

Do Now

Anti-bullying – how can we reach out to support victims and stop bullies?



Kiera feels trapped by the two meanest girls in her class. When she's at school they make snide comments or push her. When she's at home she sees nasty messages on her phone, or on her social media posts. There doesn't seem to be any escape from their abuse.

Discuss: Why do you think these two girls believe their behaviour towards Kiera to be acceptable?



Why does Keira feel trapped and what would you advise could be done to stop the bullying?

Keira feels trapped because.....

I would advise that...

Anti-bullying – how can we reach out to support victims and stop bullies?



Learning outcomes:

Describe and recognise bullying, and its impact in all its forms as well as the skills and strategies to manage being targeted and to support others who are being bullied.



Anti-bullying – identifying bullying and its source, preventing it from happening at that moment, discussing why it is happening, and finding solutions to keep it from happening again.



BELONG CARE ASPIRE SUCCEED

Anti-bullying – how can we reach out to support victims and stop bullies?

We will now find out more about the different forms of bullying, what we should do if it's happening to us (or we see it happening to others) and how we can work together to prevent it.

THORNDEN THREE READING!

Please follow the text in your booklets when your tutor is reading

What is bullying and what should we do if we are bullied?

When we say that a person is a 'bully', we mean that he or she is being mean to someone else, and causing them to feel hurt, upset or scared. If you're being bullied, it can mean that you are being physically harmed, such as slapped or kicked, or that your feelings are being hurt, such as when someone is making nasty comments, or leaving you out of a game on purpose. Normally, a bully is more 'powerful' than the person being bullied. They may be stronger and taller, or have more friends. This means that the person being bullied is less able to fight back or speak up about what is happening. A bully might be one person, or there might be a group of bullies.

A person who is being bullied may be:

- Repeatedly laughed at or called nasty names
- Deliberately left out of games or other activities
- Hit, slapped, kicked, pushed, choked, poked, or deliberately hurt in any other way
- Touched in a way that they do not want to be touched
- Someone that nasty rumours are spread about
- Someone that has their belongings stolen, destroyed or damaged
- Bothered while using the toilet
- Dared to do something dangerous
- Left out or ignored
- Bothered while they are at home by messages over the internet or text messages
- Bothered by nasty or upsetting things being written about them on the internet.

There may be other activities, along with this list, that may constitute bullying. Bullying can happen to anyone, and can happen between people who are the same or different ages.

There's no good reason to become a bully, but sometimes it helps to understand what might cause somebody to be mean to another person. Some children bully because they aren't happy at home. Perhaps their parents work all the time, they have lots of other brothers and sisters, so they don't get as much love and attention as they would like. This can cause bad behaviour in some children, because even attention for the wrong reasons can be better than none. There might also be somebody in the bully's life who is unkind to them, causing them to take their upset and anger out on other people. Some children simply don't understand that what they are doing is causing the other person to become upset, or they might not realise that a game has gone too far and somebody has been hurt.

...ing bullied. Include them in games, sit with them at lunchtime, and let them know that they can talk to you about what's happening.

- If you feel safe and comfortable, stand up to the bully and let them know that what they are doing is wrong. If you are not, tell an adult.

THORNDEN THREE READING!

Follow the text in your booklet as it is being read to you. You will be answering questions on it next.

What is bullying and what should we do if we are bullied?



When we say that a person is a ‘bully’, we mean that he or she is being mean to someone else, and causing them to feel hurt, upset or scared. If you’re being bullied, it can mean that you are being physically harmed, such as slapped or kicked, or that your feelings are being hurt, such as when someone is making nasty comments, or leaving you out of a game on purpose. Normally, a bully is more ‘powerful’ than the person being bullied - they may be stronger and taller, or have more friends. This means that the person being bullied is less able to fight back or speak up about what is happening. A bully might be one person, or there might be a group of bullies.

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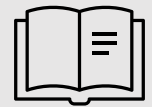




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Bullying statistics

- 1 out of 5 children is bullied at some point
- Every 7 seconds a child is bullied
- Up to 43% of students say they have experienced harassment online
- 40% of children who are bullied deal with it every week.





What are common examples of bullying?

- Physical bullying. This means kicking, poking, slapping, punching, pinching another person or otherwise causing them harm. They may threaten to hurt the other person if they do not give them something that they want, such as money.
- Verbal bullying. This means calling someone nasty names, saying mean things about them, or making things up about them that aren't true.
- Emotional bullying. This means leaving somebody out of a game or other activity, not inviting them to a party, or anything else that makes them feel left out or different.
- Racist bullying. This means being nasty to somebody because they are a different race. A bully might make fun of another person's customs, religion or homelife.
- Sexual bullying. This might mean touching somebody in intimate areas that they do not want to be touched, or using sexual words to make someone feel uncomfortable or upset.
- Cyber bullying. This is when one or a group of children use computers or mobile phones to send nasty messages to someone, or write nasty things about them on the internet for other people to see. They might send threats and make the other person feel worried about their safety.



