

Lets Stop Bullying

What Bullying Is And Is Not

Session 1



Aim of session today

- Get to know each other
- Learn about what bullying is
- Understand the differences between having a conflict with someone and bullying

Getting to know each other



Deciding on our Group Culture: A way to help groups work better



Your beliefs about bullying

DO YOU AGREE?

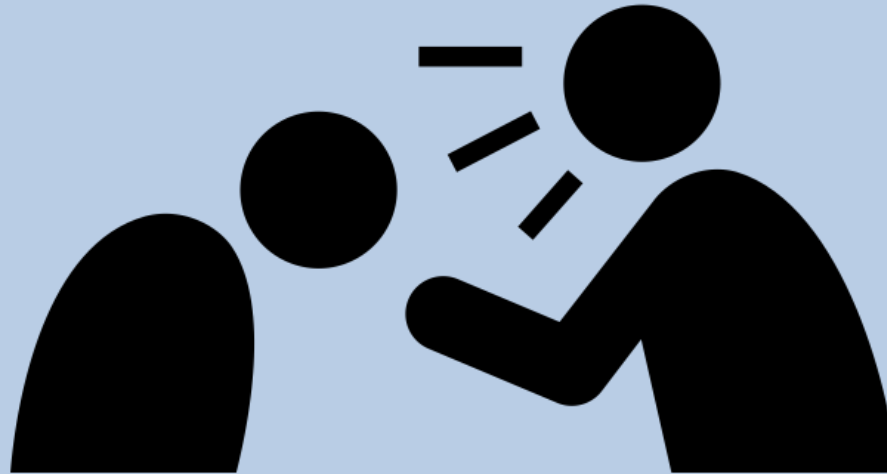
1. IT IS FUN TO BOSS OTHER PEOPLE AROUND.
YES NO SOMETIMES
2. IT IS OK TO TAKE ADVANTAGE OF PEOPLE WHO ARE NOT AS POWERFUL AS YOU.
YES NO SOMETIMES
3. SOME PEOPLE DESERVE TO BE TEASED OR CALLED NAMES.
YES NO SOMETIMES
4. PEOPLE WHO BOSS AROUND OTHER PEOPLE DESERVE RESPECT.
YES NO SOMETIMES
5. IT IS NONE OF YOUR BUSINESS WHEN OTHER PEOPLE GET PICKED ON OR LEFT OUT OF A GROUP.
YES NO SOMETIMES
6. IT TAKES COURAGE TO STICK UP FOR A PERSON WHO IS TEASED OR LEFT OUT.
YES NO SOMETIMES
7. NO MATTER WHAT PEOPLE DO, BULLYING IS GOING TO HAPPEN.
YES NO SOMETIMES



Groupwork!



What is Bullying?



- Bullying is a universal problem
- It can happen anywhere
- It can happen to adults and children

What is bullying?

Bullying is when...



1 person

Or



A group



**...hurts you and makes you feel bad and sad
about yourself on purpose**

Bullying is when...



The bully does it over and over and over again

Bullying is always



All about bullying

Anyone can be bullied, but...

- Victims can be physically weaker or not as good at talking
- May have Fewer friends
- May have Lower self esteem
- May show signs of feeling down and worry a lot
- May believe that they deserve to be bullied



