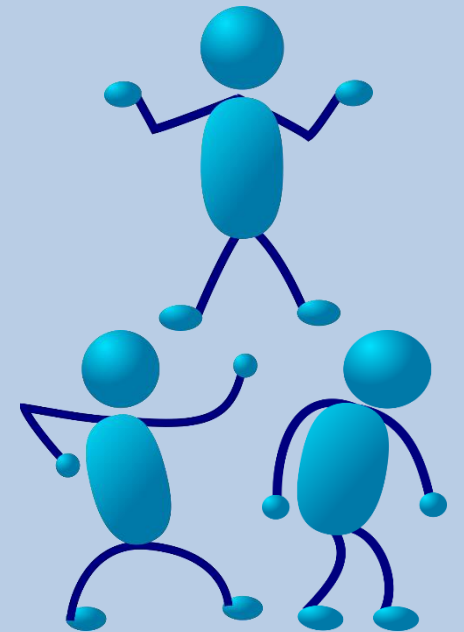
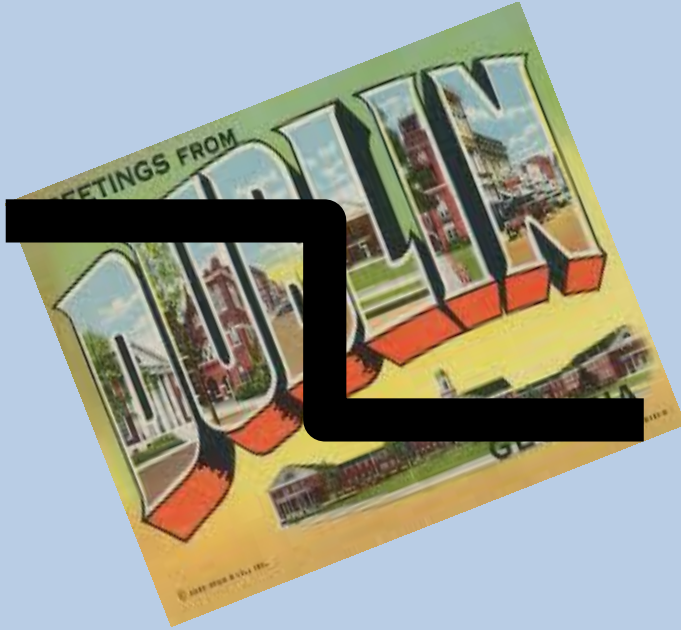


# Lets Stop Bullying

## Session 3

### Understanding Bystanders, Bullies & Victims





Hello!



