲ Trick the bully

▲ Refuse to fight

▲ Use your voice: Yell “BACK OFF!”

▲ Make the bully laugh
Parents: This is what you want your daughter to be like. Reward this way of behaving at school and home. Talk to your daughter about the value of being a Gentle Warrior!

**GENTLE WARRIOR**

Color the circles all different colors after you read the words. Color Lena your favorite color.

Lena is a Gentle Warrior. She is polite, friendly, respects others, and sticks by her friends. She stands up for herself and helps her friends. She's no bystander.

Creating a Peaceful School
Words that Describe a Friend
Think of your best friend and write down words that describe what you like about them.
Parents: This is a bully role. This bully is nervous, always picking on kids and adults. People are easily irritated by this social role. Watch your children when they behave this way and watch for this role with your child’s friends.

**SNEAKY BULLY**

Color the circles all different colors after you read the words. Color Willy your favorite color.

Willy is sneaky and he picks on others. He likes to play mean tricks. Teachers yell at him for upsetting the class and not listening. He uses bad words.
List Some Sneaky Things People Do

Series 1: Players in the Power Struggle
Parents: This social role is a submissive victim. Your child may be at risk of being bullied. This role invites the attention from other bullies. Make sure this child is not being bullied every day or more than 1 time per week. What is happening as a result of the bullying? Help your child become assertive.

Crying Victim

Color the circles all different colors after you read the words. Color Lucy your favorite color.

Lucy cries and is quiet. She tries to please everyone. She gets picked on and is an easy target for mean bullies. Bystanders watch her cry. She never stands up for herself.

Creating a Peaceful School
Draw a Sad Face

List 5 things to do to help a sad friend.

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________
Parents: This is a very sadistic social role that is rare. A school may have one or two at most. They tend to get others to cause pain and then sit back and enjoy. Your child can be hurt by this type of child. Be on the look out.

**Slick Bully**

Color the circles all different colors after you read the words. Color Foxy your favorite color.

- Mean tricks
- Charms kids
- Laughs at others' pain
- Pushes kids to do bad things
- Uses kids like puppets
- Does things like adults: smoking

Foxy likes to get other kids in trouble. Foxy is mean and enjoys seeing other kids in trouble or pain. Foxy has buddies that push kids around. Foxy pushes, trips, and scares other kids. Foxy thinks it is cool to act much older. Foxy swears, smokes and talks dirty.
Words that describe a troublemaker or somebody that can get you in trouble.

What can you say to a troublemaker?
Parents: This is a rescuing bystander role. The child becomes a spectator. They see a victim being bullied, they freeze in conflict and try to help after the bullying has been done. Help your child get involved in positive, safe solutions to power struggles. Encourage them to get involved early and safely.

Rescuing Bystander

Color the circles all different colors after you read the words. Color Ruffy your favorite color.

Ruffy wants to help and feels bad when he sees others being bullied. He does not help the victim when they are getting bullied. He feels bad but does not help. He just watches.
Ways to Help a Friend
Think of things you could do to help a friend who may need something from you.

Series 1: Players in the Power Struggle
Parents: This is a bully bystander role. This is a bully’s helper who pushes other kids around to please a meaner bully. This child is being used by a bully who enjoys watching him or her get into trouble. Watch out! This child is a follower who usually gets caught.

Bully’s Helper

Color the circles all different colors after you read the words. Color Buddy your favorite color.

Does what the bully says
Sets kids up for bullying
Gets into trouble
Scares kids for fun
The lookout for bully

Buddy

Buddy pushes kids around, takes their things, plays mean tricks and laughs at kid's pain or hurt feelings. He is the real mean bully helper. He is always in trouble. He takes the blame for other bullies. Buddy is scarey.

Creating a Peaceful School
Draw a picture of a big mean bully and a friend who is helping him bully someone.
Think of somebody who is a bully’s helper. (no names)
Bully Bystander

Color the circles all different colors after you read the words. Color Buster your favorite color.

Does not get involved
Thinks bullies are cool
Cheers bullies mean tricks
Enjoys seeing pain

Buster likes to watch kids get hurt, tricked and left out. He thinks it's funny to watch bullies in action. He always is an audience for fights and thinks the bully is the best. Buster is just waiting to become a bully.

Creating a Peaceful School
Things To Do When You See a Bully
Make a list by talking to parents and brothers or sisters.
Parents: Look out for this, in girls especially. They can get hurt trying to help bullies. They often think they know it all. This child will become pre-occupied with helping others and get hurt themselves. This could result in serious physical and emotional damage to your child. Supervise and advise your children.

Rescuing Victim

Color the circles all different colors after you read the words. Color Bunny your favorite color.

Bunny is always getting hurt trying to help somebody who tricks her and hurts her feelings. Bunny tries hard, but ends up being a target for bullies. She is always the last to know about the mean tricks.
Name Ways to Hurt Someone’s Feelings
Think of ways to play mean tricks, tease or hurt someone’s feelings.

