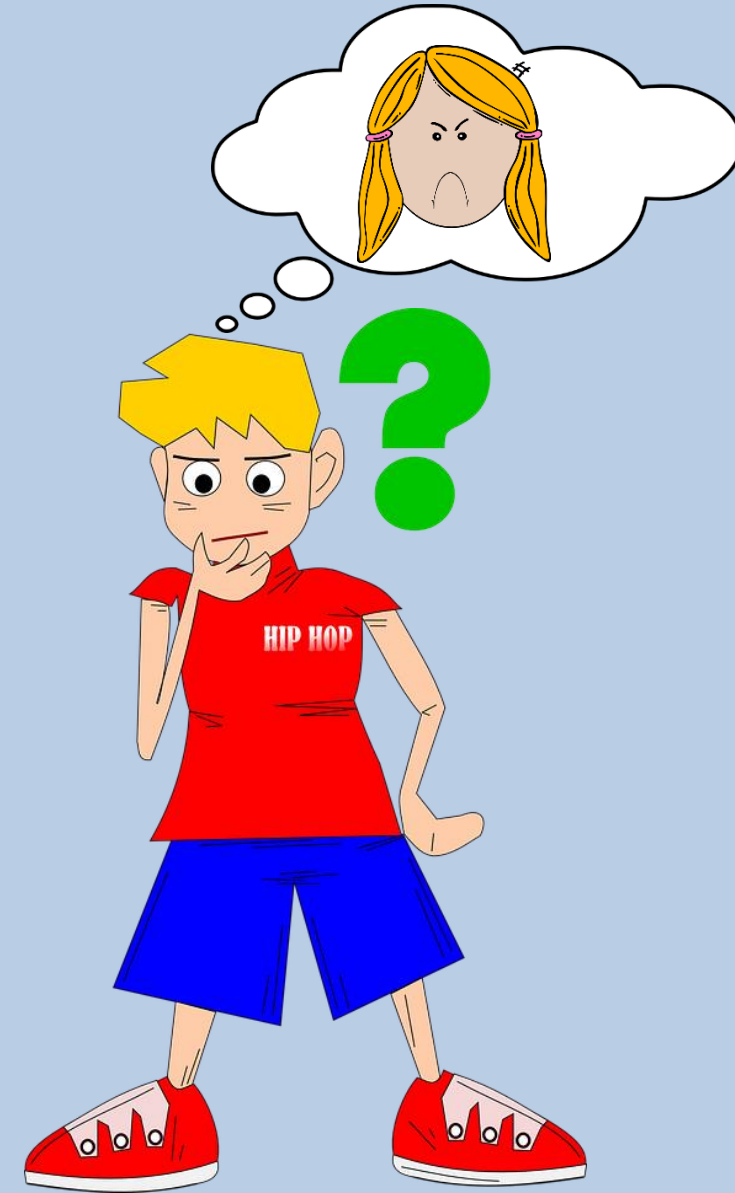


# Lets Stop Bullying

Session 5

## What To Do About Bullying?



# Opening circle



Favorite Food – Curry or Steak \_\_\_\_\_

Favorite TV Show – Game Of Thrones or Friends \_\_\_\_\_

Favorite Holiday – Skiing or Sun \_\_\_\_\_

Favorite Pastime – Walking or Swimming \_\_\_\_\_

Favorite Cake – Chocolate or Vanilla \_\_\_\_\_

Favorite Drink – Coke or Pepsi \_\_\_\_\_

favorite Hot Drink – Coffee or Hot Chocolate \_\_\_\_\_





# Aim of Session Today



What do you do if someone Bullies you or if you see someone being Bullied

Learn all about your Right to make a Complaint and how it can make Disability Services & Schools/Colleges better

Learn about Breathing and how it can help us when we are worried or Stressed



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# Bullying Does Not Stop Unless Something Is Done To Stop It



