

BULLIED

About the Production!

In this 45 minute production, we are digging a little deeper and taking an honest look into the ramifications for both bullies and the bullied. Bullying is a serious issue that everyone deals with at some point in their life. We want to empower people by giving them the tools they need to stop someone from bullying them and how to engage when they see someone else being bullied.

Get The Facts

- Over 3.2 million students are victims of bullying every year.
- Approximately 160,000 teens skip school everyday because of bullying.
- 17% of American students report being bullied 2-3 times a month or more within a school semester.
- 1 in 10 students drop out of school because of repeated bullying.
- 1 in 4 teachers see nothing wrong with bullying and will only intervene 4% of the time.
- By age 14 less than 30% of boys and 40% of girls will talk to their peers about bullying.
- 71% of students report incidents of bullying at their school.
- 90% of 4th through 8th graders report being victims of bullying.
- As boys age they are less and less likely to feel sympathy for victims of bullying. In fact they are more likely to add to the problem than solve it.
- Physical bullying increases in elementary school, peaks in middle school and declines in high school. Verbal abuse remains constant throughout.



Tips If You're Being Bullied

- * Know you're not alone and that it is NOT your fault.
- * Try to stay strong. If they see you're unaffected, often times they will lose interest in bullying you.
- * Walk away from the bully when they approach you.
- * Tell them to stop and walk away. Keep walking and don't turn around no matter what they say.
- * Stay positive. Don't forget all of the things you're good at and remind yourself of how bad the bully must feel inside.
- * Stay confident. Bullies love to pick on people they think are weaker than them.
- * Try avoiding them all together.
- * Have friends around you as often as possible.
- * Tell an adult. It may seem difficult, but it is a great way to help bring about change. If that adult doesn't help you, then keep telling adults you trust until you find someone that will.



CLASSROOM ACTIVITIES

- **Kindness Counts.**
Place a sheet of paper on each student's desk, and write their name at the top of the page. Have everyone grab a pen and stand up. Have students walk from desk to desk one at a time writing one positive thing that they like about each person in the room.
- **You Make the Rules.**
Have your classroom create their own rules for intolerable behavior and standards that everyone should rise up to. Facilitate by writing the things they come up with on a giant poster board and then putting it up for everyone to see all year.
- **Anonymous Bully Box.** Create a box for your school that students can anonymously drop notes into when they are being bullied or notice someone else is being bullied. This is a great way for them to speak up and report it without the added pressure.
- **Common Ground.** Split your class into groups of two. Try putting people together that don't normally associate with one another. Have each student find 5 things they have in common with the other person. Share with the class.

HOW CAN ADULTS HELP STOP BULLYING?

One of the toughest things teachers and adults deal with is bullying among youths. What can I do? How am I able to stop it? Am I even making a difference? These may be questions adults and teachers ask themselves. Below are some answers to those questions and some ideas in how contribute in stopping bullying and maybe even preventing it from occurring again.

- Bullying should not be ignored.
- Remember that both the bullied and the bully need your help.
- If you witness bullying, speak up. Be clear that you do not tolerate bullying.
- Attempt to build an alliance with the bully's parent(s) before you confront the child. Bully children are typically quite good at turning their parents against you. Don't forget, the parent may be the source of the bullying behavior.
- If you see young people using aggressive or bullying words or actions, discuss the situation with them immediately before it becomes routine.
- Ask the both parties separately how they are and let them talk to you about their situations and feelings.
- Practice role-playing in the classroom. Show each student how to react calmly when in taunted or in a tough situation. Controlling anger in healthy ways, cooperating and positive communication should all be discussed.
- Teach everyone to practice saying 'leave me alone' and then walking away.
- Teach your students about confidence and how to display that. Its ok to look people in the eye and speak up when they talk. Confident behavior can most certainly be learned.
- Have each student think about and write down what makes a good friend. They should live their lives trying to portray these qualities.
- Raising awareness throughout the school and classroom is key.
- Have peers help settle a bullying incident.
- Increase the parent and teacher involvement.
- Build and foster a safe environment in the classroom.
- Do your best to increase the supervision of students throughout the school day, especially when they're out of the classroom.
- Create a very clear and detailed list of rules about bullying.
- Be prepared to follow through with the consequences if bullying occurs in your school or classroom. This will send the message that you're very serious about bullying.
- Encourage students to report the problem if they see it.
- Provide support for any young people who experience bullying.
- Involve the PTO or PTA by asking for volunteers.

Remember that there is no magic answer or action that can stop this epidemic in our schools. It takes consistency and commitment to the personal safety of each child. Many children get bullied so often that they appear to be unaffected or unfazed by the treatment. Please do your best to stand up for these children and show them that this kind of interaction is not ok and should not be tolerated. Every single child's life is important.

Statistics

28% of U.S. students in grades 6-12 experience bullying.

70% of young people and school staff have seen bullying in their schools.

When bystanders intervene, bullying stops within 10 seconds 57% of the time.

55.2% of LGBT students experience cyberbullying.

30% of young people admit to bullying others in surveys.

