

Bullying



Bullying

Purpose

To recognise the difference between isolated unkind incidents and persistent bullying.

To understand the impact of bullying on victims.

To think about how to deal with bullies and bullying.

Entrance of Pupils

A thought provoking slideshow introducing the theme of 'Bullying' or the pupils to enter assembly to (10 minutes)

Introduction

What is Bullying?

Bullying is repeated actions or threats of action directed towards a person by someone with more power or status that causes the victim to feel fearful, distressed or harmed.

Bullying can be	Physical:	being hit, kicked, pushed, spat on
	Verbal:	name calling, saying nasty and hurtful things or starting gossip or rumours
	Psychological:	making people believe that they are inadequate, friendless, not wanted
	Cyber bullying:	using the internet/social media to cause fear, distress or harm
	Isolation:	to deliberately leave someone on their own or isolate them from others
	Harassment:	usually because of race, gender or sexuality



Things that are NOT Bullying

That seems quite clear, so what is **NOT** bullying?

An isolated incident of calling someone a name, being rude, teasing or having an argument is **NOT** bullying. It still needs to be sorted out, but calling someone a bully when they have simply fallen out is **NOT HELPFUL**.

There can be a tendency to use the term 'bullying' far too often and out of context. The problem with this is that long term, ongoing bullying that must be stamped out can become lost in untangling what are actually normal fallouts.

We will not always get on with each other; people will not always be kind; we won't always like each other or want to be friends; we might be disappointed that someone we like doesn't want to spend time with us but we must learn to be tough about one off situations or simple clashes of character. This is part of life and part of growing up. We need to build resilience because we will meet people who are not always kind and pleasant in adult life and may not even like us.

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However, we absolutely should NOT put up with real bullying.

Bullying ***cannot be accidental***. Bullies know **EXACTLY** what they are doing. Bullying is long term, deliberate and repeated acts of nastiness and is always between unequal parties. The bully will be in a dominant role because they are bigger, stronger, older, more confident, in a position of power or with greater numbers or allies.



'I AM' by Laura

I am the person you bullied at school,
I am the person who didn't know how to be cool,
I am the person you alienated,
I am the person you ridiculed and hated.

I am the person who sat on her own,
I am the person who walked home alone,
I am the person you scared every day,
I am the person who had nothing to say.

I am the person with hurt in her eyes,
I am the person you never saw cry,
I am the person living alone with her fears,
I am the person destroyed by her peers.

I am the person who drowned in your scorn,
I am the person who wished she hadn't been born,
I am the person you destroyed for 'fun',
I am the person, but not the only one.

I am the person whose name you don't know,
I am the person who just can't let go,
I am the person who has feelings too,
And I was a person, just like you.



Why do Some People Become Bullies?

There are many reasons for this, but one factor which is in common for all bullies is that they feel inadequate about themselves in some way. They are desperate to block out their own hurt and feelings at the expense of others. They also have the characteristic of being fearful themselves. They are inevitably cowards as their very choice of victim shows and they love an audience of followers as it increases their feeling of power and importance.

So that no one
can bully me
first

Because it makes
me feel powerful

Because secretly I
think I'm ugly and
you're pretty

Because I don't
think people will
like me

Because I'm scared
of losing my friends
who also bully others

I hurt inside

I hate my life and I
hate myself



Because you are unique and different and able to be yourself



Because it makes me feel big to make you feel small!



Because you're far more clever than us



Because we're jealous, but don't want people to know!

Because I'm so unhappy in my own life, so why should you be happy?

Because someone else is hurting me



What Can We Do About Bullying?

The first message is really clear - Whether you are the one being bullied or whether you know of someone being bullied, you must be brave enough to **TELL**.

Bullies count on scaring people into silence.

This is not being a 'grass', a 'snitch' or a 'telltale'. There is no code that says you have to suffer at the hands of someone else. You have a right to live safely, peacefully and happily without the fear of bullying.

The second message is to be really **CLEAR**. Think about what you want to say and ideally write it down. It's very human to be upset as we recall unpleasant or nasty incidents and this often causes us to tell a confusing account, missing things out.

- A. Who is bullying you and who is with them?
- B. When incidents have taken place - ideally the day, time and place?
- C. Where incidents take place? There might be cameras around or, if it is in school, it might help the school to ensure a greater staff presence in a particular place.
- D. What happened? This needs to be factual. Do not exaggerate it or make it less than it was. Facts are more difficult for the bullies to dispute.
- E. How long has it been going on? This helps determine that it is bullying rather than a simple fall out.
- F. Be clear about your part in it. It is understandable if you have said or done something you wish you hadn't, but much better to say this from the start.

