Stand Up

What do you stand up for?
Do you stand up for your friends?
Do you stand up for what you believe in?
Do you stand up to bullies?

For this activity, brainstorm with scouts different ways people bully other people. Remember not all bullying is on purpose. Here are some ideas to get you started:

- Making fun of someone’s clothing or appearance
- Taking something from someone else that isn’t yours
- Excluding someone from a group
- Gossiping about someone else with a friend

Discuss how these would make you feel if someone did that to you. Act these out one by one and have girls suggest what could be done to make the situation right. Alternatively, girls could draw scenes on paper and discuss them with the group one by one.

Remind girls they are not “tattling” by telling an adult when they have a problem. You are standing up for yourself and your friends. Also remind girls they can stand up for people who are not their best friends. You might hear kids on the playground saying mean things about your teacher or making fun of a new kid at school.

What is the best action to take? How would you feel if you were the new girl at school? Would you appreciate someone sticking up for you? Discuss the pros and cons of getting involved with the bully vs. bringing it up to an adult, and when you would choose to do either one.

It is easier to deal with a bully with friends. Remind girls they can count on their Girl Scout sisters and make a pact that they will always be there for each other.

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