



# Discussion points for: Bullying

## About this episode:

In this insightful conversation, we go beyond identifying the problem, to addressing it. We discuss the coping mechanisms people use to try to escape bullying and the different ways it impacts individuals. Our guests share valuable strategies to handle bullying situations and how to build a supportive environment.

Join us for this crucial conversation, as we navigate the world of bullying and discuss ways to rise above it.

## Discussion prompts

- **Impact and Emotions:** How does bullying affect individuals emotionally, according to the participants? Can you relate to any of these emotional impacts based on personal experiences or observations?
- **Motivations Behind Bullying:** The participants mention that bullies often seek power and control. Can you think of real-life examples or situations where power dynamics played a role in bullying? How can understanding these motivations help address the issue?
- **Effective Strategies:** The conversation mentions strategies like walking away and speaking up against bullying. Can you think of other strategies that might be effective in preventing or addressing bullying? How might different strategies work in different situations?
- **Bystander Role:** How do bystanders influence the dynamics of bullying? What challenges might bystanders face in intervening or speaking up against bullying, and how can these challenges be overcome?
- **High School Culture and Bullying:** The participants discuss how bullying can become ingrained in high school culture. How might a school's culture contribute to the prevalence of bullying? What actions can individuals and communities take to change this culture?
- **Gender Differences:** How do males and females tend to respond to bullying differently, as discussed by the participants? Do you agree with their observations, and why might these differences exist?
- **Coping Mechanisms and Identity:** The expert, Chok, mentions that some victims of bullying alter their behaviour or identity. How can this impact an individual's self-esteem and well-being? Can you think of ways to support individuals who are facing this challenge?
- **Positive Peer Influence:** The participants highlight the role of peers in creating a positive environment. How can peers influence each other positively to counter bullying? What actions can individuals take to contribute to a supportive and inclusive atmosphere?
- **Cultural Perspectives:** The expert, Chok, mentions that different cultures might have varying definitions of bullying. How might cultural perspectives influence how individuals perceive and respond to bullying? What steps can be taken to promote a universal understanding of bullying?
- **Taking Action:** Based on the strategies and insights shared in the podcast, what steps can you and your group take to address bullying within your school or community? How can you raise awareness, promote empathy, and create a safe environment for everyone?