All about bullying

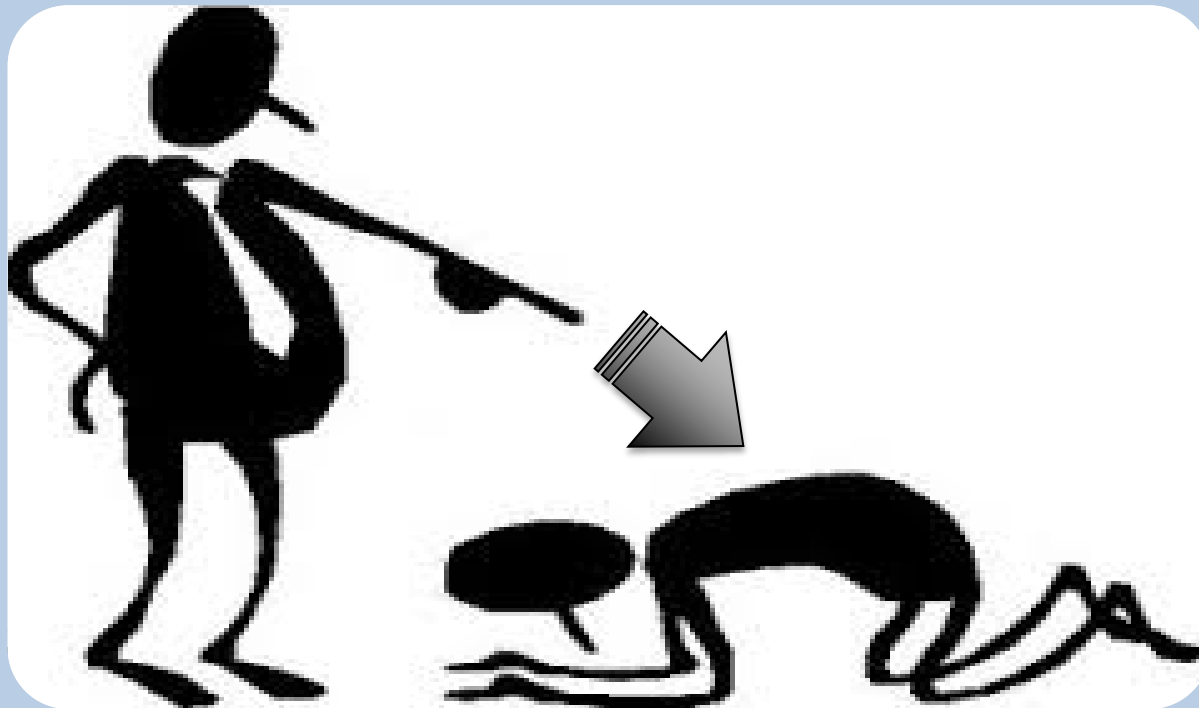
You can tell a bully by how they ACT, not how they LOOK



- Bullies need to be in control
- Act tough
- They may have problem behaviours
- May have low self-esteem
- May have been bullied themselves

Bullying is...always one sided

This means that it only goes one way – the bully is in charge – This is a **Power Imbalance**



