

Change One Choice

Suitable for:	Upper primary and secondary
Time:	20–30 minutes
Format:	Drama / replay / discussion
Evergreen:	Yes

The idea

A bullying situation can develop through lots of small choices.

This activity asks:

What happens if just one person makes a different choice?

The aim is not to find a perfect ending. It is to explore how behaviour, peer responses and adult actions can change what happens next.

1. Create a fictional scene

Give groups a short scenario, for example:

A pupil is being mocked in a group chat. One person starts it, two others join in, several people watch, and one friend is unsure whether to say anything.

Ask the group to make a short scene or sequence showing what happens.

Keep it fictional and avoid requiring anyone to use personal experience.

2. Replay it

Watch the scene once without changing anything.

Ask:

Where were the important choices?

These might include:

- sending the first message
- laughing or joining in
- forwarding something
- staying silent
- checking on the person afterwards
- telling an adult
- how an adult responds

3. Change one choice

Replay the scene.

This time, stop it at one moment and change **one person's choice**.

For example:

- someone refuses to join in
- a friend sends a private supportive message
- someone reports the content
- the person causing harm pauses and changes direction
- an adult listens before reacting
- a witness asks another person for help

3. Change one choice

Then continue the scene.

Ask:

What changed?

What did not change?

Did the new choice help?

Did it create a new problem?

4. Try another person

Run the scene again and change someone else's choice.

Compare the different outcomes.

This helps show that there may be several possible points where a situation can shift.

5. No magic solutions

Ask:

Did changing one choice solve everything?

Probably not.

Discuss why one helpful action may still need:

- another conversation
- adult support
- follow-up
- changes in the peer group
- action online
- a wider school response

Final reflection

Complete:

“One choice that could change what happens next is...”

and:

“But afterwards we might still need...”

Key message

Small choices can change the direction of a situation, but lasting change usually needs more than one moment.