

# Bullying /Put Downs

## Activity Sheet

### Definition:

Calling a person names or insulting them for refusing to go along with what the rest of the group is doing.

### Example scenario:

Lauren is frightened when her boyfriend shows off while driving. His mates put her down when she tries to say something.

### Sample BULLYING / PUT DOWN negative peer pressure statements:

1. "You love bringing everyone down don't you?"
2. "You sound exactly like my mother"
3. "You're such a bore!"

### Your COMEBACK responses:



### Lauren's STOP Model

Her boyfriend / best friend likes to show off and drive too fast.

**S:** "We're going too fast"

**T:** "It's freaking me out and making me feel sick"

**O:** "Can you slow down a bit, especially going around bends?"

**P:** "I'll be OK if the car stops moving so suddenly" OR "I'll end up being sick if we don't slow down"

### Your STOP Model

**S:**

**T:**

**O:**

**P:**



Lauren