# Our Group Culture

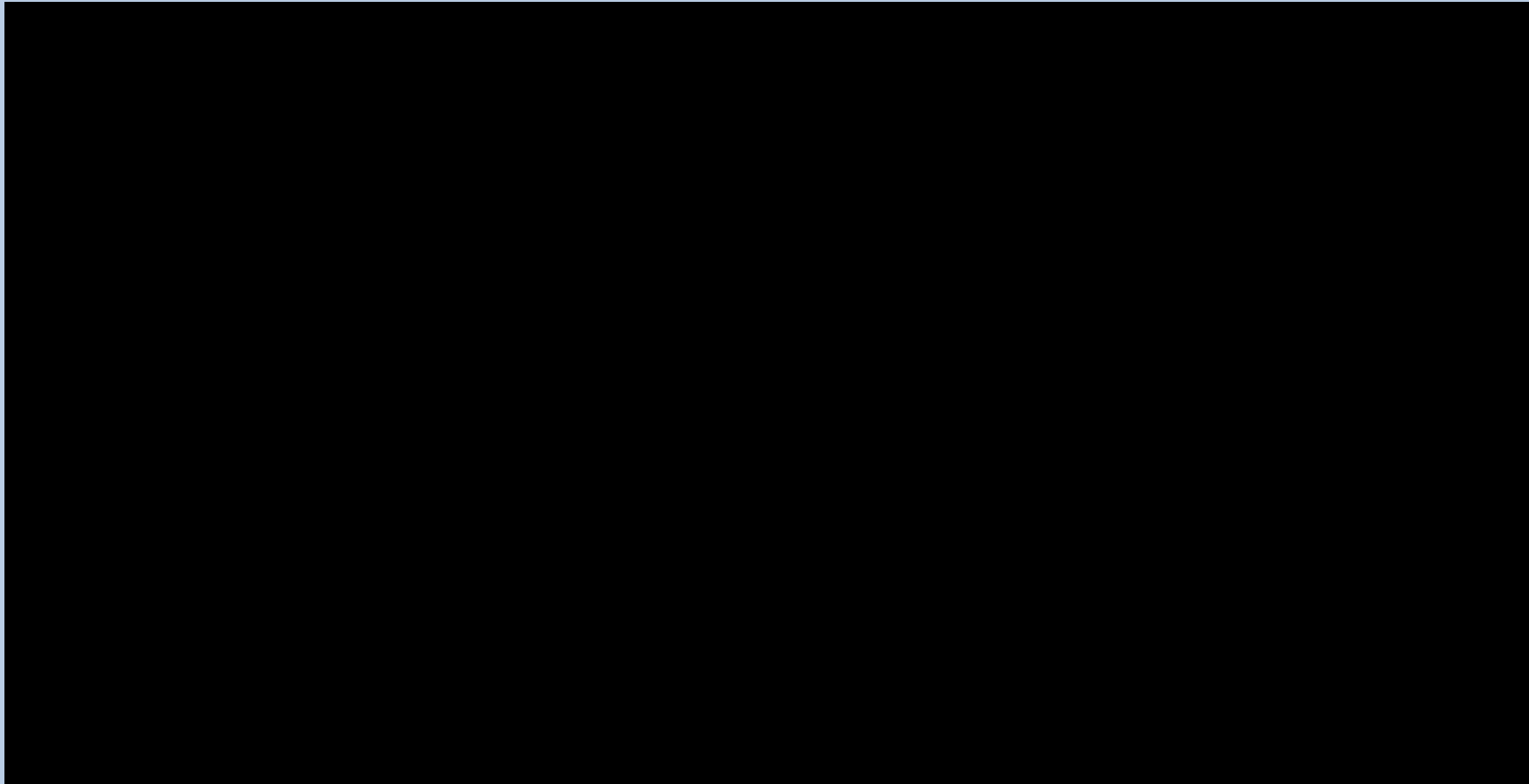




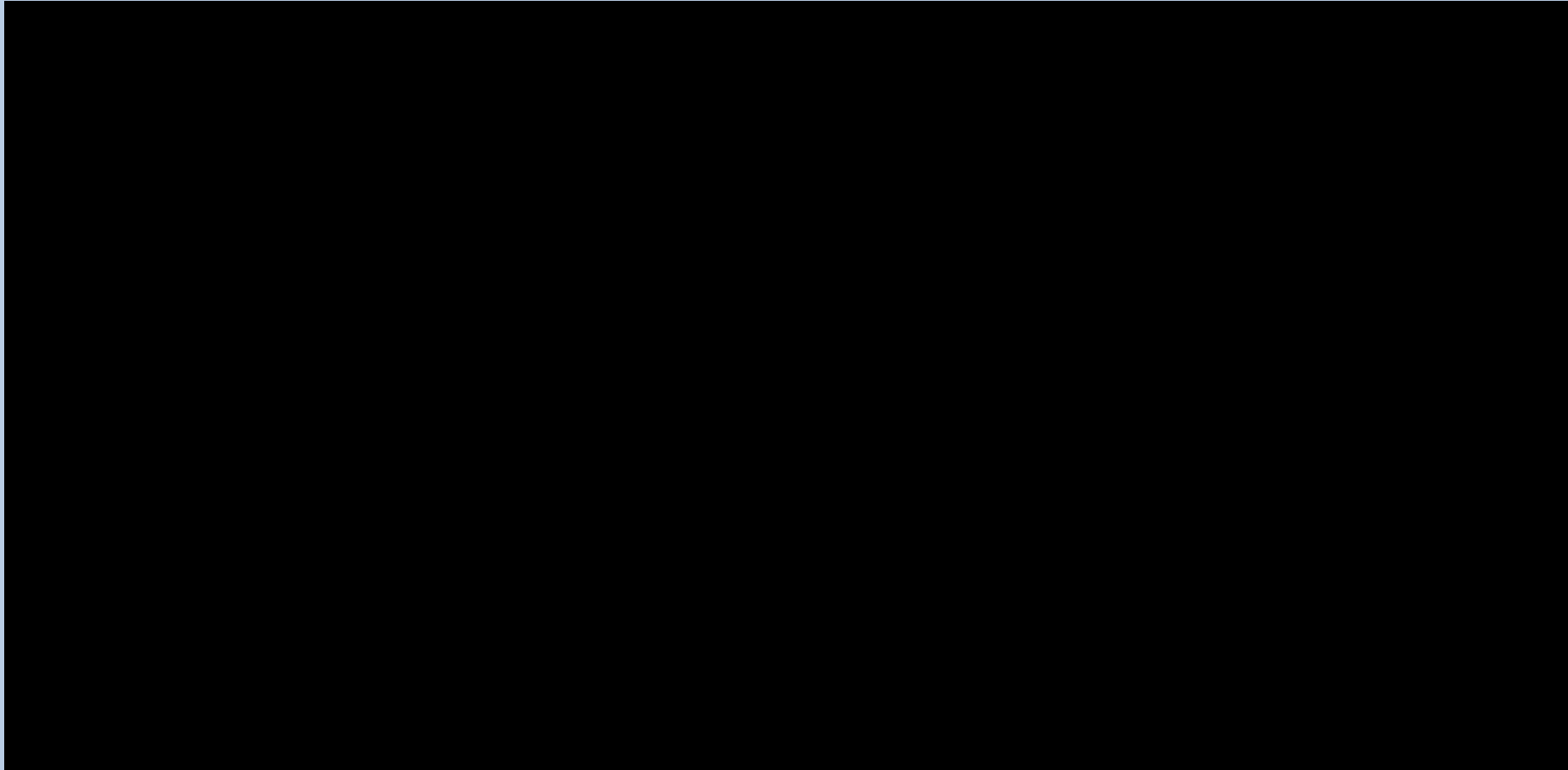
# Aim of session today

- Learn about bullying and feelings
- Explore some reasons why people use bullying behaviours
- Learn who are bystanders, who are victims, what are targets and how they are all connected