**Telling is Crucial!**

**Walk Tall and  
Speak Up!**

# Bullying is a Felt Experience



# What Do You Do If Someone Is Bullying You?





# 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.



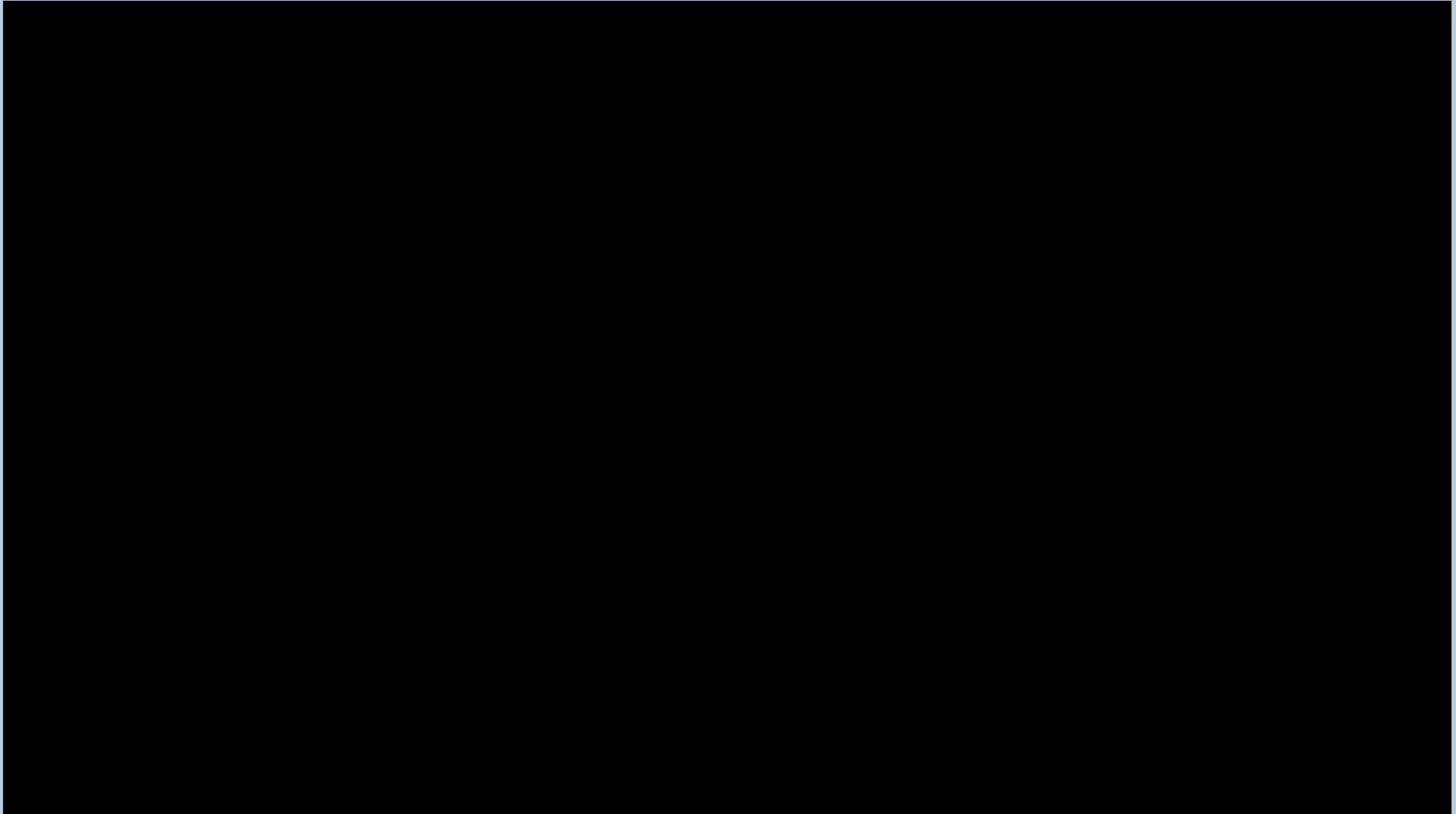
2. Walk away even if you do not want to.



