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Introduction

The following report gives a detailed account of a project funded by the ‘Youth Opportunity Fund’ around the issues of bullying. The ideas for the project started as a discussion between Lilliey Burgess, Alannah Wilding and Bill Coleman, from Barnard Adventure Playground. They wanted to highlight issues and create resolutions to prevent bullying and make it into a board game, for their peers and younger children. The three of them put their initial ideas on paper and talked about how to move forward with their idea to get the game made and available to every young person in Islington. They remembered Universal Board Games working with young people at Barnard to make a consultation game for the Kings Cross Regeneration project and asked us to help. We all put our heads together, came up with a plan and the project to create ‘Dodge That Bully’ began.

The report begins with an overview of the whole project in the project Summary followed by the various methodologies used to gather quality information, monitoring information and time scale of the project.

Next is a more in depth look at the interviewing process and the making of the game. A summary of the questionnaire results are displayed in a table. This is followed by the appendix which gives detailed information in charts and tables of the questionnaire results. This is followed by monitoring information displayed in the form of pie charts.

Finally the report ends with a conclusion that highlights the benefits of the project and points the way forward for ‘Dodge That Bully’.

What is Bullying? (Questionnaire results “ In your own words what do you think bullying is?”)

*Constant Verbal picking on someone
because of their
Race
Religion
Culture
Sexuality*

Physically intimidating and hurting other people

Trying to make your-self feel better by putting others down

Alienating individuals by misusing the power of a group

Ruining other people’s lives because they’re afraid, miserable and lose all their confidence

Project Summary

Universal Board Games (UBG) worked with a core team of young people from Barnard Adventure Playground to help them develop their ideas for a game about bullying. Their initial idea was to design a board game using input from lots of young people. UBG helped the team design a young person friendly questionnaire; they then visited other sites across the London borough of Islington and interviewed young people to collect their real experiences of bullying. They also asked them for ideas and resolutions of how to deal with bullying, so that anyone who plays the game will have lots of different strategies of how to respond to bullying, if it happens to them. UBG collated all the info from the young people's interviews summarized it and then worked with the core team to create the game. UBG then created a mock up game for the team to test and make changes; this process was repeated a few times until everyone was happy with the final result.

Those that participated in 'Dodge That Bully' project found that it gave them a voice and a chance to talk openly about bullying; how and where it happens and what to do about it. By visiting, interviewing and playing 'Dodge That Bully' with young people at other projects and sites showed them that this is very much a shared issue in their community. This reinforced their desire to make the game available as a training tool for everyone to help them recognize and deal effectively with bullying.



The questionnaire results revealed that bullying happens to all sorts of people and 98% of them have been or know someone that has been bullied. Overwhelmingly young people said that they felt sad, angry and lonely about being bullied. They said they were bullied mainly by physical aggression and mental verbal intimidation. This occurred mainly in school (97%) and for 22% of them it lasted for at least 1 year or more, some said the only reason the bullying stopped was because they moved or changed school.

The majority of young people said they would turn to their friends or family for support but 16% said they would try to deal with it alone. Many of the young people believed they were to blame for being bullied simply because of the way they looked or acted; some cited the bully insecurities as the reason for being bullied.

The preferred choice of dealing with being bullied was to stand up for your-self either physically or verbally. Although many young people said that communicating their situation, with people that could help them, is an effective strategy for dealing with bullies. A few adopted a passive response by trying to avoid or ignore the situation. The general belief was bullies bullied because they could get away with it, but young people also recognized that rooted in this behavior was the bullies own psychological problems. Pessimistically, 85% felt that bullying did not stop when you became an adult.

Although on the face of it these results appear discouraging the feedback from young people who have played 'Dodge That Bully' has been really positive. They said it was great fun to play a game about bullying and they got some good ideas to help them if they got bullied. Most importantly they said that playing the game made it easy for them to talk openly and frankly about bullying.



Methodology

Universal Board Games (UBG) adopted a unique and mixed social research methodology to help young people consult with other young people about the issues surrounding bullying. Combining both quantitative and qualitative methods we worked with the core team to design a young person friendly questionnaire and helped them carryout face to face interviews with other young people and staff.

UBG also designed an evaluation questionnaire for the young people to get feedback from the groups that were playing the game.

The quantitative aspect of the research enabled UBG to gather monitoring information and show how many young people in the sample had a particular view or opinion. The qualitative aspect of the research encouraged the young people to be more interactive with the consultation process.

