

# Anti Bullying Session



# What we will cover.....

- What is bullying?
- What does bullying look like for children?
- What is not bullying?
- What to do next
- What will the school do?
- Where to go for support?
- Any other questions?

# What is bullying?

The Anti-Bullying Alliance defines bullying as:

the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or through cyber space (cyber bullying).

Bullying comes in many different forms;

**Verbal:** Name calling, persistent teasing, mocking, taunting and threats.

**Physical:** Any form of physical violence, intimidating behaviour, theft or the intentional damage of possessions. This includes hitting, kicking and pushing.

**Emotional:** Excluding, tormenting, ridiculing, humiliation, setting people up and spreading rumours.

**Cyber:** [Cyber bullying](#) is the misuse of digital technologies or communications to bully a person or a group, typically through messages or actions that are threatening and/or intended to cause offence, anxiety or humiliation

In addition to the dictionary definition of bullying, there are other factors that determine if the behavior qualifies. For instance, bullying behavior is often deliberate and happens repeatedly over a period of time. Bullies rarely attack their victims once and then move on to someone else. When they identify a target, they go after that individual time and time again. Those who are targeted often have a difficult time getting the behavior to stop, even when they seek assistance. Anything that falls under one of these categories can be listed as bullying.

# What does bullying look like for children?

- withdrawn
- suddenly behaves differently
- anxious
- clingy
- depressed
- aggressive
- problems sleeping
- wets the bed
- soils clothes
- misses school
- changes in eating habits
- obsessive behaviour
- nightmares
- self-harm

# What is not bullying?

**One-off incidents:** Bullying is persistent and repetitive, and generally fits a pattern of behaviour. However, there will be occasions when a one-off incident is so significant that it causes long term effects, and is therefore categorised as bullying. One example may be extreme public humiliation that deters someone from engaging in discussions or social events.

**Mutual conflict:** A disagreement, argument or fight in which both parties have equally participated and where there is no imbalance of power.

# What to do next.....

- Calmly talk with your child about his/ her experiences.
- Make a note of what your child says including who was involved, how often the bullying has occurred, where it happened and what happened.
- Reassure your child that he/ she has done the right thing to tell you about the bullying.
- Explain to your child that should any further incidents occur he/she should report them to a teacher immediately.
- Make an appointment to see your child's teacher.
- Explain to the teacher the problems your child is experiencing.

- **If your child is bullying others:**
- Talk with your child and explain that what he/she is doing is unacceptable and makes other children unhappy.
- Discourage other members of your family from bullying behaviour or from using aggression or force to get what they want.
- Show your child how he/ she can join in with other children without bullying.
- Make an appointment to see your child's teacher and explain the problems your child is experiencing as well as discussing how you can work together to stop him/ her bullying others.
- Regularly check with your child how things are going at school.
- Give your child lots of praise and encouragement when he/ she is co-operative or kind to other people.

# What will the school do?

The school will adopt a range of strategies to prevent and reduce bullying, to raise awareness of bullying and support victims and bullies. Including:

- Regular opportunities for group work.
- Circle Time.
- Playground Pals.
- Midday supervisor training.
- Buddy systems.
- PSHE key skills.
- Self-esteem interventions.
- Nurture Groups
- Lunchtime club

# What to do at home?

## Home Prevention

- Many parents turn to the schools to educate their children in practices that should be at least partially the responsibility of the parents. For instance, many parents want their children to learn sex education at school. The same is becoming true in relation to bullying. However, it can be much more effective when parents are backing up what the schools are saying in regard to this type of behavior. Talk to your child about what he or she sees in school and what he or she should do if they are a victim or see someone being bullied. These lessons are just as valuable at home as they are in school.
- Teaching your children about this at home can also help protect them online. Many students use computers at home as a method of communication with their friends, to do homework and to play games. However, the instances of bullying online have greatly increased over the years. Helping your children understand that harassing someone online and making them feel bad is just as unacceptable as physical bullying or saying something directly to a person can help rein in the behavior and make a difference. Education is key in putting a stop to bullying behavior.

Where to go for support?

Any other questions?