

# What Is Bullying?

Can we stop it from happening?



# Aim

- To think about what bullying is and how to help yourself or others who are being bullied.
- To understand what Anti-Bullying Week is and its aims and outcomes.



# Anti-Bullying Week

- Anti-Bullying Week highlights and focuses on bullying and encourages all children, teachers and parents to take action against bullying, not just this week but throughout the year.
- The theme of Anti-Bullying Week this year is 'Power for Good' and there are three key aims:

1. To support children and young people to use their power for good by understanding the ways in which they are powerful, and to encourage individuals and groups to act so they are able to stop bullying and create the best world possible.

2. To help parents and carers to use their power for good and to support children with problems relating to bullying and to work together with schools to stop bullying.

3. To encourage all teachers, school support staff and youth workers to use their power for good, by valuing the difference they can make in a child's life and acting to prevent bullying and create safe environments where children can achieve their best.

# What Is Bullying?

This week is Anti-Bullying Week.

What is bullying? Discuss for a few minutes with a partner and let's see what we can come up with.

- Bullying is purposely hurting someone else.
- Bullying is REPETITIVE – which means it happens again and again. It is not the same as something happening once.
- Bullying can be physical, verbal or mental. It hurts the victim a lot and in many different ways.

# What Is Bullying?

- Physical bullying can range from shoving and pushing someone to more severe issues, such as hitting and kicking.
- It is often more obvious to other people as it may leave bruises or visible damage and people may see it happening.
- Verbal bullying means calling someone names, saying nasty things to someone or threatening them.
- Verbal bullying is not always as clear to see as it can be done more secretly and doesn't leave visible marks. However, it damages people's feelings and emotions and is very harmful.



# Indirect Bullying

Physical bullying (like hitting or kicking) and verbal abuse (like calling names or making fun of someone) are often more obvious to see.

What do you think indirect bullying is?

- Leaving people out of groups or games
- Gossiping about people
- Talking about someone behind their backs
- Standing by and watching



Remember, these are only bullying if they happen often and repetitively.

You may not be the one doing the bullying, but if you know it is happening to someone what can you do?

# What Can You Do?

It is sometimes really hard to intervene if you know someone is being bullied. Why do you think that is?

- Fear of being bullied yourself
- Fear that you will get into trouble
- Fear of physical injuries
- Fear that you are getting someone you are friends with into trouble



# What Can You Do?



- Tell someone you trust – a parent, teacher, older relative. If you make sure someone knows what you have seen, they can make sure it is dealt with.
- Often, someone who is being bullied feels very alone, sad and scared. Smiling to them, talking to them or including them in something you are doing can mean the world to them!



# Cyberbullying

What is cyberbullying?

In what ways do you think cyberbullying can happen?

Receiving  
nasty or  
inappropriate  
emails

Nasty  
comments  
on social  
media

Someone  
you don't  
know  
online asks  
to meet you

Prank  
phone calls

Getting  
nasty or  
inappropriate  
text messages

# How Can You Stay Safe Using the Internet?

What do you think the dangers could be of being online, using chatrooms and social media and how this could lead to cyberbullying?

