

Anti Bullying Week 2017

All Different, All Equal



What Is Bullying?

- 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 and 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



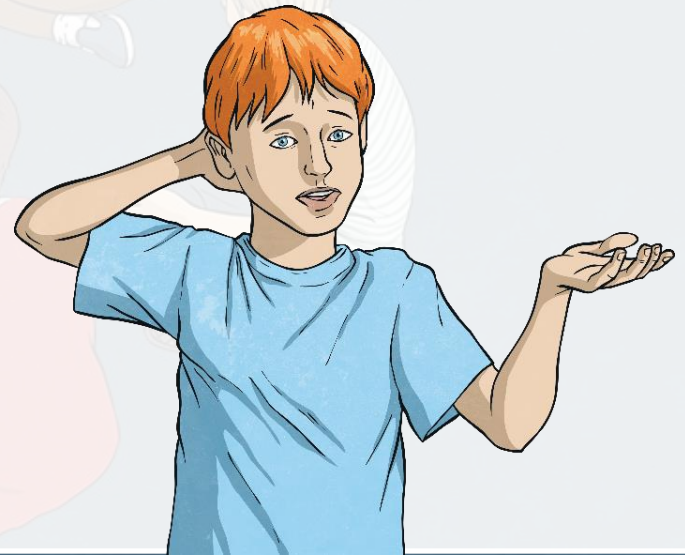
Remember, these are only bullying if they happen often and repetitively.

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



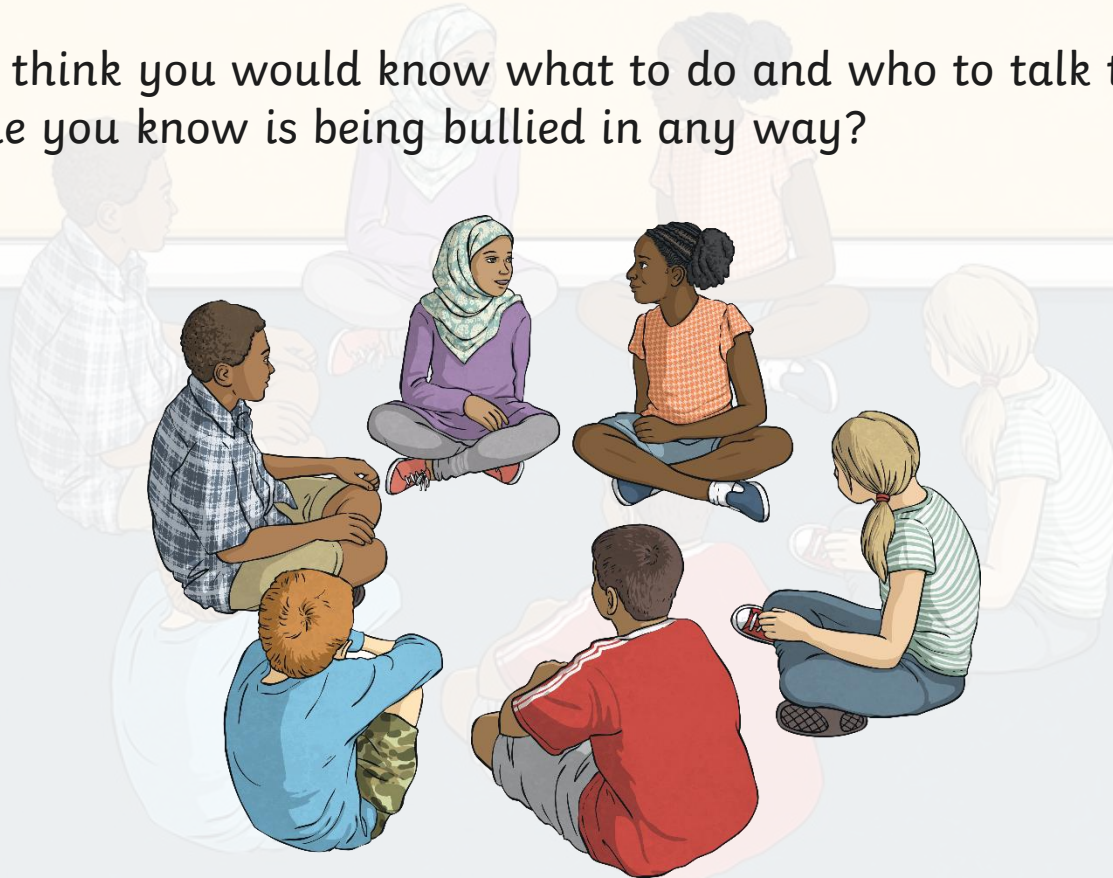
What Can You Do?

- 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, instead of dealing with it yourself.
- Often, someone who is being bullied feels very alone, sad and scared. Smiling at them, talking to them or including them in something you are doing can mean the world to them!



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?



STOP
BULLYING
TAKE A STAND. **NOW!** LEND A HAND.

Meanness
is a sign of
Weakness.

Make a
NO!ISE
about bullying

#ANTIBULLYINGWEEK

be a
buddy



not a
bully

