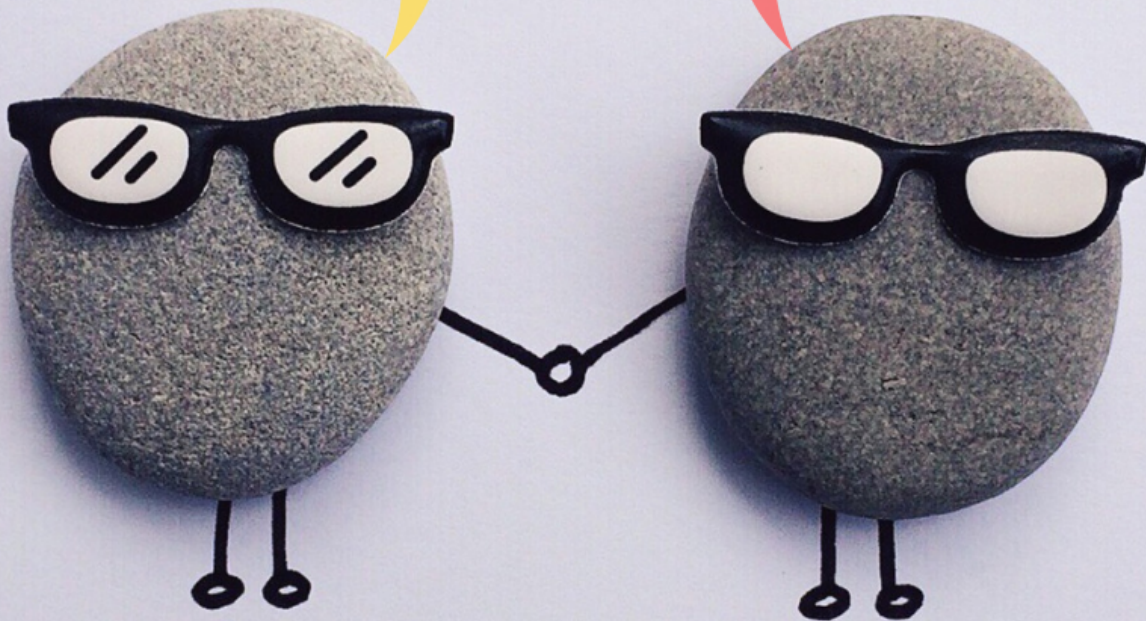


That hurt my feelings. 😞

Stop being so sensitive. 🤔



Friends with Everyone ...

Tween Small Group

Week 12: Bullies and Boundaries

ACTIVITY: Perception Shades

Supplies: plastic sunglasses/window markers

Directions: Decorate the lenses.

We can't actually wear these glasses around, and they don't have a magical ability to change how we see things. However, God's Word does. When we read it, it literally starts to change the way we view and understand ourselves, other people, life ...and most importantly, God. The term "bully" get's thrown around a lot. Be mindful to know what it truly is, report it when you see or experience it, and be slow to judge others. We are *all* capable of bad behavior ...*even bullying*.

R U a Cactus or a Flower?

"Don't be misled: Bad company corrupts good character." 1 Corinthians 15:33 NIV

Let's look together at the paper, "*Cactus Friends/Flower Friends*." Circle characteristics you have seen in other people with one color marker ...and characteristics you have seen in yourself with another. Be honest!

None of us are perfect. We should all have some circles on both sides of the paper. The key is to be the kind of friend that is a flower most of the time, and we want to spend a majority of *our* time with flower friends, too. When we're feeling a little like a cactus, maybe we need to take some time to rest, eat, or talk to someone we trust. The danger in hanging out with Cacti, is that we can start to pick up prickly behavior. If you start to get in trouble, feel less confident, get bad grades, or say things you normally wouldn't ...it could have something to do with the people you are hanging out with, or things you are holding inside instead of talking about with the people you trust. Another reason we get prickly? Not reading God's Word, and praying to Him about what's going on in our lives.

TRAIN YOUR BRAIN: "Consider the power of your presence in another person's life."

What is Bullying?

What is a bully? How do we know if we're being bullied? What do we do if we are bullied? These are really important questions. Bullying isn't just teasing someone or pushing them around. It can be much more than that. The graphic on the next page helps us to understand a little more about what bullying looks like.



Just Who Is a Bully?

Studies show that bullies lack prosocial behavior, are untroubled by anxiety, and do not understand others' feelings. They misread the intentions of others, often imputing hostility in neutral situations. They typically see themselves quite positively. Those who chronically bully have strained relationships with parents and peers. Bullies couldn't exist without victims, and they don't pick on just anyone; those singled out lack assertiveness even in nonthreatening situations and radiate fear long before they ever encounter a bully. Increasingly, children are growing up without the kinds of play experiences in which children develop social skills and learn how to solve social problems.

SOCIAL

Hurting someone's reputation or social relationships

Examples:

- Spreading rumors
- Ostracizing someone
- Embarrassing them in public
- Leaving someone out on purpose

CYBER

Bullying someone online through social media or other electronic communication

Examples:

- Leaving mean comments on social media
- Sending threatening messages
- Posting unwanted pictures or videos



TRAIN YOUR BRAIN: Keep the conversation going.

What Does Bullying Look Like?

If you are being hurt by someone, tell someone. Everyone is created equally, and loved by God! It's up to us to embrace the truth about who we are, and who others are. Stick up for yourself, for others, and tell someone when you see bullying behavior. God places us in each other's lives on purpose, and He tells us to love one another. It's not always easy. Sometimes, our friends become bullies. It can be scary to stick up for someone who is being picked on. Be brave. Do the right thing. It just might start a trend, or save a life.

TRAIN YOUR BRAIN: "You are always forgiven, and never loved less."