# Bullying and feelings 1



# Bullying and feelings 2



# GROUPWORK!





# What Do Bullies Look Like?



# Why do people bully?

## There are 2 types of bullies

### 1. Proactive aggressors

Bullies who like using power to get what they want.

(C. Sheard et al 2001)



## 2. Proactive victims

These are Bullies that are bullied themselves and then bully others – bully victims

(C. Sheard et al 2001)



# Why do some people bully?

Some reasons include...

- Sometimes its the only way they know to get what they want
- They can be very angry and upset inside
- They might feel alone, no one cares
- They have been bullied and they think that it is ok
- Believe that by hurting others, they might feel less hurt
- Bullying others can make them feel important and strong
- Like to get their own way
- Sometimes people are not aware that they are using bullying behaviours



# Who do bullies bully?

- Bullies choose to bully people that **they perceive as vulnerable or weak**
- Bullies look for difference



Special Needs/Disability



Lesbian/Gay



Religious



Different Races



Disabled

# Bullying basics

## We know that:

Bullying is **NOT** pre-wired, harmless, or inevitable

Bullying **IS** learned, harmful, and controllable

Bullying **SPREADS** if supported or let happen

Bullying **INVOLVES** everyone—bullies, victims, and bystanders

Bullying **CAN BE** successfully stopped or entirely prevented

[Eyesonbullying.Org](https://eyesonbullying.org)

# Research about bullying and people with special educational needs/with disabilities (SEN/D)...

- Research has told us that bullying has no age limit
- Research has told us that bullying happens in both the services people use and the communities they live in
- Research has told us that bullying is particularly serious in public places





# Research about bullying and people with SEN/D.....

- Research has told us that people also believe bullying to be:
  - \*Not having choice and control over their own lives*
  - \*being forced to live in and use services that do not support them to live a good life*
- Research has told us that bullying can flourish in restricted environments such as disability services



NAAG 2012





# DISCUSS

**Have you ever been bullied?**

**Have you ever seen bullying happen?**

**What did they do?**

**Why do you think they bullied you?**

# Disablist bullying

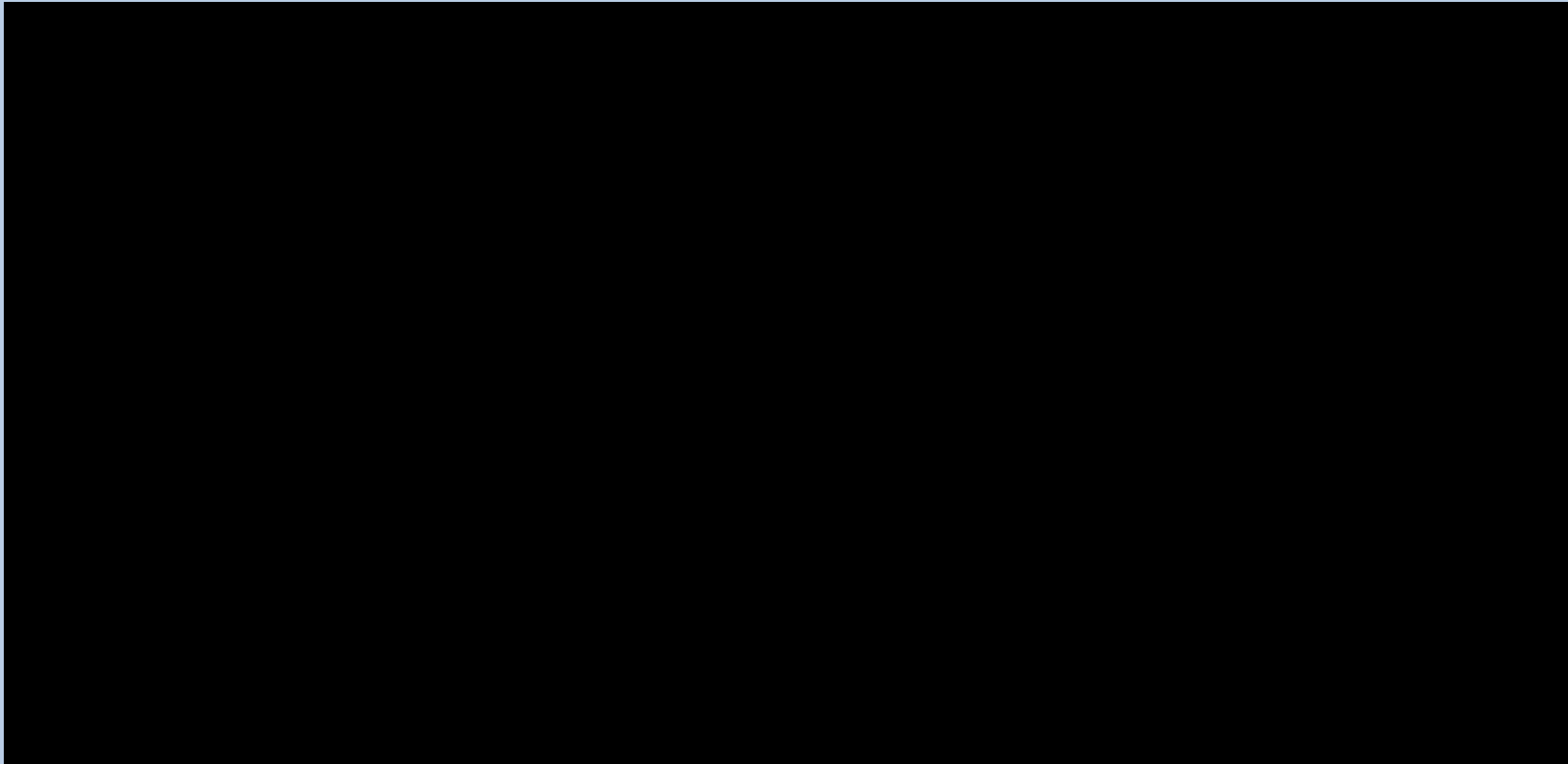
- Is a form of bullying that is done to people with disability
- This type of bullying can happen many times and can be done by different people/groups of people
- The impact of this type of bullying on individuals with SEN/D is cumulative and devastating
- Victims have become socially withdrawn and may be forced out of their own neighbourhood