Conducting the face to face interviews using the board game and questionnaire evoked a lot of awareness and discussion about Bullying. This process enabled the young people and UBG to clarify questions whilst uncovering new ideas, opinions and help engage the young people to offer a full and frank range of responses.

We consulted with 100 young people and adults from different groups across Islington with ages ranging from 5- 45. These groups were young people at: Barnard, Crumbles Castle, Waterside and Toffee Park, Adventure Playgrounds. These young people and staff were very co-operative, supportive and enthusiastic with this process.

Time

Our time table for this project was 2-3 months (Jan –March 07)

Demography of Young People

We also gathered information on the demographic background on the participants which included: Age, gender, ethnic background and project attended (see Appendix 2).

Collating the Information

We collated and analysed the information gathered and presented it in the form of tables, percentage pie charts and 'Dodge that Bully' game.

Interviewing Young People

Universal Board Games (UBG) worked with the core team to design young people friendly questionnaires and facilitated trips and for the young people to carry out interviews. This worked really well as the young people were able to collect detailed information from each other because they were more open to talk to their peers. Each interview lasted approximately 10 minutes and everyone observed how keen young people were to talk openly and frankly about bullying. The interviewing process highlighted the need for young people to talk publicly about bullying.

The young people were able to interview young people and staff from Crumbles Castles, Waterside, Barnard and Toffee Park, Adventure Playgrounds.

UBG collected all the information they had gathered, summarised it and fed it directly in to the game (see appendix 1)



Making the Game -Dodge That Bully

Initially before any questionnaires were designed, ideas and drawings for the game were proposed by a core group of young people at Barnard Adventure Playground (BAP). Discussions and clarifications about how they wanted to proceed with the project were formulated at this stage.

Collating and analysing the information received from the questionnaires, along with the team's input on style of the game, UBG created a mock up version of the game. UBG held game playing sessions at Barnard to spark ideas for the bullying game. All these ideas were discussed with the team and most were incorporated into the mock up. The team tested the mock up game and made changes. This procedure was repeated few times before everyone was satisfied with the final game.

The team then played the game with many other young people from BAP, Islington Children Parliament group with Listen Up, and Crumbles Castle Adventure Playground (CCAP) It was at this stage that the name '*Dodge That Bully*' was agreed upon. The game continued to evolve as it was played by more groups. For example before they have even started playing the game they are immediately discussing reasons why you may be bullied which are displayed around the edge of the board; some of them are able to add more reasons. They then quickly become engaged and ready to offer huge amounts of information, stories, experiences and opinions about bullying. The game is designed so that these ideas can be added to the smart tips, sad or beat the bully cards as more people play the game. Many of those who have played the game commented that it is fun to play the game because it offers them the opportunity to debate, vote, add and discuss what different strategies they think will work for dealing with bullying.



Conclusion

The confidence of the young people who participated in the 'Dodge That Bully' Project grew as they benefited by:

- learning how to design a questionnaire
- becoming confident in making decisions and approaching their peers
- delivering face to face interviews
- gathering the information they wanted
- Learning how to transmit this information and their ideas into their board game.
- Seeing their ideas developed into an excellent and useful game.

The young people involved in the project were able to gain experience by presenting and explaining their idea/game to other young people and adults working with young people. They came to the realization that bullying was not exclusive to a few people but was prevalent and experienced by nearly everyone. Young people playing the game also said that it helped them reconsider some of their own behavior towards others.

By playing the game with a number of different groups the young people identified a need for a further extension or a new to game aimed more specifically at adults. This game would be aimed at parents and adults who work with young people to assist and support them when young people tell them they are being bullied. Many of the young people felt that even when they told an adult or teacher they were being bullied it did not help them, because most of the time the adult did not really know what to do. Therefore, a game that could help adults react appropriately would ultimately help them.

The actual outcomes of this project have far exceeded everyone's expectations, not only has the young peoples idea for a game to help their younger peers deal with bullying worked very successfully. The project has also highlighted other areas connected to bullying that need addressing for example, educating adults and parents on how to help young people who are being bullied.

We would like to congratulate the core team at Barnard Adventure Playground for their excellent awareness, original ideas and also their tenacity for seeing the project through.