The third message is to be prepared to go back and **TELL AGAIN**. Often, if the bullying does not stop at once, we assume that either nothing has been done or nothing can be done. This is not true. Many bullies do stop immediately but others push the boundaries to see if they can still get away with it. Schools have a number of tactics and a variety of sanctions that they can use. They will keep working on the issues if they know that they haven't yet been solved.



Schools and Bullying.

The Law states that every school must have Anti Bullying measures (usually in a policy) that explain how they encourage good behaviour and prevent all forms of bullying that may happen in school or whilst the child is in uniform on the way to and from school (although this is slightly less straightforward).

It is worth noting that Cyber Bullying in particular often happens outside school and is not usually the remit of the school (although even then they may try and help).



The Law and Bullying

In law, there is no legal definition of bullying but some actions are illegal and can be reported to the police:

- Harassment and intimidation over a period of time including calling people names, threatening them, making abusive phone calls or sending abusive texts or emails.
- Physical attacks
- Anything involving hate crimes.

In practice, it is rare for the police to be involved although schools with an assigned Safer Schools Officer may use them as part of dealing with a complaint.

Repeated harassment, violence or hate crime can lead to a bully being given an Anti Social Behaviour Order (ASBO).

In cases of a serious assault, the school may well involve the police themselves. A parent or victim also has the right to do this themselves although many will be led by the school.



The Bible Says

'Whoever of you loves life and desires to see good days, keep your tongue from evil and your lips from telling lies. Turn from evil and do good; speak peace and pursue it.

The eyes of the Lord are righteous and his ears are attentive to their cry, but the face of the Lord is against those who do evil, to blot their name from the earth.'

Psalm 34:12-16

Let's Pray:

God be in my head and in my understanding

God be in my eyes and in my looking

God be in my mouth and in my speaking

God be in my heart and in my thinking

God be at my end and at my departing

Amen

Putting it into Practice

Hold an Anti Bullying Week in your school or classroom.

Today, raise awareness by creating a poster to inform about bullying or by preparing a short play about bullying that could be performed in an assembly.

Exit of Pupils

A thought provoking slideshow introducing the theme of 'Bullying' or the pupils to exit assembly to (10 minutes)



Collective Worship and Putting it into Practice for the Rest of the Week

Day 2

Dear God

Loneliness and the feeling of being unwanted is a most terrible poverty.

Help us to notice those that are feeling left out and make a special effort to include them today.

Amen

Today, learn about skills to respond to bullying including conflict resolution; bystander strategies ; and role playing different ways of responding to bullies.

Day 3

Dear God,

Remind us today that:

- ◆ Kindness in words creates confidence
- ◆ Kindness in giving creates love
- ◆ Kindness in deeds inspires others.

Amen

Today, discuss ideas about how to get help. Who might you go to in school, at home or elsewhere? How can you present your case well - clearly and fairly? Get a guest speaker to talk to your class. It might be someone who was a bully and changed their ways or was bullied but found ways of standing up to the bullies.



Day 4

Dear God

Help me to hold my head high and wear bravery and confidence on my face.
Let me know that I can make it.

It gets dark sometimes, but morning comes. Help to keep my hope and
courage alive.

Amen

Today, develop your understanding of why people bully. Think about what
might be leading bullies to act in that way and see if there is something that
can be done to help people who may resort to bullying.

Day 5

Dear God

Let us pray today for those who bully. Help them to see the hurt that they do;
the fear that they inflict and the upset that follows their actions.

Give them an understanding that their own pain and feelings of inadequacy
will only increase by taking it out on others. Teach them a better way.

Amen

Finally this week, connect with the whole community by speaking to other
students, doing an assembly; writing an anti bullying slogan; producing some
anti bullying badges or stickers.

Make sure that your school's Anti Bullying code is know and displayed around
the school in prominent places.



Where to go for more information:

- ⇒ www.youngminds.org.uk
- ⇒ www.nspcc.org.uk/bullying
- ⇒ www.gov.uk
- ⇒ www.anti-bullyingalliance.org.uk
- ⇒ www.bullying.co.uk
- ⇒ www.nationalbullyinghelpline.co.uk
- ⇒ www.understood.org
- ⇒ www.safe.met.police.uk.org.uk
- ⇒ www.childline.org
- ⇒ www.kidscape.org.uk
- ⇒ www.kidshealth.org.uk
- ⇒ www.childrenssociety.org.uk

....and many more.

