



Paper Activity #1

This is an activity that anyone can do to visually show the impact bullying has.

- 1.** Distribute a piece of paper to each participant (to save paper you can have one or a few participants demonstrate in front of a group)

- 2.** Tell participants to crumple up and/or destroy their paper (give a minute or so)

- 3.** Tell participants to say sorry to the paper (wait a few seconds for the reactions)

- 4.** Ask participants to uncrumple the paper and try to put back together the pieces if it's ripped (give a minute or so)

- 5.** Explain to the participants that you can't ever make the paper the same again and that what happened to the paper is what happens when you bully someone. It doesn't just go away, that person doesn't just forget about it, it causes serious harm. Nobody wants to feel like the paper and no one wants to be the reason that someone else feels like the crumpled up paper.

We have #notimeforbullying!