Project Summary

Universal Board Games worked with a core team of young people from Barnard Adventure Playground to help them develop their ideas for a game about bullying. Their initial idea is to design a board games using input from lots of young people. Using a questionnaire they helped design, they visited other young people at different projects and sites across the borough and interviewed them to collect lots of young people's real experiences, strategies and resolutions of how to deal with bullying, so that anyone who plays the game will have lots of different strategies of how to deal with bullying, if it happens to them. The young people want the game to be a training tool for everyone to help them recognise and deal effectively with bullying.

Those that participated in the project live in a disadvantage environment. Their project gives them a voice and a chance to talk openly about bullying, how and where it happens and what to do about it. By visiting, interviewing and playing their game with young people at other projects and site in their community showed them that this is a shared issue in their community and supports community cohesion policies.

The young people benefited by learning how to compile a questionnaire and how to deliver face to face interviews to gather the information they wanted and learn how to transmit this information in to their board game. Through various mock up designs of the board game ensured that the young people, ideas, views and opinions are listened to and acted upon.

The young people involved in the project were able to gain experience by presenting and explaining their idea/game to other young people and adults working with young people.

Methodology

Universal Board Games (UBG) adopted a unique and mixed social research methodology to help young people consult with other young people about the issues surrounding bullying. Combining both quantitative and qualitative methods we designed a questionnaire with the young people and helped them carry out face to face interviews with other young people and staff.

UBG also designed an evaluation questionnaire for the young people to do with the groups that were playing the game.

The quantitative aspect of the research enabled UBG to gather monitoring information and show how many young people in the sample had a particular view or opinion. The qualitative aspect of the research encouraged the young people to be more interactive with the consultation process.

Conducting the face to face interviews using the board game and questionnaire evoked a lot of awareness and discussion about Bullying. This process enabled the young people and UBG to clarify questions whilst uncovering new ideas, opinions and help engage the young people to a full and frank range of responses.

We Consulted with 100 young people and adults from different groups across Islington with ages ranging from 5- 45. These young people and staff were very co-operative, supportive and enthusiastic with this process.

Time

Our time table for this project was 2-3 months (Jan –March 07)

Demography of Young People

We also gathered information on the demographic background on the participants which included: Age, gender, ethnic background and project attended.

Collating the Information

We collated and analysed the information gathered and presented it in the form of percentage pie charts and board game.

Interviewing Young People

Universal Board Games (UBG) facilitated trips and interviews in a young person led project. UBG designed young people questionnaires to enable young people to interview other young people on their experience of bullying. This worked really well as the young people were able to collect detailed information from them because the young people were more open to talk to other young people. Each interview lasted approximately 10 minutes and everyone observed how keen and co-operative everyone interviewed was.

The young people were able to interview young people and staff from Crumbles Castles, Waterside, Barnard and Toffee Park, adventure playgrounds.

UBG collected all the information they had gathered fed it directly in to the game (see appendix 1)

Dodge that Bully

Making The Game

Initially before any questionnaires were designed, ideas and drawings for the game were proposed by a core group of young people at Barnard Adventure Playground (BAP). Discussions and clarifications about how they wanted to proceed with the project were formulated at this stage.

Collating and analysing the information received from the questionnaires UBG created a mock up version of the game for some of the young people at BAP to play and make changes. We also played a variety of other board games to give them some more ideas for their game. This procedure was repeated few times before everyone was satisfied with the game. They then played the game with many other young people from BAP, Islington Children Parliament group with Listen Up, and Crumbles Castle Adventure Playground (CCAP) It was at this stage that the name '***Dodge The Bully***' was agreed upon.

The game achieves the young people aims of bringing bullying issues out in the open and resolutions they called 'smart tips'. It also showed that everyone is or has been bullied, and it does not necessarily stop when you become an adult.

Before they had started the game they are immediately discussing reasons why you may be bullied displayed around the edge of the board; some of them are able to add more reasons. They quickly become engaged and ready to offer huge amounts of information, stories, experiences and opinions about bullying. Many of those who have played the game commented that it is fun to play the game because it offers them the opportunity to debate, vote, add and discuss what different strategies they think for dealing with bullying, will work.