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



# Stop, Walk and Talk



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# Making A Complaint



# All About Making a Complaint

Everyone has the right to Complain but did you know that it is not always easy?

Complaining is when you are not happy about something and you want it to change or stop

Complaining helps schools and services to know when things are going wrong

By complaining you are helping schools and services get better



**We Want To  
Hear From  
You**



# All About Making a Complaint

By making a complaint about bullying you are helping yourself and others who might be bullied by the same person

You are letting people know that you are not willing to put up with being bullied

It is very important to tell someone that can help you. A school counsellor, manager or a social worker be good people to tell

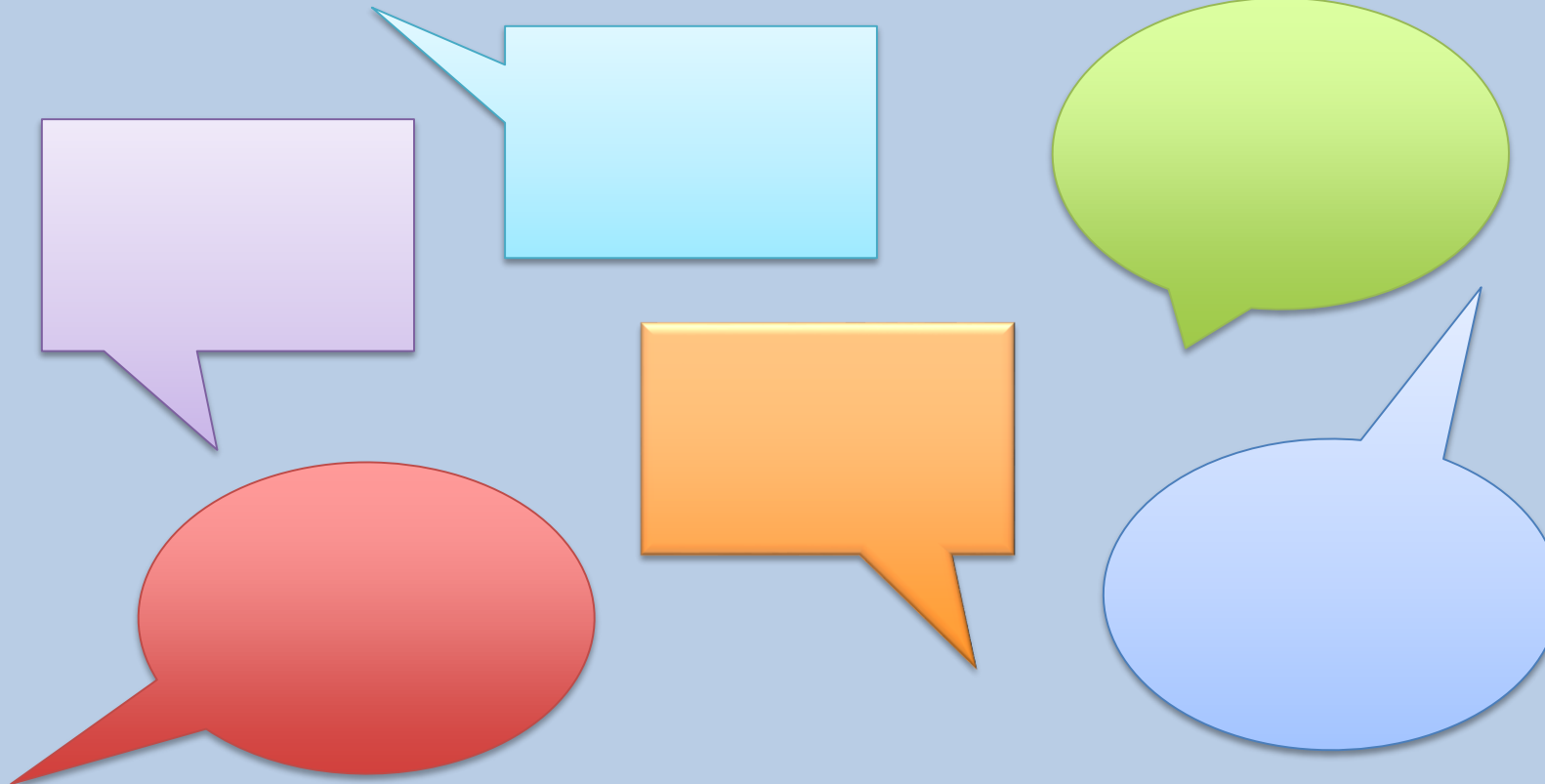
**We Want To  
Hear From  
You**



# Making a Complaint About Bullying

1. What kind of things can help

2. What kind of things stop you



