

# Years 5 & 6 Anti-bullying Workshop



# is it **BULLYING?**

When someone says or does something  
*unintentionally* hurtful  
and they do it once, that's

**RUDE.**

When someone says or does something  
*intentionally* hurtful  
and they do it once, that's

**MEAN.**

When someone says or does something  
*intentionally* hurtful and they *keep doing it*—  
even when you tell them to stop or show  
them that you're upset—that's

**BULLYING.**



## Mean, rude or bullying?

In a game of football, John calls Mark a name because he hurt him when tackling him; they get on with each other afterwards.

## Mean, rude or bullying?

Simon and Jim are playing 4square; Simon throws the ball and it hits Jim in the face. Simon says sorry and that he didn't mean to.

## Mean, rude or bullying?

Sarah falls out with Georgia so finds Louise and says unkind things about Georgia. Louise tells Sarah and it upsets her.

## Mean, rude or bullying?

Margaret uploads an image of herself on social network site. Sarah changes the image and prints it out – she then distributes the photo to her friends.

## Mean, rude or bullying?

John tells Leon that he can not play in the game because only white children can play in the game.

## Mean, rude or bullying?

Each time, over the space of a week,  
Ramon walks into a class a group of  
pupils giggle and whisper to each  
other; this upsets them in class.

What other types of bullying are there?

# What other types of bullying are there?

- physical or psychological abuse
- verbal abuse
- physical abuse
- invading personal space
- name calling, taunting, mocking
- making offensive comments
- kicking; hitting
- taking belongings
- producing offensive graffiti
- gossiping
- excluding people from groups and spreading hurtful and untruthful rumours

<https://www.bbc.co.uk/cbbc/curations/lifebubble-guide-to-bullying>

I've experienced bullying video clip

# Is it banter?

<https://www.bbc.co.uk/cbbc/curations/lifebabble-guide-to-bullying>



# Cyber Bullying

Cyber bullying is when a person or a group of people use the internet, mobile phones, online games or any other kind of digital technology to threaten, tease, upset or humiliate someone else



[https://www.bbc.co.uk/cbbc/curations/  
lifebabble-guide-to-bullying](https://www.bbc.co.uk/cbbc/curations/lifebabble-guide-to-bullying)

Cyber bullying – my best friend cyber  
bullied me

[https://www.bbc.co.uk/cbbc/curations/  
anti-bullying-week](https://www.bbc.co.uk/cbbc/curations/anti-bullying-week)

- Block the person sending the messages
- Take a screen shot
- Print the messages
- Show a trusted adult

## Racism

Racist bullying can range from thoughtless remarks, which are not intended to be hurtful, to deliberate physical attacks causing serious injury.

Racist bullying can be identified by the motivation of the bully, the language used, and/or by the fact that victims are singled out because of the colour of their skin, the way they talk, their ethnic grouping or by their religious or cultural practices.



Is defined as bullying that is motivated by prejudice against a person's actual or perceived sexual orientation or gender identity. Homophobic bullying may be an isolated incident or a repeated pattern of behaviour. It can range from poor use of language and simple comments to physical violence.

How can we help ourselves if  
we think that we are being  
bullied?

How can we help somebody  
else if we think that they are  
being bullied?



<https://www.bbc.co.uk/cbbc/curations/lifebubble-guide-to-bullying>

Bullying's no fun

## **Say no to bullying**

If someone is trying  
to make you feel bad  
so that most of the time  
you are frightened or sad

## **just remember to tell**

When someone is hurting you  
day after day  
and whatever you do  
they just won't go away

## **just remember to tell**

Telling is brave  
and telling is cool  
telling is one of  
the rules of this school

## **so remember to tell**

**T. E. L. L.**  
**TELL!**

# TELL!

.....but who could you tell?



# Who can you tell?

- Teacher
- Support staff
- Office staff
- Midday meal supervisor
- Anti-bullying box
- Parents
- Brothers and sisters
- Friends
- Someone that you trust

## **How else to deal with bullying**

### **Remember that things will get better**

Say it out loud, and repeat it

It can be really hard to believe, but you can and will get through it

Focus on the fact that one day the experience will be in the past and you will be able to move on

Take inspiration from other people who have experienced similar situations and have now left their bullies behind

### **Build your confidence**

Don't let the bully get in your head! Never believe what a bully says about you

Take back control of how you feel about yourself

Take steps to build up your self-esteem – think about what's good in your life; spend time with the people who really care about you; do things you enjoy; and give yourself praise when you achieve something, big or small

Practice confident body language - hold your head up high and walk tall

### **If you can, block the bully**

If the bullying is happening online, block and report the person. Be sure to save screenshots of any online bullying first as they can be used as evidence

## **Practice being assertive**

Saying what you think and how you feel doesn't come naturally to everyone – it takes practice

Write down what you want to say, keeping it clear and easy-to-understand

Practice saying it out loud

It's OK not to agree with everyone all the time – you're entitled to your own opinion

You're allowed to say "No!" and "Stop!". It can be scary to do, so practice with someone you trust

## **Don't bully back**

It's hard to deal with all the negative emotions caused by bullying, but being nasty back, or taking your feelings out on someone else, will only make things worse

There is no shame in refusing to fight back – it doesn't mean you're weak, it means you're strong enough to do the right thing

## **Try to stay safe**

Trust your gut – be aware of your surroundings and avoid dangerous situations by making sure you're not alone with bullies

If you can, stick to groups of people where bullies are less likely to bother you. If you don't have a group of friends, get some help to build one ally at a time

If you're being bullied, attract the attention of others – this can scare off a bully.

## **Express yourself in positive ways**

Find a way to get your feelings out – it could be singing a song, writing down your thoughts, drawing or painting

Doing something physical, like playing a sport, dancing or even going for a walk can help you get rid of negative energy

Find a way to relax and take your mind off the bullying, like reading or playing a computer game

If you, or someone you know, is experiencing bullying, speak out and seek help from a trusted adult, or contact Childline.

# But why do some people bully?

<https://www.bbc.co.uk/cbbc/curations/anti-bullying-week>

## A bully's story