*NAAG 2012, Mencap 1999*

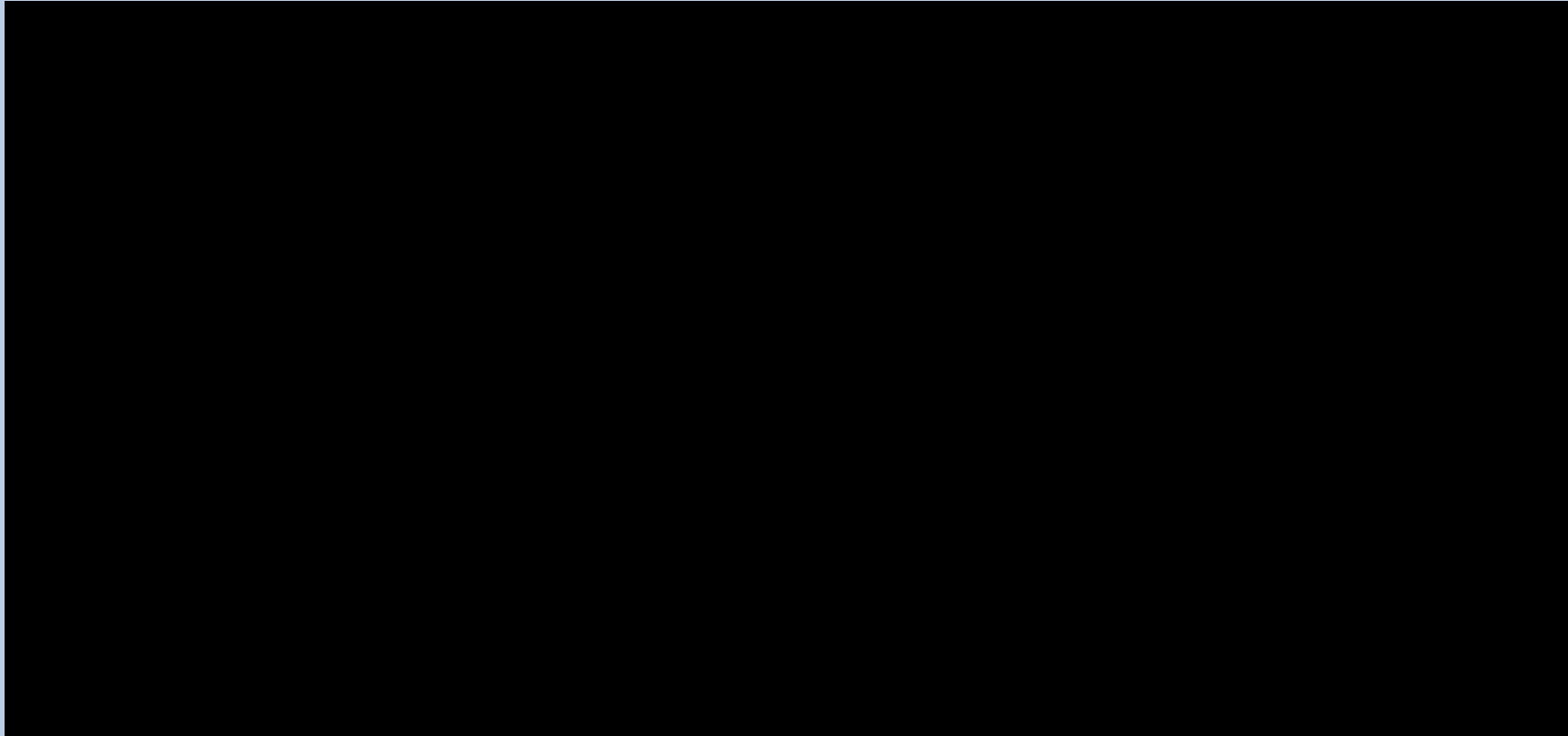
# Some reasons why disablist bullying can happen

