

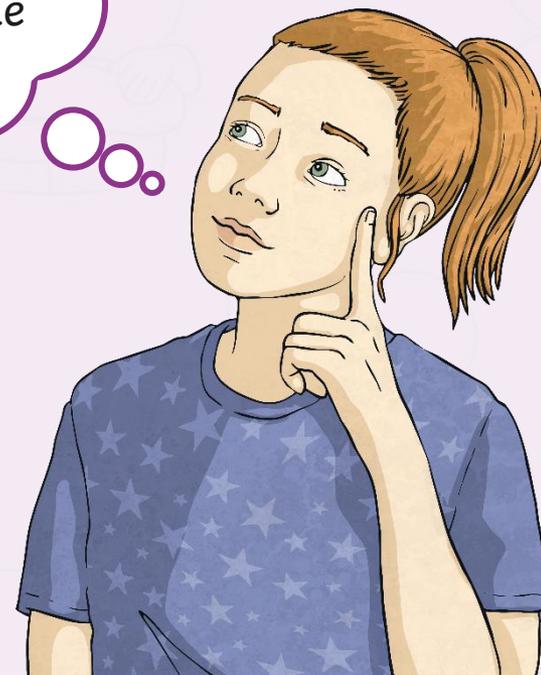
What Is Bullying?





What are the different ways that people can be bullied?

How can this affect the people involved?



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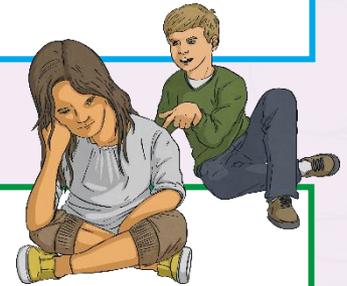


What is bullying?

Bullying is unwanted behaviour which hurts someone else, either physically or emotionally. The behaviour is repeated or has the potential to be repeated. It involves a real or a perceived power imbalance (where someone else has power over you or you feel they have power over you).

What is the difference between teasing and bullying?

The key difference between teasing and bullying is that teasing is done with an intention to make a relationship with someone else better, in a fun way. It can be done in an affectionate way to show or create closeness between two people.



Teasing can, however, also be used as a form of bullying. This can be when the person being teased is upset by it, when the person teasing is not saying it as a joke, when the teasing occurs regularly or when the person who is teasing is deliberately trying to upset the other person.

The Bully



Why might someone start bullying others?

If they have been bullied themselves.

To get attention.

If they are having problems at home.

To feel powerful.

Are these good reasons to make someone else feel so sad and unhappy?

The bully themselves needs help to deal with their issues in a positive way that does not hurt or upset anyone else. This means it is important to recognise that a bully needs help and support to change their behaviour.

Alongside this, the person being bullied needs help and support to realise they were being bullied and to ensure it does not continue to happen.

The Bully



All forms of bullying, including cyberbullying, are wrong and have serious consequences and effects for all people involved.

These effects can last a long time and sometimes for the rest of someone's life. A person's mental health can be damaged for life by bullying behaviours.



Choose kindness, help people feel good and have a positive impact on people's mental health.



Say no to bullying

Types of Bullying



Verbal Bullying – This is where a bully says things to you that are unkind. This could include name calling or saying nasty things to you.

Indirect Bullying – This includes ignoring someone, spreading rumours about someone or giving someone a nasty look more than once.

Physical Bullying – This is where someone physically hurts you. This could include hitting, scratching, pushing or tripping you up. It is a criminal offence to hurt someone else physically.

Cyberbullying – This is where someone uses technology to be repeatedly unkind to someone. This could happen through the Internet, interactive computer games, text messages or phone calls.

Your task is to create a picture to show either one or all of the forms of bullying shown above.

We will now discuss our pictures together and how the bullying would be making the victim feel.

Bullying Picture

In the box below, create a picture to show one or all of the following forms of bullying:

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How have your answers changed since the beginning of the lesson?

