

Lets Stop Bullying

Session 6

Keeping strong against bullying



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This project is funded by the European Union.

Opening circle





Aim of session today

Learn about stigma, anger, what resilience is and why it is important in dealing with bullying

Learn about and understand the importance of having and maintaining good self-esteem

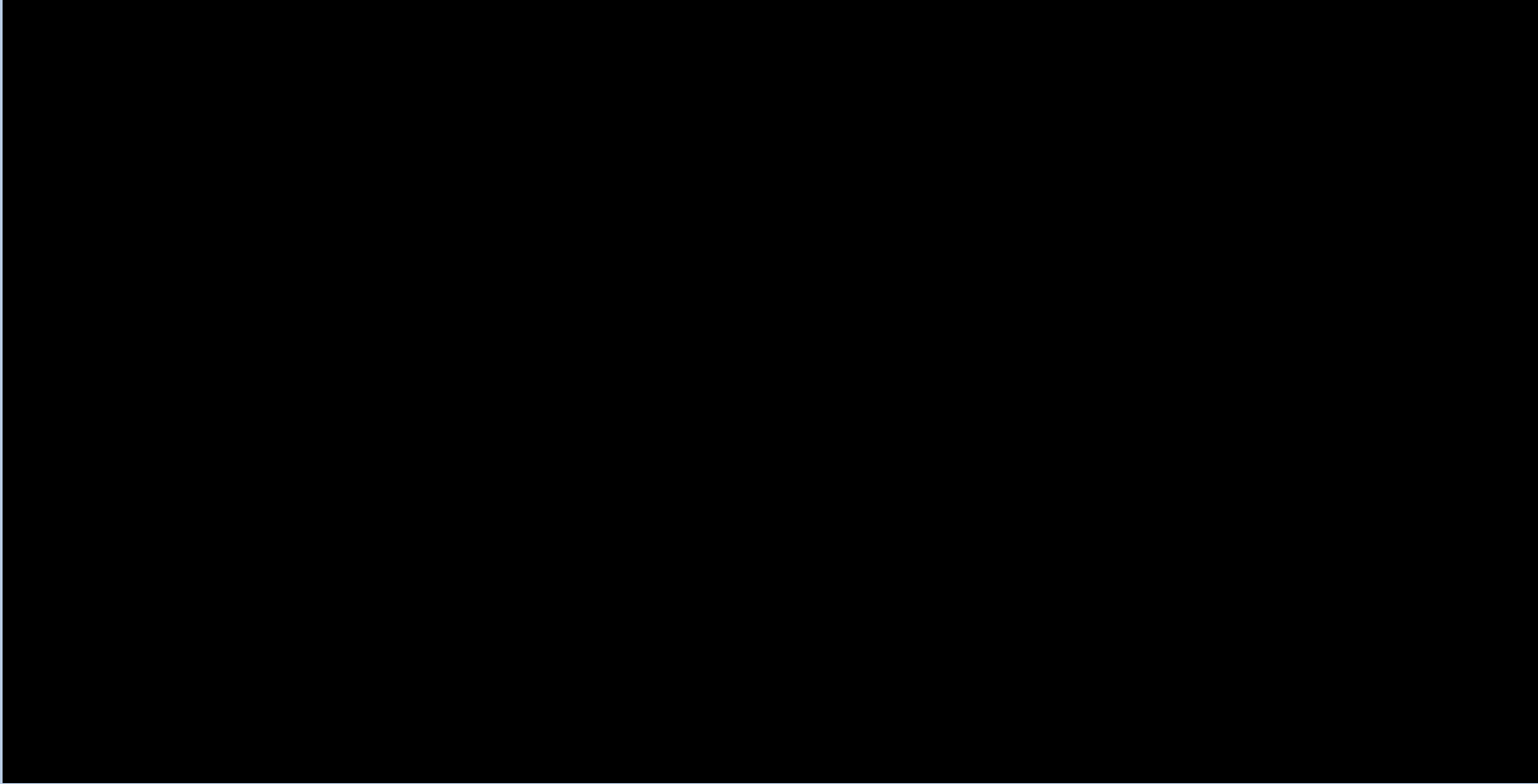
Learn about positive self-concept and the importance of knowing and understanding yourself

