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Shining Star

- ✿ Do you cast a shadow... or shine? When you speak kindly to someone, smile at someone or include them in your group they see you shine. There may be times it's hard to shine because of the hurtful things you may have done. When you gossip or use relationally aggressive behavior you do not shine, however when you encourage or support others, speak kind words or include someone in your group you shine in a way that reflects who you are really are.
- ✿ How can you shine in a way that reflects who you really are?
- ✿ List three ways you shine:

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STRATEGY 26

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## *Girls..... Girls..... Girls.....*

- ✿ It is important to understand the child/adolescent's perception of girls; girls they know, girls they see, girls they have heard of, girls in general.
- ✿ Have the child/adolescent finish the following sentences. Then discuss with them the themes that you may see as it relates to relational aggression. How do girls stereo type themselves? Are their thoughts positive or negative as it relates to their gender?

**Girls are...** \_\_\_\_\_

**Girls can be...** \_\_\_\_\_

**Girls should be...** \_\_\_\_\_

**I am...** \_\_\_\_\_

**I can be...** \_\_\_\_\_

**I should be...** \_\_\_\_\_

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# The Real Cover Girl

You have just been chosen to be on the cover of a magazine! You have a few choices to make before your magazine hits the stands! The reporter needs information for the articles in the magazine where you will be featured. Help the reporter by completing the following information.

✿ Describe the magazine you will be featured in:

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✿ Tell us about yourself:

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✿ Why do you think you have been chosen to be the Cover Girl?

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✿ What are a few interesting facts about yourself that make you a better cover girl than someone else? List at least three positive traits about yourself.

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# STRATEGY 35

(continued)

## *The Feeling Dictionary*

| Intensity of Feelings | AFRAID                                                                      | WEAK                                                                              | STRONG                                                                                  | GUILTY                                                      |
|-----------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------|
| <b>HIGH</b>           | Terrified<br>Horrorified<br>Scared stiff<br>Petrified<br>Fearful<br>Panicky | Helpless<br>Hopeless<br>Beat<br>Overwhelmed<br>Small<br>Exhausted<br>Drained      | Powerful<br>Aggressive<br>Gung ho<br>Potent<br>Super<br>Forceful<br>Proud<br>Determined | Sorrowful<br>Remorseful<br>Ashamed<br>Unworthy<br>Worthless |
| <b>MEDIUM</b>         | Scared<br>Frightened<br>Threatened<br>Insecure<br>Uneasy<br>Shocked         | Dependent<br>Incapable<br>Lifeless<br>Tired<br>Rundown<br>Lazy<br>Insecure<br>Shy | Energetic<br>Capable<br>Confident<br>Persuasive<br>Sure                                 | Sorry<br>Lowdown<br>Sneaky                                  |
| <b>MILD</b>           | Apprehensive<br>Nervous<br>Worried<br>Timid<br>Unsure<br>Anxious            | Unsatisfied<br>Under par<br>Shaky<br>Unsure<br>Soft<br>Lethargic<br>Inadequate    | Secure<br>Durable<br>Adequate<br>Able<br>Capable                                        | Embarrassed                                                 |