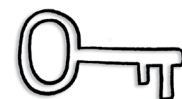


2. ACCESS: EMPOWERING AND INCLUSIVE ACTIVITIES AND ACTIONS






2.1. DON'T LAUGH AT ME!

This activity can be used in a group setting, but works best in a one-on-one situation where young people have more time to think through the issues raised.

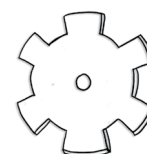
Aim

To reflect on how it feels to be laughed at and to build empathy for other young people who may be in that situation. It also encourages young people to consider strategies for coping with bullying and to identify who could offer them support.

 <p>Time needed One hour</p>	 <p>Resources needed A copy of the DON'T LAUGH AT ME! sheet for each young person Pens</p>	 <p>Group size Any, but ideally one-on-one</p>
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Step-by-step description

1. Introduce the idea that laughter can be used to make people feel uncomfortable and stupid as well as a way of expressing how happy we are. Explain that this is the difference between laughing at someone and with them.
2. Hand out the worksheet and ask the young person to consider how they feel if someone laughs at them. This could be a gang at school, or a parent or sibling. Encourage them to share the experience and write down on the sheet how it made them feel.
3. Discuss what the young person could do if this happened again: for example, walk away and tell a trusted adult or friend. Spend time doing this and then ask the young person to use the storyboard on the sheet to show what they could do in each situation.



Reflection and evaluation

Review what they have drawn. Is this a solution that is going to resolve the issue or cause more trouble? Ask them to consider what they would do if the person being laughed at were someone they did not like. Would their response be different? Agree on safe people to approach for support if this should happen to them.

DON'T LAUGH AT ME! WORKSHEET

How does it feel when people laugh at you?

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If I was being laughed at I could...

If someone else was being laughed at I could...