Bullying Is Always One Sided

2 people teasing each other is not bullying

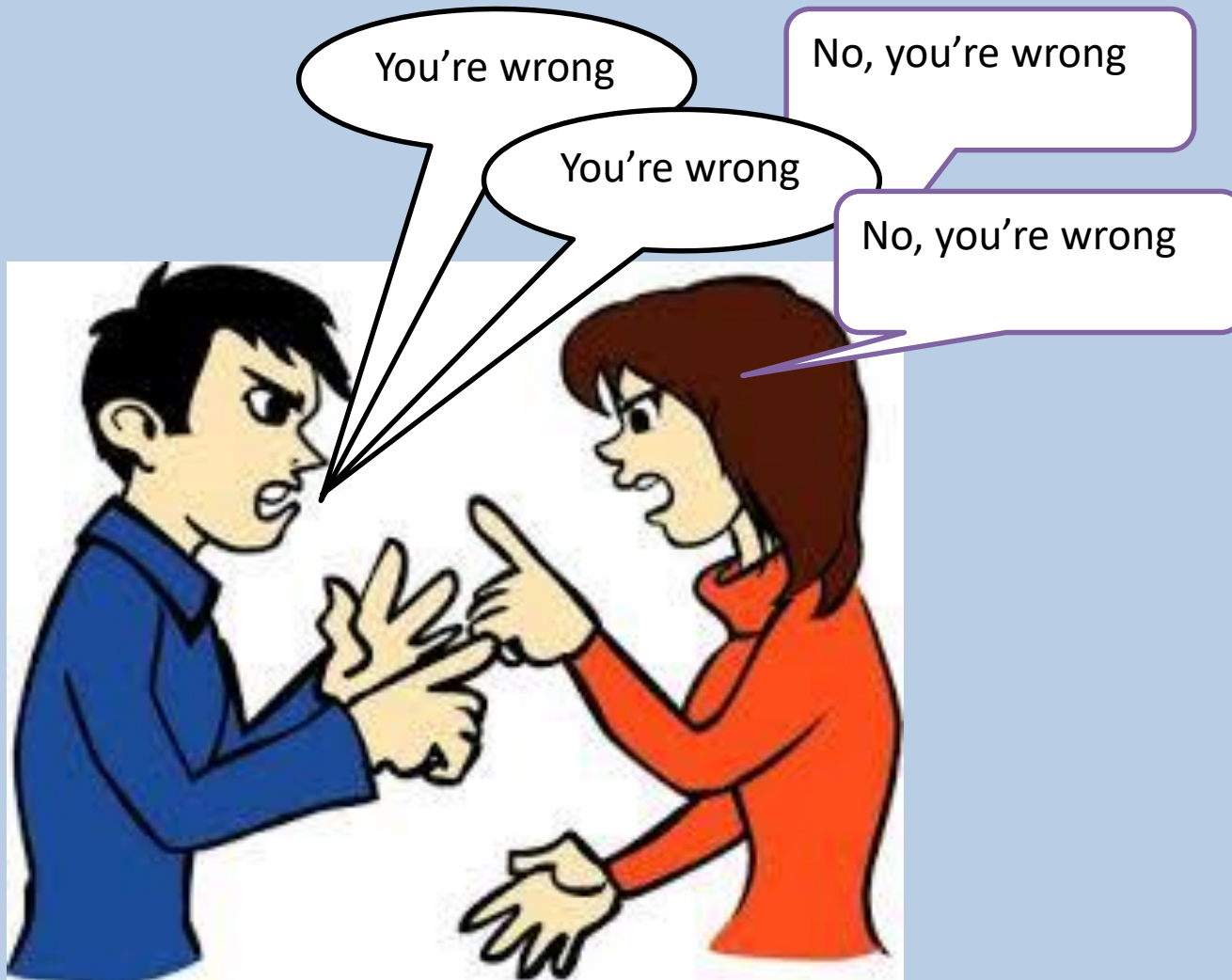


Bullying Is Always One Sided

2 sided arguments are not bullying - people
arguing is not bullying

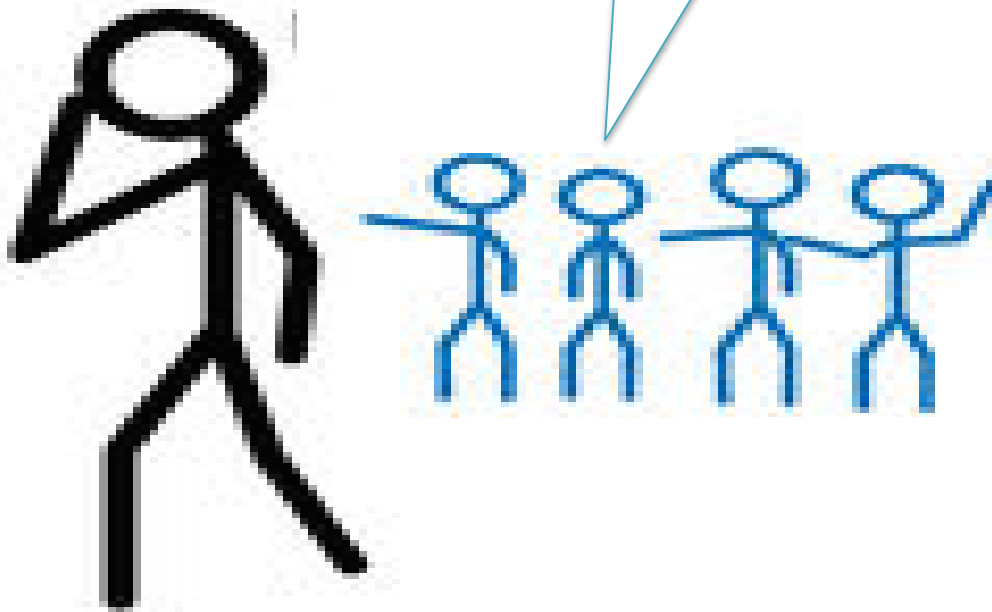


Balance/Imbalance of Power



Balance/imbalance of power

Look at him...
ha ha ha



Bullying is

- Hurtful
- Repetitive – over and over
- Intentional – on purpose
- Power imbalance
- Disrespectful

Olweus 2003

Intentional

**Bullying is when someone wants
to hurt you on purpose**



How do bullies bully other people?