- Many people with SEN/D are forced to be around other people with SEN/D all of the time
- Negative attitudes about people with SEN/D can perpetuate bullying even among people who have SEN/D themselves.
- Lack of empathy from teachers/support workers/services/co-workers/employers about being bullied and having SEN/D
- Inactive or ineffective responses when disability bullying is reported.

# Disablist bullying – Taking advantage



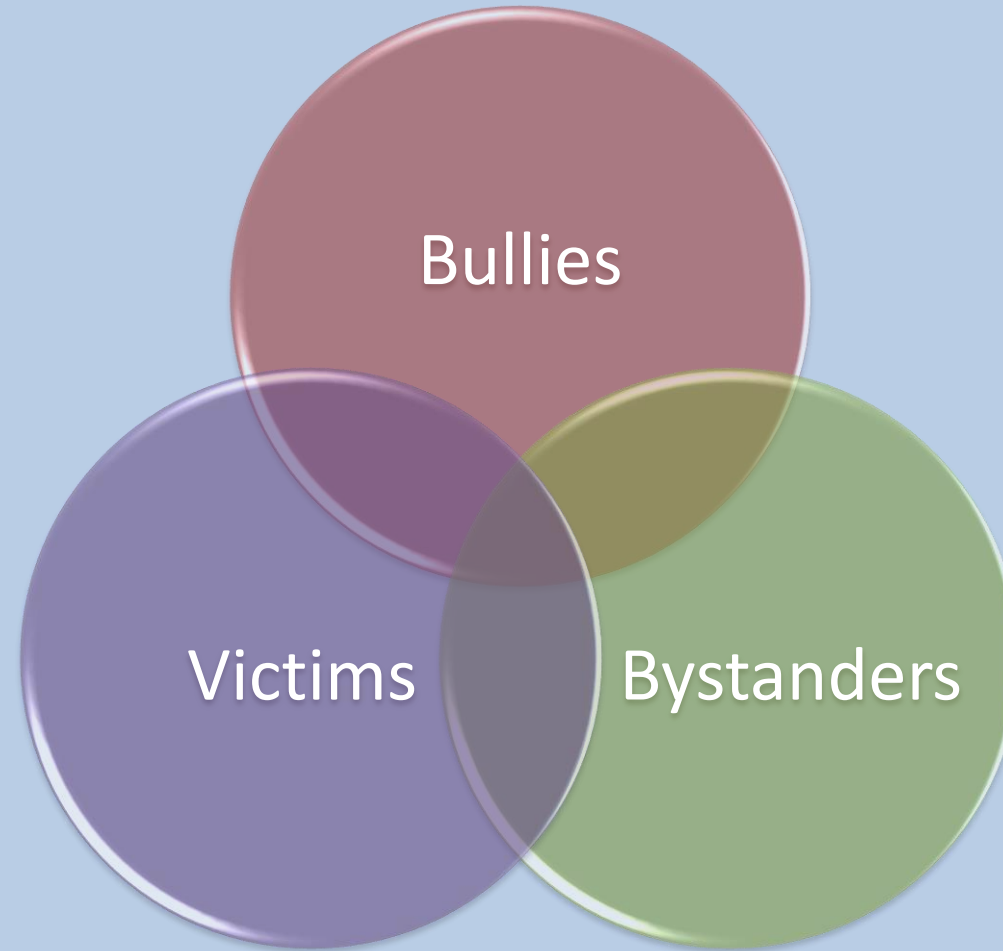
# Disablist bullying



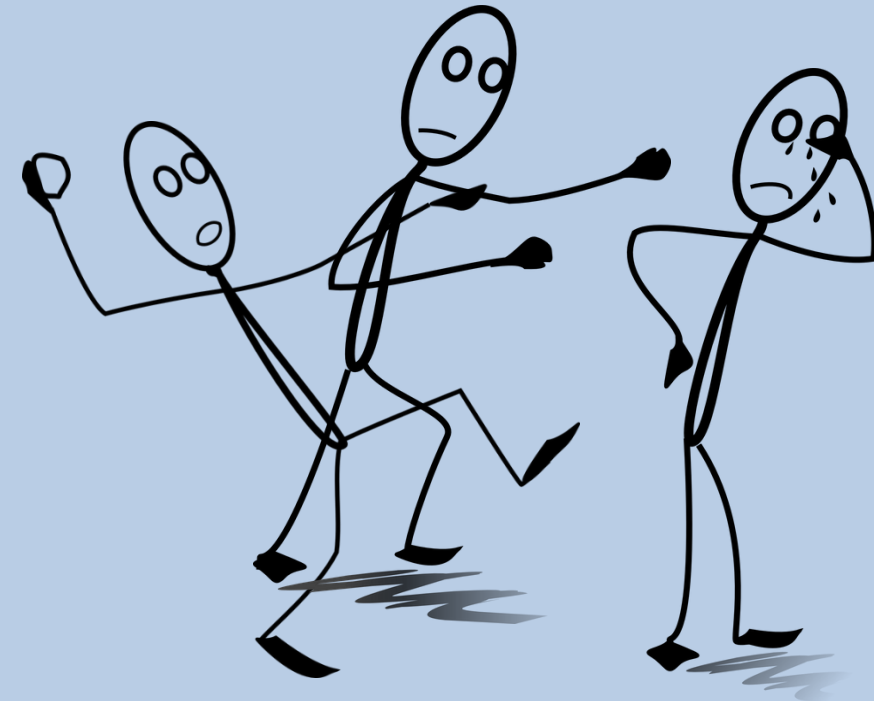