Learn all about assertion skills

Coping with life can be hard

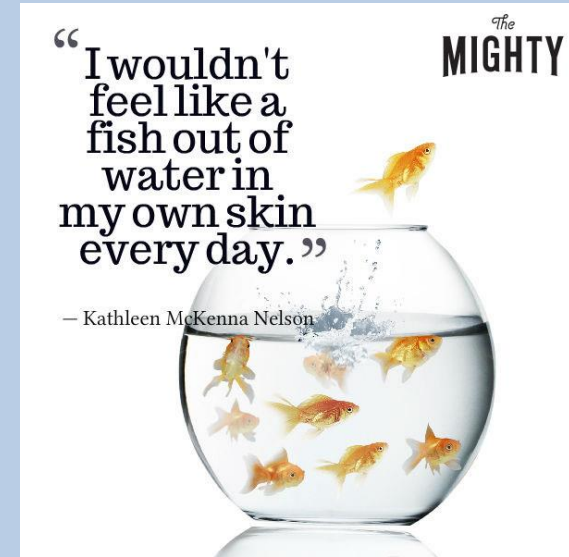


Stigma



Effects of stigma

- People with SEN/D sometimes have a negative view of themselves, and as a result don't like being around each other – this is called internalized ableism
- This can reinforce the idea of people with SEN/D are substandard and dependent
- Make them more vulnerable to the psychological distress
- Susceptible to mental health problems – anxiety & depression
- Reduce quality of life
- Increase risk of being bullied and abused



Self advocacy movement – challenging stigmatizing ideas



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Anger



Brainstorm - Anger

What kind of things do people do when they are angry?



Anger and your body



Picture taken from Anger, A Guide for People with Learning Disabilities

Healthy anger

1. Healthy anger is an energy, that's pushes you to speak up, and stand up for yourself
2. Gets people together to make changes for the better – campaign groups, self advocacy groups

