

# What Do I Do About a Bully?

## **PRAY**

Matthew 5:43-44

## **CONFRONT**

Matthew 18:15-16

**Try saying things like this:**

- You're not being very nice.
- Please stop!
- You might not know this, but when you do that it seems like you're being a bully.
- That's my friend—be nice!

## **SEEK PEACE**

Romans 12:18-21

## **HELP THE VICTIM**

Luke 10:25-37

## Parent Resource - What to Do about a Bully

This resource is provided for parents and guardians to facilitate conversations with their children about how to deal with bullies in a peaceful and biblical way. It is taken from Dig into Discipleship curriculum, Lesson 9: God Makes the Sun Stand Still, based on Joshua 10:1-15. This is designed as a guide only, and not a comprehensive resource on bullying. If you would like to know more please contact Jess Pinkerton [jess@emmanueluca.org.au](mailto:jess@emmanueluca.org.au)

### Supplies required

- Bible
- “What Do I Do About a Bully?” handout (attached)

### Introduce

In the Bible in Joshua 10:1-15, five kings and their armies all got together to gang up on the Gibeonites. The Gibeonites knew they couldn’t win, and they asked the Israelites to help them. The Israelites defended the Gibeonites, and God defended the Israelites. God is our defender, so we defend others.

It’s kind of like the five kings were bullies. The Israelites saw the Gibeonites being bullied, and they stepped in to help. Is that what we’re supposed to do, too? What do we do if we see someone being bullied? Let’s dig in to that.

### Pray

Have the “What Do I Do About a Bully?” handout available and Bibles available so kids can follow along.

We’re going to look at four parts of the Bible that help us know how to handle a bullying situation. For each tip, you’ll get a chance to try it out with me being the bully.

Read Matthew 5:43-44.

If you see someone being bullied and you want to defend that person, the first thing you can do is pray for the bully. You might be the first one ever to pray for that person! In our Bible story, Joshua asked for God’s help, and God defended the Israelites.

Let’s try that now. Put on your best “tough guy” attitude. Keep your bullying tame; simply say something like “Give me all your lunch money” in a gruff voice.

Share examples of what you could say in a prayer for you if you were a real bully.

### Confront

The Bible gives us another way to handle someone who’s being mean.

Read Matthew 18:15-16.

These verses talk about how to handle a conflict with another person in the church. But a lot of Jesus’ words can work for a problem we might have with a bully.

- These verses say to talk directly to the person first and then get help from adults as needed. How would you know when you need to bring in an adult?

Let’s try this. I’ll be the bully again, and you’ll take turns talking to me directly about it. You could say things like this:

- You’re not being very nice.

- Please stop!
- You might not know this, but when you do that it seems like you're being a bully.
- That's my friend—be nice!

Once again, demand lunch money in a gruff voice. Have kids try saying the things suggested above. For some kids, tell them they're right, and leave the victim alone. For other kids, say something like: You can't boss me around! I'll do what I want!

- In the situations we just acted out, which ones would make you talk to an adult?

If a bully won't stop even when you say something or is threatening to hurt you, bring an adult into the situation.

### Seek Peace

The Bible has other words of wisdom that can help us with bullies. Listen to these verses and think about what it tells you about dealing with someone who's hurting you or a friend.

Read Romans 12:17-21.

When you defend someone from a bully, it's important to try to do it in a way that makes peace rather than making the situation worse. God wants us to do everything we can to live at peace with everyone. Let's practice doing the *opposite* of that first. When I ask for the lunch money, show me what would make the situation *worse*.

Again, gruffly demand kids lunch money. Get them to say or do things that would escalate the situation.

By doing things like that, you bring *more* anger into the situation instead of peace. So let's try using peace in the same situation. You might say nice things to the bully or the victim or even make a joke. Remember, when you defend others, you don't have to fight.

Practice ideas that would bring peace into the situation you've been acting out.

### Help the Victim

For our last tip, we're going to read a story Jesus told, called a parable.

Read Luke 10:25-37.

- What can you learn from this story about helping a bullying victim?

In this example, the Samaritan wasn't around when the victim was being bullied. But he still showed kindness later by making sure the victim was okay and taking care of his needs. If you can't help people *while* they're being bullied, you can help after.

- What are some things people might need after they've been bullied?

In our situation, the bullying victim might need food if the bully took his or her lunch money. Sometimes a bullying victim might need a kind word if the bully made fun of him or her. Maybe a victim of bullying is physically hurt and needs help getting to the office. Let's practice that.

Practice helping victims with these specific situations: someone whose money was stolen, someone who was teased, someone who was physically hurt.

Remember that God is our defender, so we defend others with his power. If you see someone being bullied this week, defend that person! Remember to pray, confront, seek peace, and help the victim.