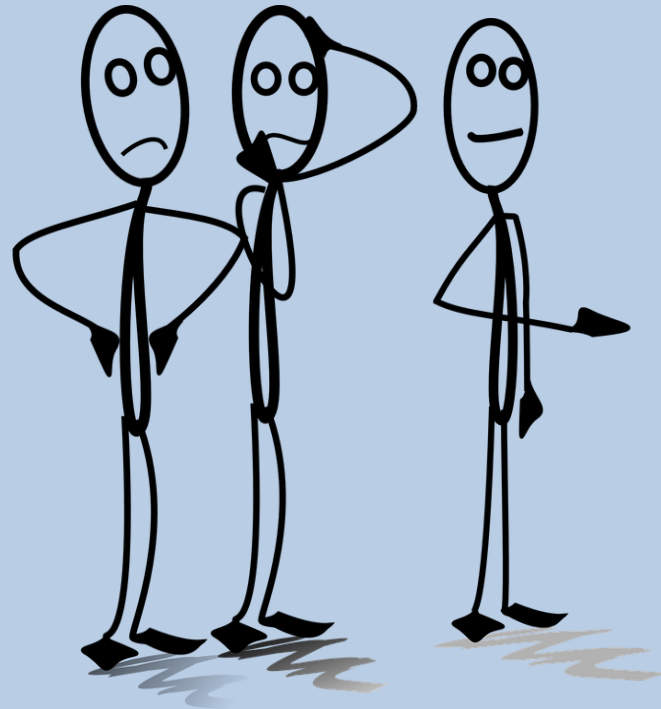
Erasmus+

*This project is funded by the European Union.*

# Bullying is a group dynamic



# What is a Bystander?



# Do Not be a Bystander





# Be an Upstander!

## Stand UP For Others!



# What Else Can Upstanders Do?

Make it clear to your friends that you will not be involved in bullying behaviour

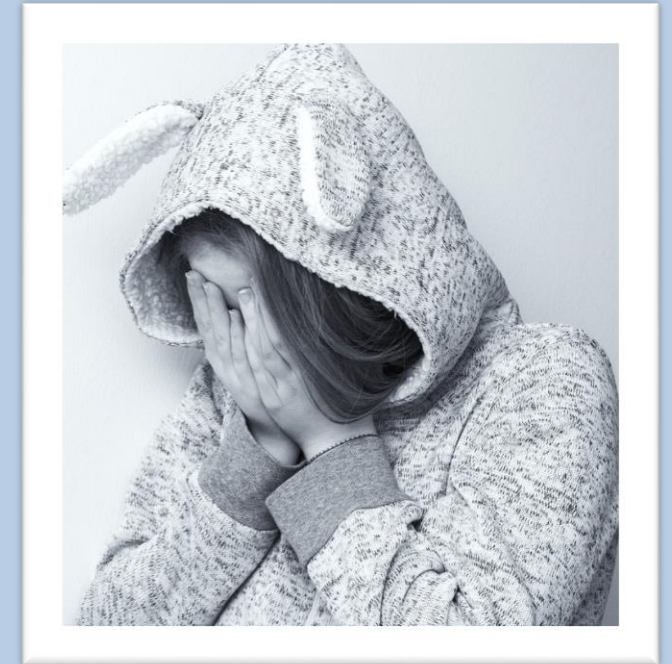
Never stand by and watch or encourage a bully

Do not annoy, tease or spread gossip about other people, this includes social media