# Who Can I Tell and What Should \*They\* Do?



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Like Workplaces, Schools & Colleges,  
It is a Disability Support Service's job to keep you safe





# Like Schools and Workplaces Disability Services need to....

- Understand how bullying is understood and how it impacts people
- Involve Disabled people in developing and maintaining easy to use and understand anti-bullying policys
- Expect respect for SEN/D people
- Provide Educational Programmes
- Be Empathic – Understand the lives of people
- Undertake a Holistic/Inclusive Anti-bullying Approach
- Teach Resilience
- Enable choice & control
- Support people to be and look the best that they can



# What are the Different Ways they can deal with Bullying

## Active responses

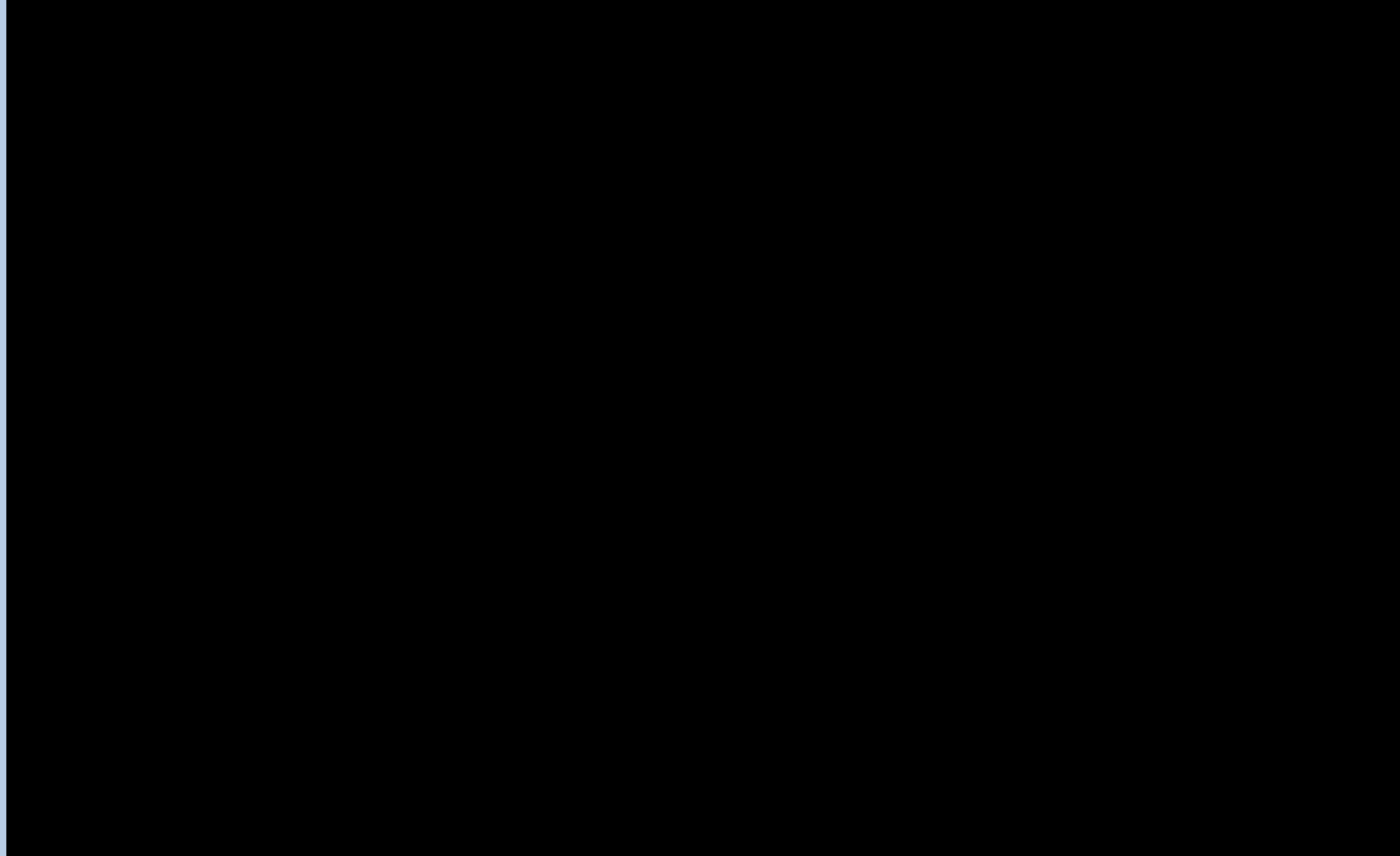
- Talk to victim and offer comfort
- Talk to the bully
- More supervision
- Implement consequences
- Educate about bullying
- Contacting parent or family member
- Counselling
- Suggest things to say to bully
- Attend anti-bullying training and web based training (cyberbullying)
- Acting on behalf of person, supporting