What should you do if you're being bullied?

- Don't feel ashamed or embarrassed about what's happening. It isn't your fault, but it is very important that you take action before the problem gets worse.
- Find an adult that you trust, such as a teacher or a parent, and tell them what's been happening. It can be anybody you feel comfortable talking to.
- Your school will have a policy on bullying, so it's important that your teachers know what's happening.
- If somebody tries to bully you, count to 100 and walk away. They'll never see how upset you are.
- Yell STOP and walk away. Don't turn around, no matter that they say.
- Be a friend to the person being bullied. Include them in games, sit with them at lunchtime, and let them know that they can talk to you about what's happening.
- If you feel safe and comfortable, stand up to the bully and let them know that what they are doing is wrong. If you are not, tell an adult.



There are lots of different ways people bully. These can usually be fit

into the four categories below:

Physical, Verbal, Social and Cyber.

Let's have a go at moving the statements into the correct categories as a class (below), then we'll see the correct answers on the next slide.



Physical

Verbal

Social

Cyber

Someone leaves you out of games or plans, or tells others not to socialise with you.

Someone intimidates or threatens to cause you harm.

Someone name-calls, insults or taunts you.

Someone spreads rumours or lies about you., or otherwise damages your reputation.

Imitating others online, or using their log ins to pretend to be them.

Posting or sending harmful or abuse media or message of any sort in any digital format e.g text, email, Insta.

Someone breaks your belongings.

Someone makes a homophobic or racist comment about you.

Making threats to someone online or spreading lies and gossip online.

Someone deliberately embarrasses you in public.

Someone makes mean or rude hand gestures or signs at you.

Someone hits, kicks, pokes, pinches, spits, punches or pushes you.

How many did you get right? Now it's time correct any answers you weren't too sure about.



Physical

Someone hits, kicks, pokes, pinches, spits, punches or pushes you.

Someone breaks your belongings.

Someone makes mean or rude hand gestures or signs at you.

Verbal

Someone name-calls, insults or taunts you.

Someone makes a homophobic or racist comment about you.

Someone intimidates or threatens to cause you harm.

Social

Someone spreads rumours or lies about you., or otherwise damages your reputation.

Someone leaves you out of games or plans, or tells others not to socialise with you.

Someone deliberately embarrasses you in public.

Cyber

Posting or sending harmful or abuse media or message of any sort in any digital format e.g text, email, Insta.

Making threats to someone online or spreading lies and gossip online.

Imitating others online, or using their log ins to pretend to be them.

How can we support victims of bullying – and even better, work to ensure it doesn't happen in the first place?

Watch the clip below and fill in the answers on your sheet. We'll go through the answers together on the next slide.

(teacher note – watch clip first – shows someone considering harming themselves. Skip to 1.26 to avoid this scene)

[How to Stop Bullying | Anti-Bullying Video | Student Motivation | Jeremy Anderson - YouTube](#)

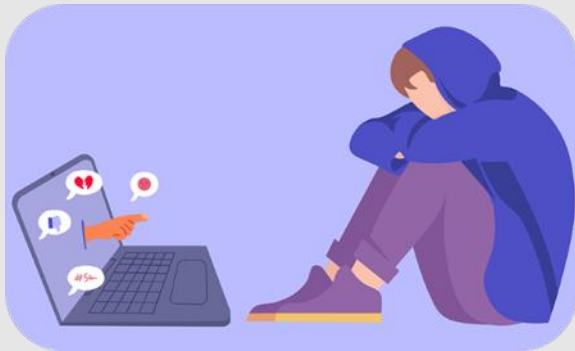
What kind of powerful things could you say to someone who is a victim of bullying?

What are all bullies dealing with?

What can we do which helps in a small way?

Why can people who see themselves as 'popular' particularly help?





What kind of powerful things could you say to someone who is a victim of bullying?

To start with, simple things like ‘hey are you ok?’ Just going over to speak to someone could make all the difference to their lives.

What are all bullies dealing with?

Their own insecurities. No one picks on someone smaller or different without being insecure themselves.

What can we do which helps in a small way?

Don’t laugh, don’t ‘like’, and just say ‘hey that’s not cool’. Say ‘that’s NOT what we do here.’ Think back to Keira in the starter – if no one ‘liked’ the posts, the bullies wouldn’t bother posting anymore.

Why can people who see themselves as ‘popular’ particularly help?

Because they have social influence. The bullies may see that the ‘cool’ students won’t tolerate such mean activity and eventually stop.

How do you report something you are concerned about?

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know



How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>