Never forward on or respond to messages or photos that may be rude or upsetting

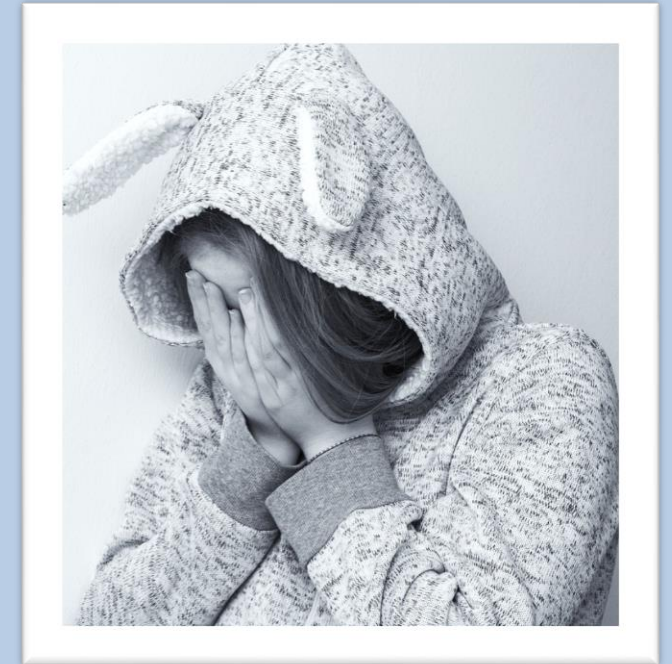
# Victims

- Do people making fun of you or hurt your feelings?
- Do you feel afraid or nervous about going into your day centre or training centre every day?
- Do people try to target you or pick on you on a daily basis?
- Do you feel that you are lacking confidence because of what others are saying to you?



# Victims

- Do you feel nervous or afraid when walking down your street in your local community?
- Do you feel nervous or afraid about traveling on the bus or train?
- Is it hard for you to look at people in the eye when you are talking to them?
- Do you find it hard to walk tall? Walking tall means that you walk with your shoulders back and your head held high



# Targets vs Victims

**You might always be a target of bullying  
but you can learn not to be a victim.**

- Targets see bullies as nasty people. They know that bullying is not their fault. It is the bully that has the problem.
- Targets do not feel that they are different. Bullies bully and that is what they do.