How did you or your friend get bullied?

| Questionnaire Results | Clusters | Dodge the bully cards |
|----------------------------|----------------------------|--------------------------|
| Pushing me | Pushing | Pushed around |
| By friends ganging up | Hitting | Threats of violence like |
| Name calling | Punching | stabbing |
| Hitting me | Pushed around | Tripping up |
| Punching | Fighting | Fighting |
| Cussing | Hurting you on purpose | Picking up fight |
| Items stolen | whilst playing football | Punching |
| Pushed around | Tripping you up | |
| Not letting me join in | Beat up | |
| Taking money or phones | Strangled | |
| Picking a fight | Threatened with extreme | |
| Constant threats | violence like stabbing | |
| Physical intimidation | Mugged | |
| Fighting | Physical intimidation | |
| | Picking a fight | |
| Annoy you | Name calling | Telling lies |
| Hurting you on purpose | Cussing | Nasty notes and texts |
| whilst playing football | Constant threats | Name calling |
| Talking and bitching | Annoy you | Bossy |
| behind your back | Talking and bitching | cussing |
| Tripping you up | behind your back | Bitching |
| Taunting | Taunting | |
| Racist name calling | Racist name calling | |
| Verbal on fashion clothes | Verbal on fashion clothes | |
| Generally pushed around | Rude | |
| Rude | Swearing at you | |
| Beat up | Grassed on to teacher | |
| Mugged | Telling and spreading lies | |
| Retaliation for small | about you | |
| incidents | Bossing you around | |
| Swearing at you | Nasty notes and texts | |
| Nasty notes and texts | | |
| Thrown in puddle | By friends ganging up | Stealing |
| Grassed on to teacher | Items stolen | Ganging up |
| Telling and spreading lies | Not letting me join in | Not letting you join in |
| about you | Taking money or phones | Over reacting |
| Strangled | Retaliation for small | |
| Threatened with extreme | incidents | |
| violence like stabbing | | |
| Bossing you around | | |

Bullying Questionnaire Results

Why do you think you or your friend got bullied?

- I think people don't like me
- Most people are not nice
- Small size person
- Don't know
- Religion
- Fat
- Glasses
- New to school
- Too nice
- Location postcode
- Argument
- Younger
- Bully insecure
- Playing with their friends
- Ugly
- Good looking
- Don't like them
- Fashion
- Jealousy
- Accent
- Name
- Don't stick up for themselves
- Easy target
- Culture
- The way they looked
- Skin colour
- Weird
- Goofy
- Bully was bored
- Fun of it
- Quiet
- Scruffily dressed
- Hit the bully
- Popular

What do you think would stop the bully?

- Telling teachers
- Defend yourself
- If they got bullied
- Telling family
- Someone talking to them
- Tell the bullies parents
- Getting other people involved
- They were moved away
- Friends
- Get a big gang on to them
- People being nice to them
- No privileges
- No playtime
- Laugh with them
- Walk away and ignore them
- Don't know
- Longer punishment
- Clean the school toilets
- Complaining
- Make it more public
- Detention during lunchtime and break times

Why do you think people bully other people?

- Jealousy
- They think they are tough
- Fun, enjoyment
- Because they can get away with it
- To be popular
- Bigger and stronger
- Show off
- Gain friends and act flash
- Sad
- They got bullied
- Attention seeking
- Power
- Racist
- Older
- Insecure
- Cowards
- Rowdy
- Naughty
- Lonely

What do you or your friend wish you could have done?

- Ask them to stop
- Defend myself
- Don't get involved
- Say sorry and be nice to them
- Tell other people to help stop it
- Tell friends and family
- Don't know
- Beat up the bully
- Told an adult
- Shake hands and forget it
- Run away
- Do something to stop it
- Told a teacher
- Fight back
- Run faster

In your own words what do you think bullying is?

- Sad
- Angry
- Powerless
- Don't want to go out
- Scared
- No fun
- Negative
- Lonely
- Disrespected
- Worried
- Stressed out
- Your own fault
- Guilty
- Unhappy
- Feel aggressive
- Grumpy
- Don't want to go to school
- Painful
- Bitching
- Life ruined
- Horrible
- Not liked

How does it feel to be bullied?

- Sad
- A small person being hurt
- Picking on others for fun
- Constantly harass and hurt them
- Being nasty
- Looking for a fight
- Don't want to join in
- Horrible
- Teasing
- Cussing
- Racist
- Religion/cultural
- Showing off
- Power
- Stealing
- Beat you up for no reason
- Scaring you
- Punching
- Ganging up on one person
- Take away some ones dignity
- Rude
- No manners
- Disrespectful
- Bitching
- Homophobic comments
- Putting you down
- Making you feel isolated
- Regular bullying
- Kicking
- Physical, mental and verbal hurt
- Intimidation
- Name calling
- Being mean

Where do you get bullied?