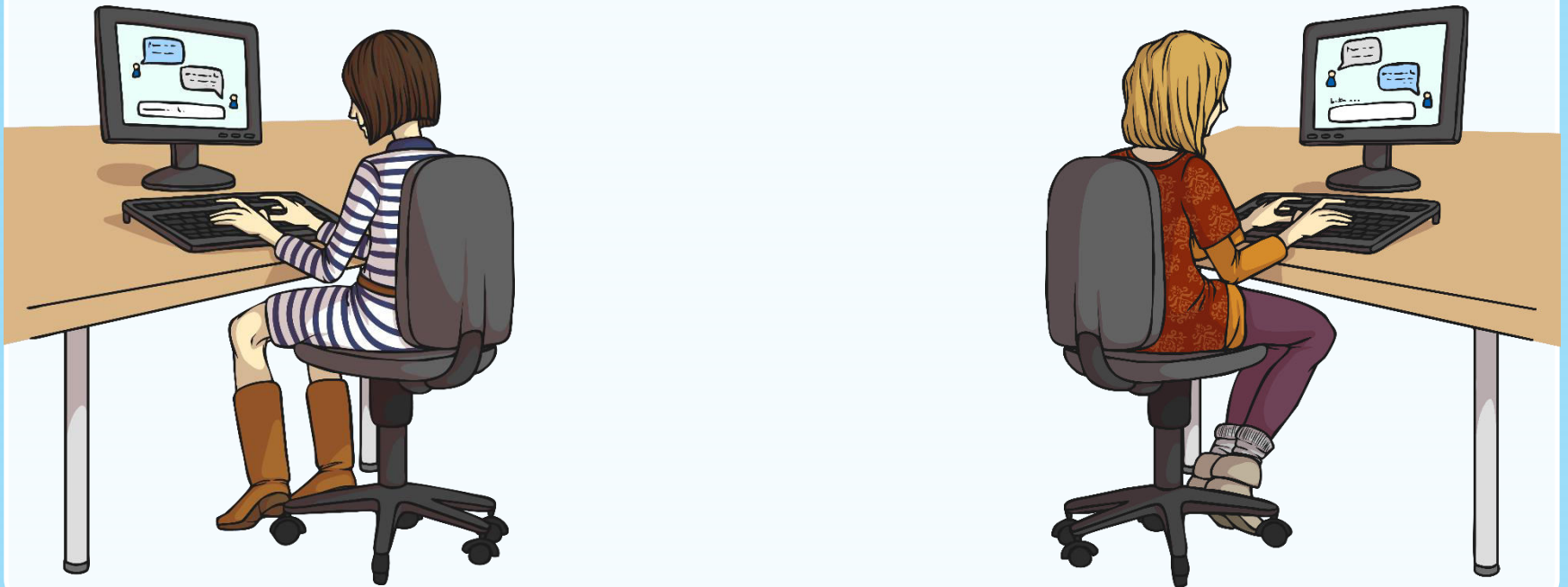
**It is important to stay safe online.**

- Never post personal details about yourself online, e.g. address, date of birth, phone numbers or pictures.
- Don't post your full name, use a nickname.
- Don't post a picture of yourself.



- Don't give out your passwords to anyone else.
- Lots of social media sites have a 'Report It' button. This means that if you see something upsetting, or something you think should not be being posted, you can press this button to report it to the people who run the site and they can stop it.
- **Never** make conversation online with somebody you don't know.
- **Never** meet up with someone you don't know, they might not be who they say they are.

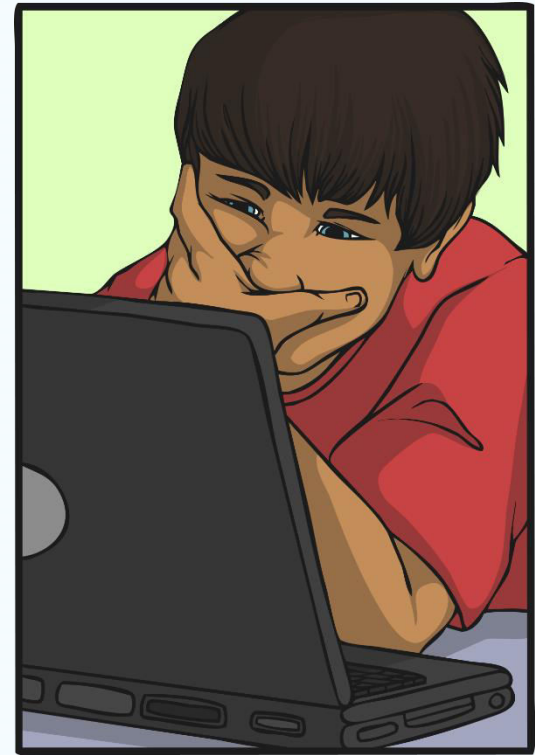
- Check your privacy settings and make sure only people you know can see your posts.
- Make sure that whoever looks after you knows that you use the Internet, so they can be vigilant too.



**Look at these scenarios. In your groups can you come up with a solution to the problem?**

## **Scenario 1**

You are in a chatroom chatting with your friends. Someone tries to enter the conversation, but you don't know them. What should you do?



## Scenario 2

You have received a nasty text message from someone in your class. What could you do to keep yourself safe and get help?





## Scenario 3

You have heard nasty rumours about someone in your class and have found out who is spreading them. Is this direct or indirect bullying, and what could you do about it?

# Reflection

- What have you learned today that will help you to keep safe from bullying?
- Do you think you would know what to do and who to talk to if you or someone you know is being bullied in any way?