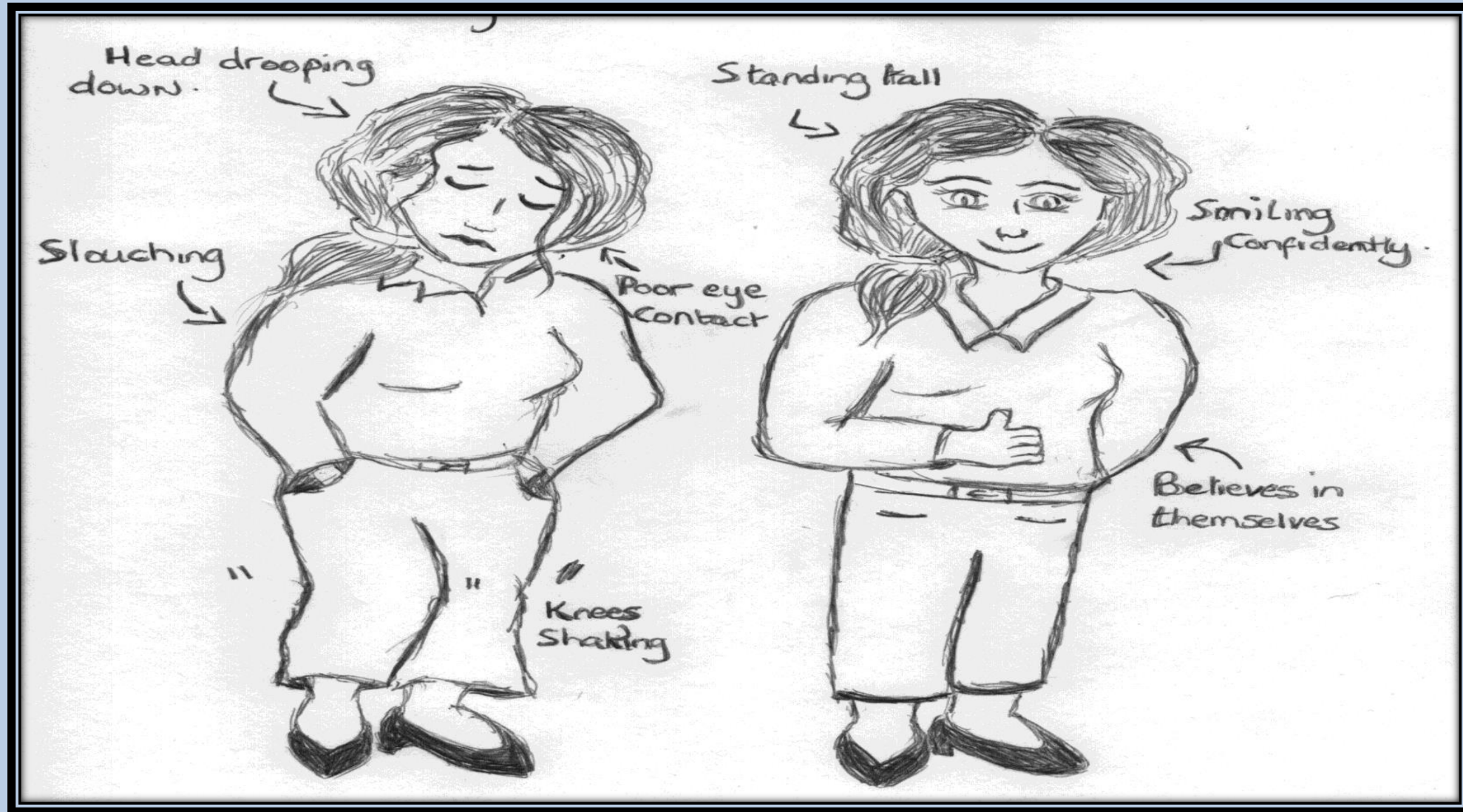
# Targets vs Victims

- Targets always do something about bullying. They always report it to someone.
- Targets always walk away. They believe that they do not deserve to be treated badly.
- Targets get help. They teach the people around them about standing up to bullies. They get people to be on the look out.
- Targets take action.





# Bully Proofing Yourself



# Always Look & Be The Best That You Can Be

- **Wash every day** - wear deodorant
- **Dress smartly**, clean clothes - age appropriate
- **Age appropriate behaviour** – how do other men/women behave my age
- It is all about your personal presentation
- No unusual behaviours if you can help it





# Walk Tall

- Head held high
- Shoulders back
- Look a person in the eye



# If You Are Being Bullied You Need To Do 3 Things



1. Tell the bully to stop bullying you. Make sure you say it like you mean it.



2. Walk away even if you do not want to.



3. Talk to someone you trust. You may need to make a complaint

# Bullying Is...

A learned behaviour

It is a negative way to getting what they want

A bully can always learn to stop



# Bullying Pledge

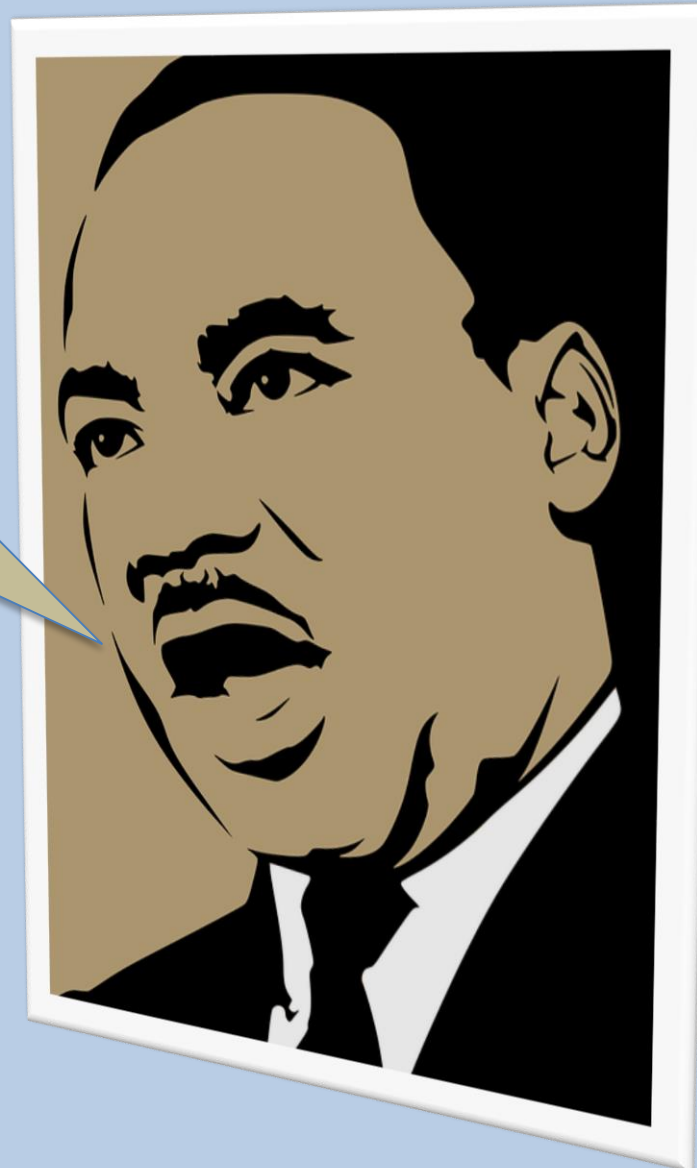
- I agree not to use bullying behaviours to get what I want
- I will help other people that are being bullied by speaking up
- I will include other people that are left out
- I will not be friends with someone that uses bullying behaviours



# Acts of Kindness



**In the end we will  
remember not the  
words of our enemies,  
but the silence of our  
friends**



**Martin  
Luther King**