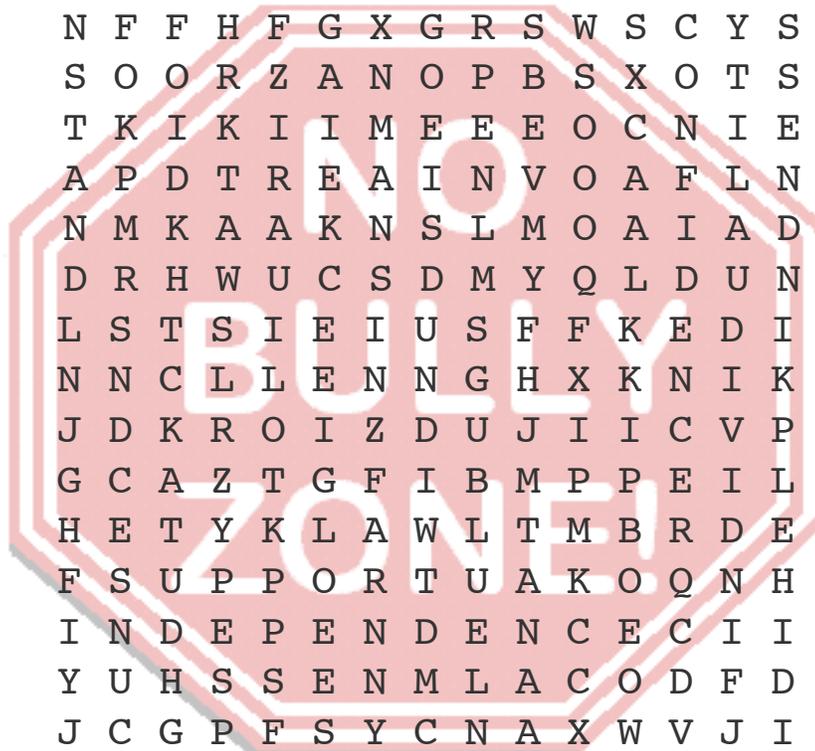
Only about 20 to 30% of students who are bullied notify adults about the bullying.

U.S. has an average amount of bullying compared to other countries.

Cyberbullying Stats

- Almost 45% of young people get bullied online. 1 in 4 young people say its happened more than once.
- 70% of students report seeing it on a regular basis.
- Over 80% of teens use cell phones on a daily basis. This makes is the most common medium for cyberbullying.
- 68% of young people agree that cyberbullying is a serious problem.
- 81% of youth think bullying online is far easier to get away with than bullying in person.
- 91% of teens that have seen others get cyberbullied have ignored it.
- Only 1 in 10 victims will inform an adult about being cyberbullied.
- Girls are twice as likely to be victims of cyberbullying.
- Bullying victims are 2 to 9 times more likely to consider committing suicide.
- About 75% of students admit they have visited a website bullying another student.

Tools To Stop Bullying



- | | |
|---------------|---------------|
| CALMNESS | INDIVIDUALITY |
| COMMUNICATION | KINDNESS |
| COMMUNITY | LOVE |
| CONFIDENCE | SHARING |
| FAMILY | SPEAK |
| FEARLESSNESS | STAND |
| FRIENDSHIP | SUPPORT |
| HELP | VOCALIZE |
| INDEPENDENCE | WALK |

CLASSROOM DISCUSSION!

- Has anyone experienced or witnessed bullying here in our school or in our classroom?
- **DO YOU THINK BULLYING IS A PROBLEM IN OUR SCHOOL?**
- Have you ever tried to step in and stop someone from being bullied? Would you try and help stop it in the future?
- What are the best things to do if you're being bullied?
- What are the best things to do if you see someone else get bullied?
- How do you handle anger?
- What are healthy ways to handle emotions?
- How would you feel if someone you loved got bullied? How would you help? What are things you would do to prevent this from happening?
- How do you think you can make a difference and help stop bullying today?

HOW TO MAKE NEW FRIENDS

If you're wondering how to make some new friends at school, here are some great ways!

1. **GET TO TALKING!** Spend more time around people. Find a new lunch table. Talk to people you've never talked to before.
2. **JOIN SOMETHING!** The best way to make friends fast is to be involved in something. Think about things you like to do; singing, dancing, drawing, playing music, reading, writing, debating or playing a sport, whatever it is, go join a group or club that does that fun thing. If there isn't one, create one! Chances are you'll find a whole bunch of people with the same interests as you.
3. **VOLUNTEER YOUR TIME!** You can offer to help your school in some way or find a place in the community that needs some help on the weekends or after school and volunteer your time. You will meet all sorts of people when you volunteer.
4. **LOOK THEM IN THE EYE!** Don't be afraid to make eye contact with people when you talk to them and to smile at others. This makes people feel comfortable and know that you're genuinely interested in what they're saying.
5. **NO PRESSURE!** Don't put pressure on anyone to be your friend. True friendships don't require any begging or pleading.
6. **GOOD BUDDY!** Be a good friend. Show up, be kind, be reliable and have fun!



YOU CAN DO THIS TOO!

