



WHAT CAN I DO

WHEN SOMEONE IS BEING
BULLIED OR HARASSED?

LRJ READS

ACTIVITY: WRINKLED WANDA

Draw or print out a picture of "[Wrinkled Wanda](#)". Play pretend with your children - introduce her as a "new student/friend". Walk through her imaginary day - she's so excited to be here and to make new friends. Maybe she even wore a special outfit for her first day! But as her day goes on, she experiences many negative comments and actions. As you describe each negative interaction, crumple a bit of Wrinkled Wanda. For severe interactions, dramatically tear a piece of Wrinkled Wanda.

- Wanda asked a friend to read a book with her, and the friend said, "No, that book is for babies!!" and walked away.
- Wanda looked for someone to eat lunch with, but everyone ignored her.
- At playtime, someone pushed Wanda off the swing so they could have a turn.
- Someone told Wanda that her headband was ugly.



Do you think it's easy or hard to speak up when someone is saying mean things? What can make it easier to stand up for a friend?

- Bring another friend with you. (Strength in numbers.)
- Pray! God gives us strength and peace when we are afraid..
- Remember a Bible Verse like Psalm 82:3.
- Think about how the "Wanda" person feels when they are being bullied or harassed, and how this person will feel when you stick up for them. What will happen if you do **nothing**?



When Wanda is pretty wrinkled and beat up, sit back and take a look at Wanda. Try to make Wanda "as good as new" by flattening her wrinkles or taping the tears.

- Ask, "Does Wanda look as nice as she did when she started her day? Will anything we do make her look truly as good as new?"

We may not be *physically* hurting others with kicks or punches, but our words and actions leave wounds, too. Be careful with your words and actions, that they are kind and compassionate and not leaving wounds on others.

Now...what if we are not Wanda, OR the person saying the hurtful words, BUT - what if we notice someone saying hurtful things to or about someone else?

What can we do?

- Go talk to the person saying or doing mean things and firmly but kindly (assertively) tell them to stop and leave the "Wanda" alone. "We don't say that kinda stuff. It's not nice. It's not true."
- Help the "Wanda" escape from the situation. "Hey Tony! Let's go play jump rope!" and pull them away.
- Say nice, encouraging things to the "Wanda" person; befriend them.
- Tell an adult.
- You may choose to introduce and explain the words **bystander** and **upstander**.

Ask your children to imagine that you are with another child or group of children exactly their age. However....

These children are HORRIBLE!

Dramatically explain what makes them so terrible.

After your experience with this group, should you say, "ALL [second graders] are terrible and horrible!" ?

"No!!!" because your child is a wonderful [second grader]! :)

Exactly. What could I say instead? "My experience with **those** second graders was rough, but I know **not ALL** second graders are horrible."

We don't judge or mistreat whole groups of people because of one negative experience.