



Bully the bottle!

Aim	To learn about group pressure and bullying; to reflect on one's own behaviour; to experience how group pressure arises
Duration	Approx. 10-30 Min
Number of participants	8-20
Difficulty	easy
Conditions	-
Material	Chair, bottle

Preparation

Place a bottle on a chair

Description

Explain to all participants that they may join in the role play at any time.

Now start bullying the bottle! Laugh at it, make fun of it and insult the bottle. You may also take pictures of it using your mobile phone. While doing so, you can also involve the participants by talking directly to them about the bottle: "Such a fool, isn't he? Look how shabby he looks!" Try to make them join you in bullying. At some point the participants will react and either support your behaviour or start to defend the bottle. If the participants are hesitant, a second peer trainer (if available) can assist you. Alternatively, you could ask your coach before the activity to help "break the ice" in such a case.

The purpose of the exercise is to demonstrate that it is important to stand up for a person who is being bullied. Bullying feeds off its audience - bystanders and followers. But as soon as there is no more support for the attacker(s) and people start to stand up for the victim, the motivation for the bullying starts to crumble.

Be careful about the terms you use! It is not the aim of the exercise to give the group instructions on how to harass others. This is why it is important to point out to the participants that this is just an exercise. In reality, it is not OK to act this way!

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Link <http://peerbox.at/?p=324>