- **Doing something**
 - Touching someone that tells you to stop and you do not
 - Making faces at someone when no one is looking
- **Saying something**
 - like “You’re ugly”
 - “You’re fat”

Repeated

**Bullying is when someone hurts you over and over
....even if they keep saying sorry, but do it again**



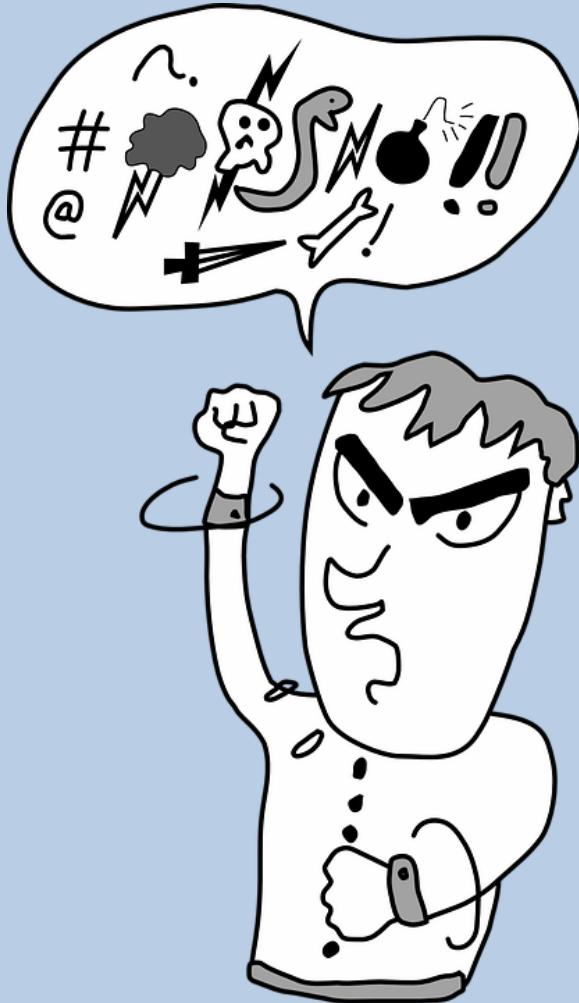
Types of bullying

- Physical



Types of bullying

- Verbal



Types of bullying

- Emotional



What kind of bullying have you experienced/seen? Physical, verbal, emotional?



Feedback

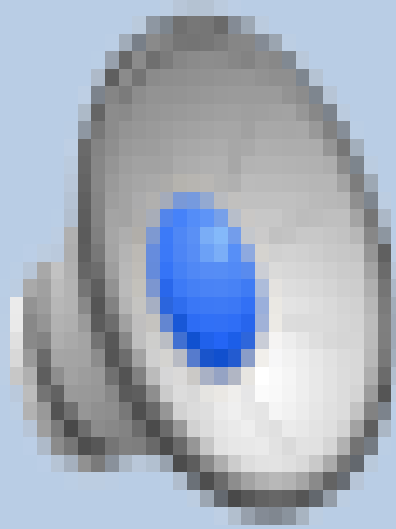


What is not bullying

- When someone hurts your feeling by mistake
- When someone trips or hurts you by accident
- When you have to do things like everybody else
- When your boss, teacher, good friend or parents tell you off because you have done something that you should not have done



Conflict



Dealing With Conflict

- **Think** about the problem
- **Say** what you feel
- **Listen** to the other person
- **Brainstorm** solutions
- **Decide** what each one will do
- **Stick to** what has been decided
- **Talk again** if the solution is not working



Solving a Conflict



Relationship bullying

This type of bullying happens a lot and it is very serious

This is when bullies use friendships to hurt someone.

It is about friends bullying friends or people with disabilities bullying other people with disabilities



Relationship bullying (Small group work exercise)

- Do you think that this happens a lot?
- Have you been bullied by a friend/someone in your service/work
- What did they do to you?
- Why do you think they did it?

