

## Face Value: A Lesson on Bullying

### Purpose

The purpose of this activity is to educate your students about bullying and help them understand how it feels to be bullied and excluded.

### Materials

Deck of playing cards

### Instructions

Randomly distribute the cards without allowing the students to look at which card they have. They must display the cards on their forehead for the duration of the activity. The face cards are the “cool kids” that everyone wants to hang out with and compliment, while the number cards represent kids that are considered the “un-cool kids”. Students will interact with their peers according to the face value of their card for the duration of the activity. It helps to setup a topic or theme for the students to discuss (example: tell the students they are planning a birthday party). Have everyone take turns describing how they felt during the activity. Take care when handing out the cards to ensure that an existing situation is not perpetuated by this activity.

### Additional Option:

Have the numbered card student divide between black and red cards. Those who are red suit numbered cards are categorized as a group of students who are the least popular kids. Those that are a black suit number card are students that find themselves in the middle group, neither disliked nor liked by the popular kids. This addition adds a layer of dynamics that can help students experience what it feels like to be in the spectrum of social acceptance often found in many environments.

It may be helpful to draw or write a legend of the possible situations that are presented in this activity.

Example:

Face Card	This person is popular, everyone likes them
Number card - Black Suit	This person is neither really liked or disliked
Number card - Red Suit	This person is not popular; no one seems to like them.