## Passive responses

- Tell the person to ignore the bullying
- Tell them to make fun of it
- Tell them to handle it yourself



# Making A Complaint To A Disability Service



# You Can Also Make A Complaint Directly To...

## School

- Your School Teacher
- Your School Counsellor
- Your Principal or Vice Principal
- Board of Management
- Government Education Department



## College

- Tutor
- Student Advisory Service



## Workplace

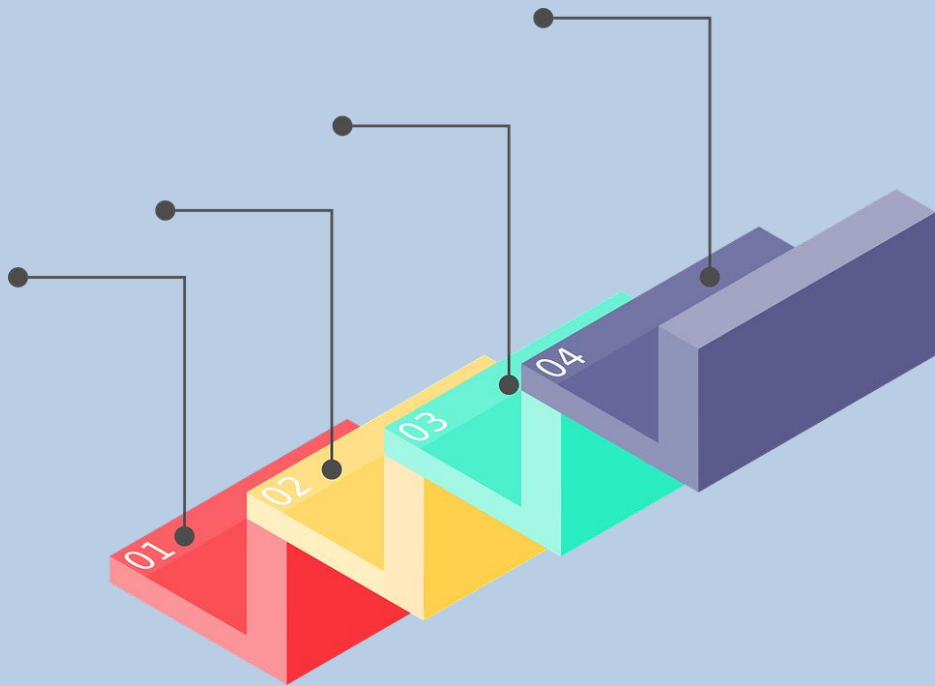
- Manager
- Line Manager
- Human Resources