Series 1: Players in the Power Struggle
Parents: This is how you want your son to behave. Reward these behaviors at home. Talk to him about being a strong, Gentle Warrior and not a bully. Notice when he tries hard.

**GENTLE WARRIOR**

Color the circles all different colors after you read the words. Color Lenny your favorite color.

Lenny is also a Gentle Warrior. He tries hard, helps others and is strong and kind. Lenny cares about his friends. He works hard to have a peaceful school.
Draw a Strong Person

Think of a person you know that you think is a strong person, someone who could be a hero. Draw a picture of a hero or strong person.
This is a victim bystander who tries to avoid being a target for bullies but often gets into trouble by association with the bully. They like to escape and try to avoid responsibility for being a target for bullies. They get into trouble and get hurt.

Victim Bystander

Color the circles all different colors after you read the words. Color Nicky your favorite color.

Nicky is trying to close his eyes when he gets bullied. He tries to run away and avoid trouble. But, problems always find him. Nicky has not learned how to stay away from bullies.
Would you help someone who:

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Maybe</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Is getting beaten up?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Is being teased?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Gets caught cheating?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Loses somebody’s ball?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Looks really sad?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Says they wants to hurt someone or hurts themself?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Describe a **Yes** (tell why):

Describe a **No** (tell why):
Parents: This is a female bully role. This social role generates mean feelings at school and home. She starts rumors, excludes other kids and hurts their feelings. Plays mean tricks.

**STUCK-UP BULLY**

Color the circles all different colors after you read the words. Color Tina your favorite color.

Tina is popular, she is pretty. She also tells mean stories, starts hurtful rumors, teases and leaves friends out. She enjoys making kids feel bad.
List Mean Words Girls Say
Think of some of the mean words you know about or have heard. Color the worst word YELLOW.

Series 1: Players in the Power Struggle
This role is the known as the bully bystander. They cling to bullies and do their dirty work. This role demands getting in trouble helping a bully be mean. These girls are insecure and hang out with bullies.

**Bully Bystander**

Color the circles all different colors after you read the words. Color Sally your favorite color.

Sally does all the dirty work for bullies. She is big and likes to push other kids around. She makes kids feel scared. She is always in trouble.
Would you tell a teacher or parent if:

1. A kid made another kid cry?  
   Yes  No  Maybe

2. Some kid broke your stuff?  
   Yes  No  Maybe

3. Someone was swearing?  
   Yes  No  Maybe

4. A bully stole your lunch?  
   Yes  No  Maybe

5. You were being scared and teased at school?  
   Yes  No  Maybe

Describe a Yes (tell why):

Describe a No (tell why):
CONFUSED BYSTANDERS
Color the circles all different colors after you read the words. Color Ricky and Roni your favorite color.

Ricky and Roni are never sure of what to do. They stand around and sometimes think they want to be like the bully. Other times they are a victim, and sometimes they want to help the victim. Ricky and Roni are stuck, they are not happy.

Creating a Peaceful School
Would you get involved if you saw some kid:

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Maybe</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Stealing someone’s lunch?</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>2. Punching another kid?</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>3. Cheating at school?</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>4. Telling mean lies?</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>5. Swearing?</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>6. Teasing someone?</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
</tbody>
</table>

Describe a **Yes** (tell why):

Describe a **No** (tell why):

Series 1: Players in the Power Struggle
Review and Practice

Series One: Word Games and Exercises
### Matching

<table>
<thead>
<tr>
<th>Gentle Warrior</th>
<th>Wants to Help - Doesn't</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sneaky Bully</td>
<td>Cheers Bully</td>
</tr>
<tr>
<td>Crying Victim</td>
<td>Not Sure</td>
</tr>
<tr>
<td>Tricky Bully</td>
<td>Polite</td>
</tr>
<tr>
<td>Rescuing Bystander</td>
<td>Bad Words</td>
</tr>
<tr>
<td>Bully's Helper</td>
<td>Quiet</td>
</tr>
<tr>
<td>Bully Bystander</td>
<td>Scares Kids</td>
</tr>
<tr>
<td>Rescuing Victim</td>
<td>AVOIDS</td>
</tr>
<tr>
<td>Victim Bystander</td>
<td>Rumors</td>
</tr>
<tr>
<td>Stuck-Up Bully</td>
<td>Pushes Kids</td>
</tr>
<tr>
<td>Confused Bystander</td>
<td>Troublemaker</td>
</tr>
</tbody>
</table>
Creating a Peaceful School

Color in the squares that contain “WAYS TO DEAL WITH A BULLY”.

<table>
<thead>
<tr>
<th>Scare</th>
<th>Get someone to hurt</th>
<th>Tell mean stories</th>
<th>Give them things</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tell someone</td>
<td>Ignore</td>
<td>Run</td>
<td>Make him laugh</td>
</tr>
<tr>
<td>Yell “Back Off!”</td>
<td>Hit</td>
<td>Agree</td>
<td>Get someone to beat him up</td>
</tr>
<tr>
<td>Talk</td>
<td>Make friends</td>
<td>Blame</td>
<td>Trick</td>
</tr>
<tr>
<td>Hurt someone else</td>
<td>Refuse to fight</td>
<td>Stare at the bully</td>
<td>Be mean</td>
</tr>
</tbody>
</table>

Creating a Peaceful School
Creating a Peaceful School

Color in the squares that describe a Bystander.