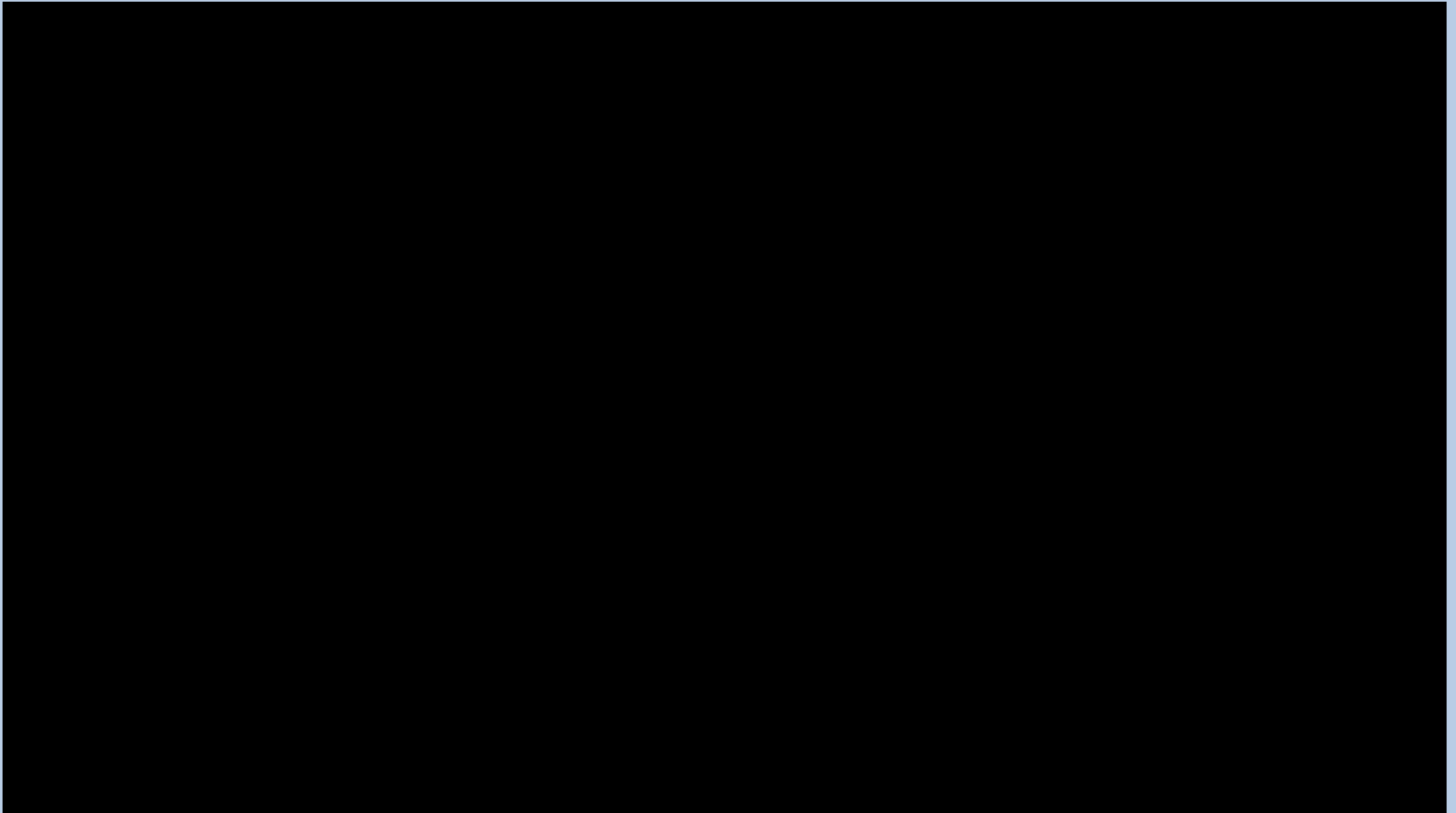


Disablist Bullying



- This type of bullying is about **being bullied or treated badly or differently just because you have a disability**
- It can happen **just 1 time** or it can happen **many times** and **can be done by one person or by many different people**
- Sometimes **disablist bullying** can be called **discrimination**
- People **with and without disabilities** can do it
- It can happen anywhere

Disablist bullying



Solving a problem tool



1. Understand
what the problem
is

2. How does
it make you
feel?

3. What are the
different things
that I can do

4. What do I do.
Was it respectful

5. Did I solve the
problem. What
have I learned

Recap!