# Different Ways To Make A Complaint



# 6 Steps to Making a Complaint About Bullying



1. Someone has bullied you or you have seen or know about another person that is being bullied.






2. Tell someone you trust. They will tell the person in charge of your service what has happened.


The person you tell will only talk about your complaint to the people that need to know.







**Making a complaint about bullying**  
**fill out bullying form**

 Date: \_\_\_\_\_  
Time: \_\_\_\_\_

 Where did the bullying happen?  
\_\_\_\_\_  
\_\_\_\_\_

 Who bullied you?  
\_\_\_\_\_  
\_\_\_\_\_

 Did anyone see it happen?  
\_\_\_\_\_  
\_\_\_\_\_

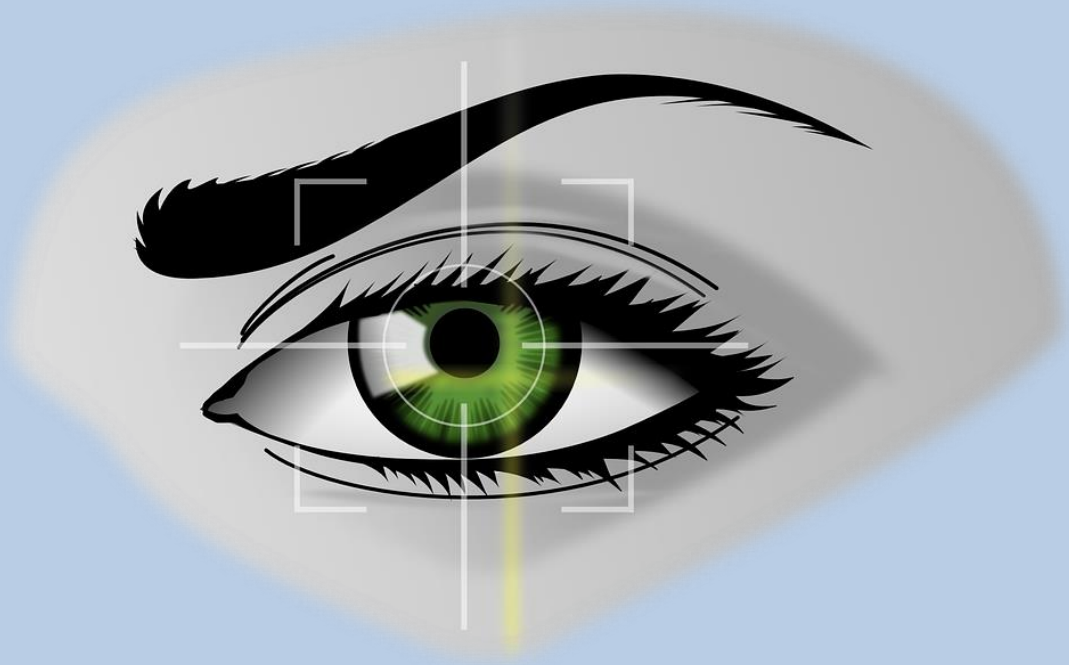
What did they do to you?  
\_\_\_\_\_  
\_\_\_\_\_

3. The person you tell will help you to make a complaint either by writing out what happened or by filling in an official form.

This form or what you have written down will help you to remember what has happened.



4. The person in charge will let you know what they have done or what they are trying to do the next day or the day after at the latest.