- School
- School playground (Majority)
- Estate
- On the streets
- Park
- Youth club

How long did it go on for?

- 1 day (16)
- 1 week (14)
- 1 month (12)
- 2 months (4)
- 6 months (7)
- 1 year or longer (21)

Who did you or your friend talk to about being bullied?

- friends (27)
- Family (17)
- Teacher (14)
- Youth Worker (6)
- No one (10)

How did you or your friend get bullied?

- Pushing me
- Friends ganging up on me
- Name calling
- Punching
- Cussing
- Items stolen from me
- Not letting you join in
- Taking money and phone
- Constant threats
- Physical intimidation
- Fighting
- Annoy you
- Hurting you on purpose during football
- Talking/bitching behind your back
- Tripping you up
- Taunting
- Racist name calling
- Take the mick out of your accent
- Nasty fashion comments
- Rude
- Bossing you around
- Thrown in puddle
- Spreading lies about you
- Telling false tales to teacher
- Strangled
- Threatened with severe violence

Summary of Questionnaire Results

| |
|---|
| <p>1. In your own words what do you think bullying is?</p> <p>Constant Verbally picking on someone because of their race, religion, culture or sexuality</p> <p>Physically intimidating and hurting other people</p> <p>Trying to make yourself feel better by putting others down</p> <p>Alienating individuals by misusing the power of a group</p> <p>Ruining other people's lives because they afraid and miserable and lose all their confidence</p> |
| <p>2. Have you or anyone you know ever been bullied? 98% Yes, 2% No</p> <p>Did you already know the bully? 99% Yes, 1% No</p> |
| <p>3. In your own words how does it feel to be bullied.</p> <p>It makes you feel very sad, miserable, upset, scared and angry</p> <p>You feel your life is ruined and you are powerless to do anything about it</p> <p>You feel lonely and have no fun in your life making you feel alienated from people.</p> |
| <p>4. How did you or your friend get bullied?</p> <p>This group was mainly physical violence like: Pushed around, Threats of violence like Stabbing, Tripping up, Fighting, Picking a fight, Punching.</p> <p>This group was more mental verbal intimidation like: Telling lies, Nasty notes and texts, Name calling, Bossy, Cussing, Bitching</p> <p>This group was more intimidating using a variety of methods: Stealing, Ganging up, Not letting you join in, Over reacting</p> |
| <p>5. Where? 97% School, 1% estate, 1% on the streets, 1% Park.</p> <p>How long did it go on for?</p> <p>20% 1 day, 18% 1 week, 16% 1 month, 11% 2 months, 13% 6 months, 22% 1 year or more.</p> |
| <p>6. Who did you or your friend talk to about being bullied?</p> <p>30% friends, 22% family, 19% teacher, 16% no one, 13% youth worker.</p> |
| <p>7. Why do you think you or your friend got bullied?</p> <p>Many young people feel they are bullied just for the way they look. During playing the game they added being thin, tall. Short, disabilities, deaf and hair colour.</p> <p>In this group they find reasons to blame themselves for being bullied. They also added whilst playing the game the type of dwelling you live in, parents car or job, rich or poor, particular school you go to</p> <p>Here they firmly put the blame on the bully, citing the bullies insecurities and being generally not nice people</p> |
| <p>8. What do you wish you or your friend could have done?</p> <p>In this group the young people expressed the need to communicate with other people like adults or friends who could help them deal with being bullied as an effective strategy.</p> <p>In this area many of them felt direct confrontation with the bully either physically or verbally was the answer.</p> <p>Here many adopted a passive response by trying to avoid the situation in some form or another.</p> |

Summary of Questionnaire Results continued...

9. Is the bully still a bully?

What do you think would stop them?

This was the most popular response by the young people. Standing up for your-self in some way was their preferred choice followed by telling friends, family and teachers.

Many felt it was a problem that should be shared among as many different people as possible. Expose the bully and generally not let it affect them.

In these responses the young people wanted the bully to be punished. This should take place during the times when they would be bullying like playtime and lunchtime.

10. Why do you think people bully other people?

Many felt that bullies bullied because of their size and power and would get away with it.

However some felt the bullies had all the problems. Lack of friends and insecurities.

Here many thought the bullies were doing it as a way to gain popularity, entertainment and friends. Their motives were less sinister.

11. Do you think bullying stops when you become an adult?

85% No, 8% yes, 7% maybe.