



I Am Jack

By Susanne Gervay

Educator's Notes:

Bullying is insidious. It is not one great dramatic incident. It is a gradual process of victimization where the child becomes more and more isolated and afraid and the bully gets more and more aggressive, strengthened through group support and lack of adult action.

Children aged 9 to 13 years old are at the highest risk.

How Bullying Hurts Kids:

- Low self esteem
- Depression
- Failure at schoolwork
- Kids experience fear
- Isolation and loneliness
- The bullied learns to become a victim
- The bully learns the success of aggression

Recent studies show that the negative effects of bullying continue into adult years damaging both the bullied and the bully.

I Am Jack is based on real incidents. Jack is a real kid and he's in trouble: Following are lesson suggestions which are a starting point for reading, discussion and follow-up activities:

Name Calling:

Read pages 27-30 - Jack is called "Butt Head."

- Do you know anyone who was called names? Why? How?
- What do bullies pick on? (Anything - being fat or thin, red hair or black, freckles, divorced family, Italian father, dumb brother .. anything is an excuse. There isn't a real reason.)
- When does name calling/teasing become more than that?
 - When other kids join in the name calling
 - When the kid is the scapegoat
 - When friends leave you
- How does Jack react?
 - He feels sick
 - Scared
 - Angry
 - Tries to stand up
 - Powerless
- What can he do when he's outnumbered?
 - Ignore them
 - Run away



- Hide
- Fight - but he'll be killed
- Where are the teachers?
- Mum can help, but she's too busy

Teacher Tips adapted from Teacher Notes, with thanks to University of Queensland Press