<table>
<thead>
<tr>
<th>Caring</th>
<th>Watches</th>
<th>Stands up for friends</th>
<th>Does nothing to help</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thinks fights are cool</td>
<td>Afraid to get into it</td>
<td>Likes what bullies do</td>
<td>Claps for fights</td>
</tr>
<tr>
<td>Audience</td>
<td>Good friend</td>
<td>Strong</td>
<td>Looks and doesn’t act</td>
</tr>
<tr>
<td>Gets pulled into trouble</td>
<td>Spectator</td>
<td>Smart</td>
<td>Gentle Warrior</td>
</tr>
</tbody>
</table>
Creating a Peaceful School

Color in the squares that contain signs of you **GETTING ANGRY**.

- Bad thoughts
- Dry mouth
- Hot flashes
- Sweating
- Tense muscles
- Soft skin
- Polite
- Straight hair
- Clenched jaws and fists
- Red eyes
- Sleepy
- Tears
Color in the squares that describe a **Victim**.

- **Assertive**
- **Quiet**
- **Stands up for self**
- **Angry**
- **Few friends**
- **Popular**
- **Loud**
- **Fights**
- **Gets into trouble**
- **Cries**
- **Lonely**
- **Needs friends**
Color in the squares for a Gentle Warrior.

- Polite
- Uses karate to fight
- Fights to win
- Wants what others have
- Pushes kids
- Unpopular
- Strong
- Tries hard
- Clean and honest
- Cares about friends
- Wants peace at school
- Likes to fight
Creating a Peaceful School

Color in Bullying behaviors.

- Helps others
- Cheats
- Teases
- School spirit
- Listens
- Fights
- Studies
- Scares
- Tells mean stories
- Excludes
- Makes friends
- Steals lunches
Word Scramble

Words that describe a Victim

risce  vgsie  pu

tlef  otu  dpceik  no
elano  dafari

What should victims do to help themselves:
Creating a Peaceful School

Word Scramble

Words that describe a Bully

enam  eboruul
rsweas  husesp
esetsa  rhtsu

What should you NOT do to a Bully?
What are some things you could do to not be a bystander?
Creating a Peaceful School

Word Scramble
Words that describe Peaceful Students.

ytr  rdah

pleh  reoths

pypah

neilts

anelc

tiacve
creating a peaceful school

word scramble

words that describe when you are getting angry.

ydr otumh ngsaetwi

dlcnhece awj enets

toh dab otughths
Word Scramble
Mean words or behaviors.

gatenis  pitr

ekeg  dxeluec

rosle  laets
Gentle Warrior
(Circle the words that describe the Gentle Warrior.)

G A T B U S R C K
R L P D A G J F I
V Q O H E L P S N
B U L M B F C H D
F R I E N D L Y T
D G T R P V S U V
F V E S T R O N G
R E S P E C T J K
P O L I T E K I N D
F R I E N D L Y S T R O N G
R E S P E C T
H E L P S

Creating a Peaceful School
Bully

(Circle the words that describe a Bully.)

MEAN     TEASES
HURTS     PUSHES
SNEAKY
SCARY

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Creating a Peaceful School

Bystanders

(Circle the words that describe what Bystanders do.)

- Watch
- Fight
- Freezes
- Do Not Help
- Audience
- Helps Bully

Creating a Peaceful School
Creating a Peaceful School

9 Ways to Deal With a Bully

(Circle the “9 Ways to Deal With a Bully”.)

AF LNSUYLHAFLNSUYLAF
CBACKOFFFECDSQSUMEEEF
WFQSLAEGLWAPSFLFERHE
MDAGREEEMPMLONOFGMPP
XATCHFIASEFTCHSIAAF
TOPEEFBNHOIPEGTBFBFF
LREFUSETOFIGHTFFBR
BYATFHEALFYAFEHRCNE
CTEAAGDLKLTJDABISVE
FFCLDIIGNOREOUDICPKZ
MFKSVJUCFKKNSVKUYE
KFECPSMMAKEFRENDS

IGNORE
GET HELP
TALK

MAKE FRIENDS
REFUSE TO FIGHT
BACK OFF

TRICK
AGREE
JOKE

Creating a Peaceful School
Victims

( Circle the words that describe a Victim. )

CRY  PICKED ON
QUIET  AFRAID
FEW FRIENDS  TARGET
ALONE
Creating a Peaceful School

Types of Bullies

(Circle the words that describe the different types of bullies.)

TRICKY
SNEAKY
STUCK UP

BULLY HELPER
STUDENT WORKBOOK
Classroom and Homework Assignments
“Helping Students Manage Power Struggles”