Where to start: All of our actors started out playing and telling stories when they were young -then they decided to study acting in school. Now they are pros! Here are some ways you can start doing theatre right away!

In School! Does your school have plays or musical performances? This is a great place to start.

In Your Community! Many towns have community theaters or local acting groups. See if you can try out!

Start Something! If your school doesn't have a drama club or a theatre club, talk to your favorite teacher about how you might be able to start one.

At Home! Get together with friends, cousins, brothers and sisters and make your own play. You can make up plays based on your favorite books and stories. Invite family and friends to see your performance.

Try new things and do your best at them! There are lots of jobs in the theatre besides acting. There are people who paint the sets, make costumes, write plays and more. Get the most out of your art, music and English classes. You can use all of these things to be a live theatre pro!

Before, During and After the Play...



BEFORE YOU SEE THE PLAY...

Attending the theatre is very different from watching TV or going to the movies. For one thing, the actors are real people who are performing right then and there. They can see and hear everything that happens in the audience. Because of this, YOU are an important part of the play and its important to do your job as an audience member well. Here are some tips before you see the play.

1. Please be quiet and respectful so everyone else around you can hear what's happening and so the actors can do their job.
2. If something is funny, it is okay to laugh!
3. The actors may ask you to participate. Don't be afraid to respond, ask a question or volunteer!
4. Keep your hands to yourself and your eyes up front.
5. If you like the play, be sure to clap at the end.
6. Have fun! Enjoy yourself!



After seeing the Play...

Write your own review of the play! A review is a way of telling your thoughts about a play, movie or book. Consider the following when you are writing your review.

What was your favorite part? Who was your favorite character? Can you summarize the play in your own words? If you had written this play, would you have done anything different? Would you recommend this play to a friend? Name one new thing you learned from watching this play!

FUN FACTS ABOUT THEATRE!

After a play is over and everyone goes home, there is always a light left on backstage. It's called a ghost light!

The oldest play that is still around was written by an Ancient Greek named Aeschylus. It's almost 2500 years old!

The longest performance on stage ever was over 23 hours long! It happened in New Jersey in 2010.

William Shakespeare is a famous play writer. He wrote 37 plays and is still quoted by many people. There are 157 million google pages that mention him--the most of any famous person ever!

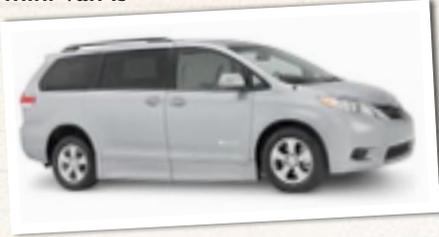
In theatre, it's considered bad luck to tell an actor, "Good luck" before a performance. Instead, you're supposed to say, "Break a leg!"

In Ancient Greece, audiences stamped their feet rather than

clapping their hands to applaud.

Everything about the Theatre!

A mini-van is



our hip and favored mode of transportation for touring the country!

THEATRE VOCABULARY!

Actor: The people on-stage performing the play.



Backdrop: The background for the play.

Props: Anything that an actor holds while on-stage--a cane, book or rubber chicken.

Downstage: The area closest to the audience a long time ago stage were built at angles.

Upstage: The area away from the audience, like the back wall of the a stage.

Director: The person who told the actors where to go while they were on-stage and helped them create the characters they played.

Facts about us!

1. Did you know we're owned by an Emmy winning actor?
2. Our actors average 1,000 miles a week traveling the country to entertain young audiences.
3. Our programs have been seen in almost every corner of the country and even around the world.
4. We watch over 1200 actors audition before we cast our season.
5. We offer dozens of different shows a season from Black History to anti-bullying and literary classics.
6. We toured Moscow with performances of our Aesop's Fables.
7. We're based in Asheville, NC.



ABOUT US!

Founded in 2003, Bright Star Theatre tours the nation offering high quality, affordable programs to every imaginable venue. We've had countless engagements at the National Theatre, toured to Moscow and are so grateful to be in your very school today!

Costumes: The wigs, clothing and glasses that the actors wore to help flush out their characters.



Auditions: How an actor gets a role is by auditioning. They may have to interview, pretend to be a character from the play or read something from it.

Set Designer: The person who decided what should be on the background and who painted or created it.

The Process of a Play:

1. Actors audition
2. Directors cast the show (that means they choose actors)
3. The directors and actors rehearse the play (that means they practice it).
4. A team of people works on building the set, costumes and props.
5. The play opens (that means it is performed for the first time)!

Were there other terms that came from the experience of seeing the live play that you'd like to learn more about? What do you find interesting about live performances? Which do you like more, films or theatrical performances?

BRIGHT STAR THEATRE

Bright Star Touring Theatre performs across the country from Boston to Burbank and many schools, museums, theaters and community events in between. Each season our shows run the gamut from Black History to anti-bullying, from literary classics to biographical shows. Our shows are available throughout the year for any event in any part of the world.

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Learn more about this show, this company & our whole Season:

www.brightstartheatre.com

We want every show to be special and remarkable for our audience. Please feel free to connect with us at anytime to tell us about your experience:

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