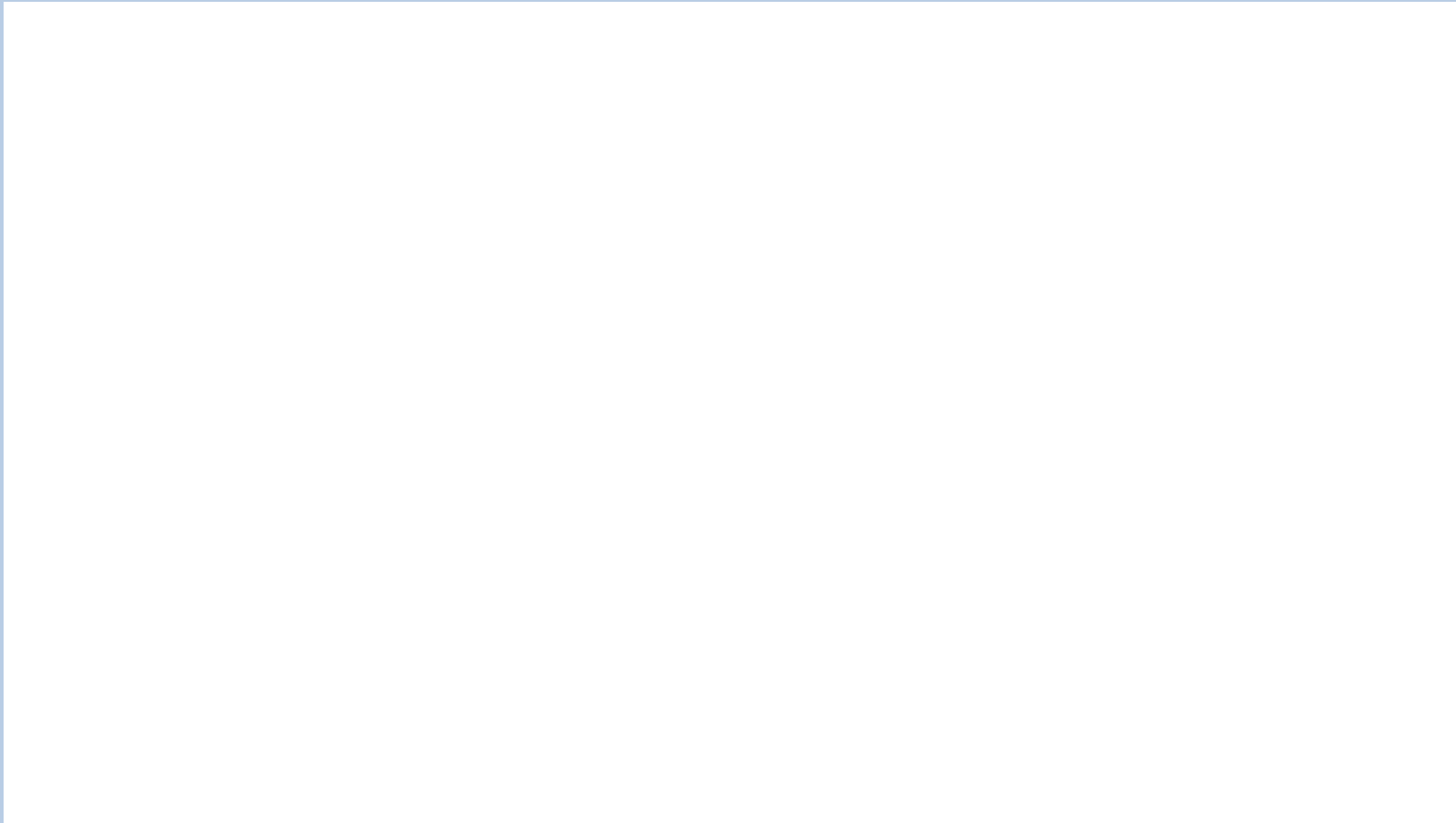


**5.** The person you have told and the person in charge will keep an eye on you and the bully to make sure that it does not happen again.



6. If the bullying happens again the person in charge might need to get help from a professional like a social worker or a counsellor.

# Breathing – A Calming Down Tool



# Bucket Of Kindness

