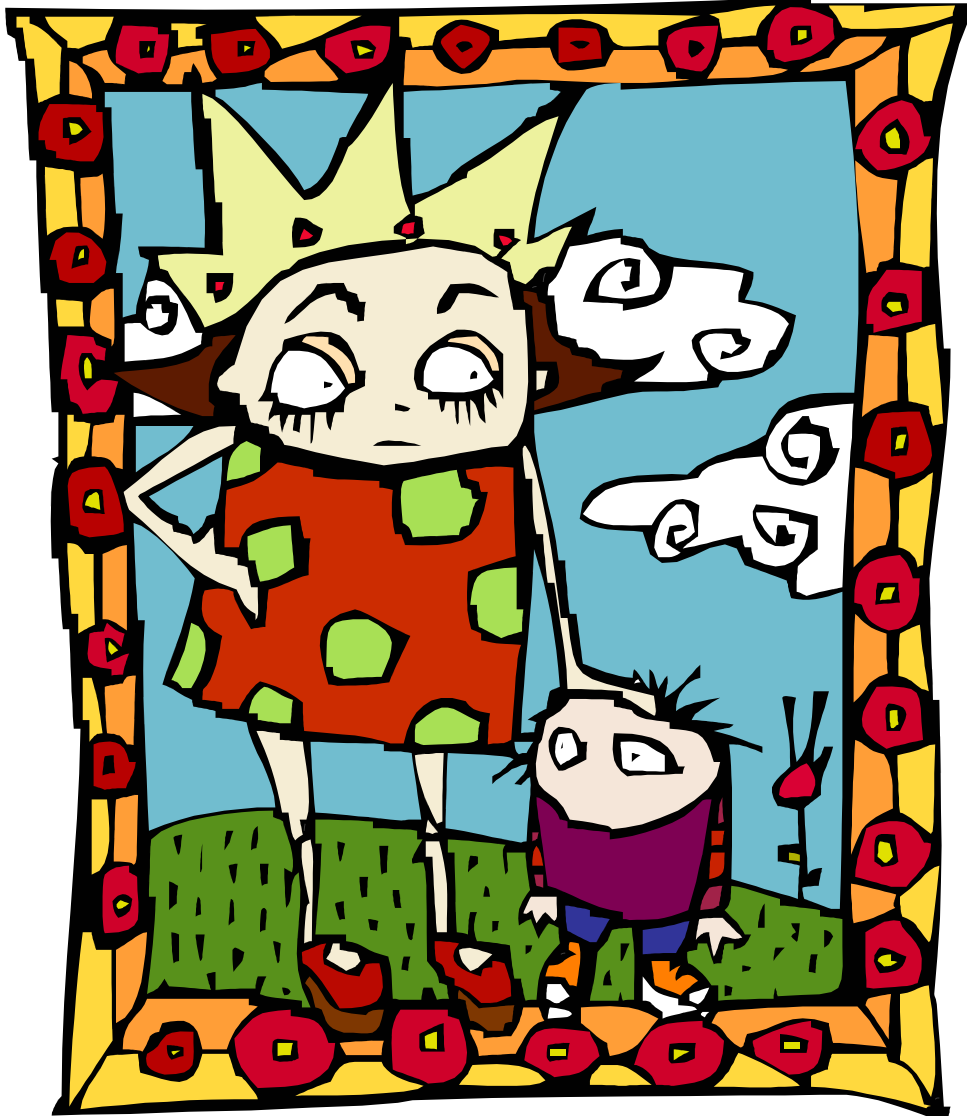


PECKING



ORDER

Pecking Order

Identify Problem: Intermediate, Middle and High Schools are harsh places for youth. Youth often imitate the traditional “pecking order” of chickens. The “pecking order” is the behavioral pattern of leaving the weakest, smallest, or most vulnerable at the bottom of the flock. Even to the point of inflicting additional scars to reinforce the hierarchy.

Exercise: Play “Bobby’s World”. One person is the leader. The leader starts with a statement. EXAMPLE: “In Bobby’s World there are pools but there is no water.” (Every item in Bobby’s World must include a double consonant in its spelling.) Participants are given a chance to give their own examples. If they give a correct example then the leader responds, “That’s right”. If it is incorrect then the leader gives another example such as “In Bobby’s World there are puppies but there are no dogs.” Any participant can try to respond correctly. The participants are instructed to keep the secret if they figure it out. The leader and those who know the secret continue to give examples. It is very frustrating for those who are not included in the secret of the game.

Discussion: Ask participants who learned the secret how they felt.
Ask those who weren’t included how they felt.
What was the level of frustration for those of you who took longer to figure it out?
How did your peers treat those of you who took longer to figure it out?
Ask if anyone who knew the secret, if they wanted to help their peers.
Was it frustrating for you to watch your peers not be included?
What could you do to help?
Just because someone took longer to figure it out, does that make them less valuable than someone who figured it out early on?
How does this relate to peers at school?

Identify Skills:

- Students will learn compassion for others who may be excluded.
- Students will learn to value themselves as well as others.
- Students will learn to build confidence so they don’t become a target.

Worksheet:

Positive (self-building) behaviors we can choose to build confidence and self-worth

1. Re-think what worth is. Worth is going one step beyond where you are now.
2. Make a plan to accomplish something every day. A plan is like a map, it gives us direction to get where we're going.
3. Learn new skills. The more skill you have, the more worth you feel. Be into process more than outcome. If you gauge your worth solely by outcomes (winning the game, scoring 20 points, getting elected to office, getting the date you wanted, etc.) you will not feel self-worth at least half of the time.

Negative (self-defeating) behaviors people choose that may make them a target for Bullying

1. Choosing to be angry. We try to get self-worth by over-powering someone else.
2. Criticizing and correcting. We try to get self-worth by proving we are better than someone else is.
3. Acting out. We try to get self-worth by being a show-off or by doing something that could bring harm to others or us.
4. Bragging. We try to get self-worth by trying to get other people to recognize our accomplishments or actions.
5. Cheating. We try to get self-worth by fooling others and ourselves into thinking we are better than we are.
6. Controlling others. We try to get self-worth by getting other people to do what we want them to do.