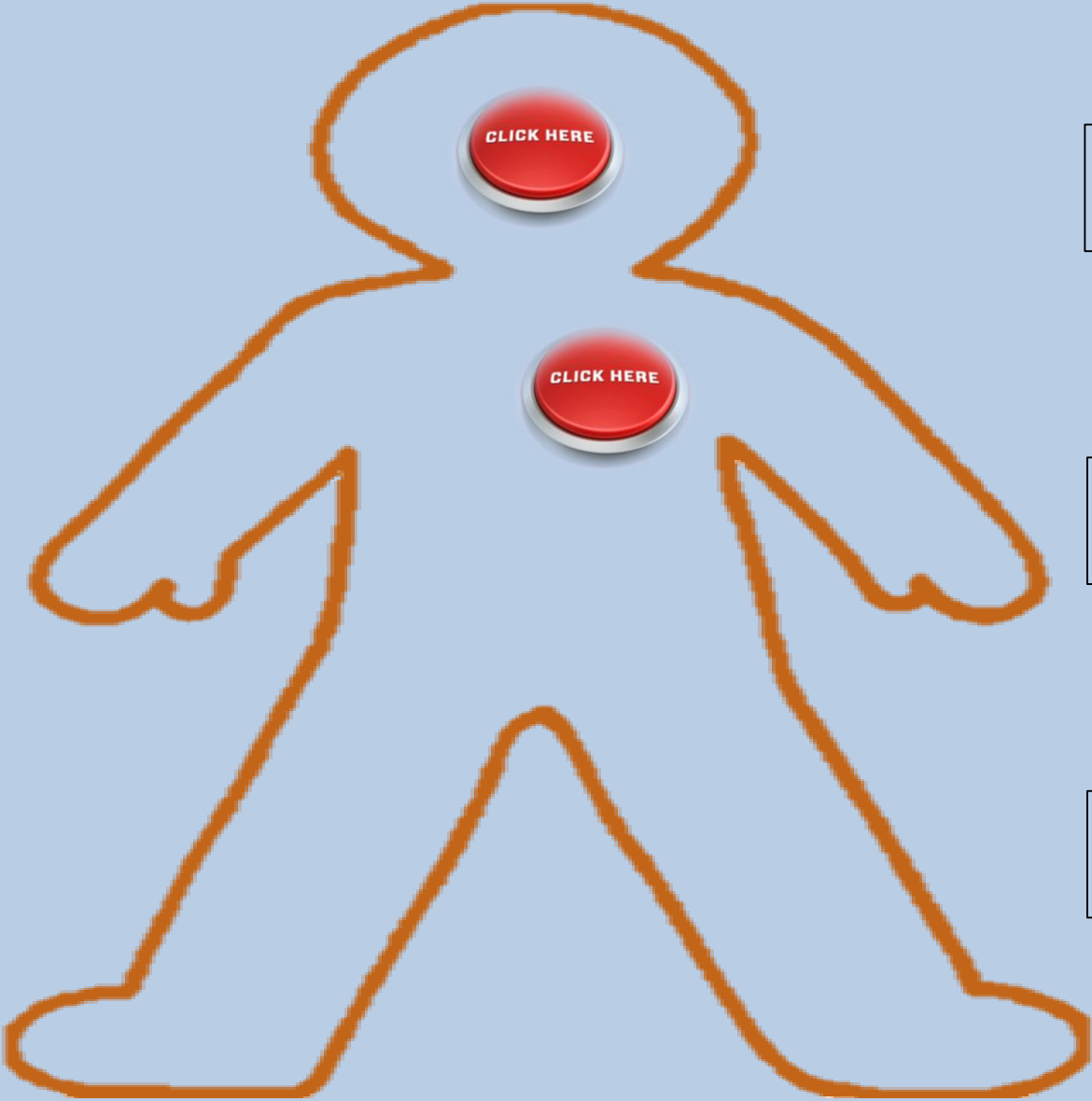


Unhealthy anger



- Lasts more than a day
- Happens more than 5 or 6 times a week
- Can get out of control to a trigger – you become labelled as an angry/aggressive person, people may stay away from you, it may be hard to make friends or keep a job
- Finds situations hard to cope with
- Can get sick – headaches, blood pressure, heart attacks
- You can train your anger to become stronger
- You can catch anger – if you are angry with someone they could be angry back

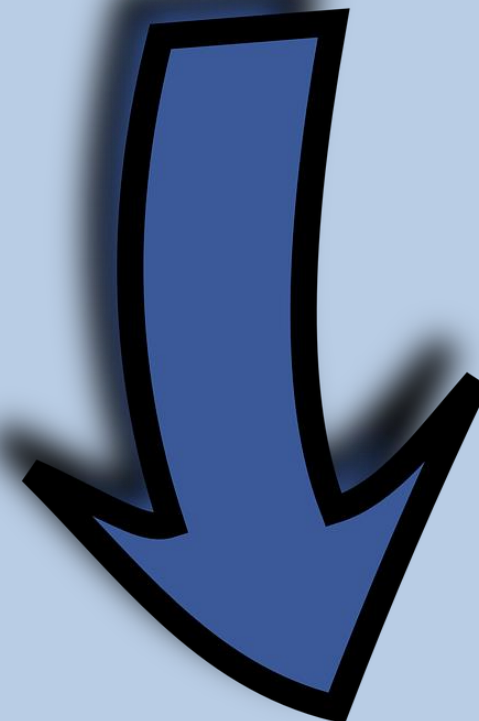
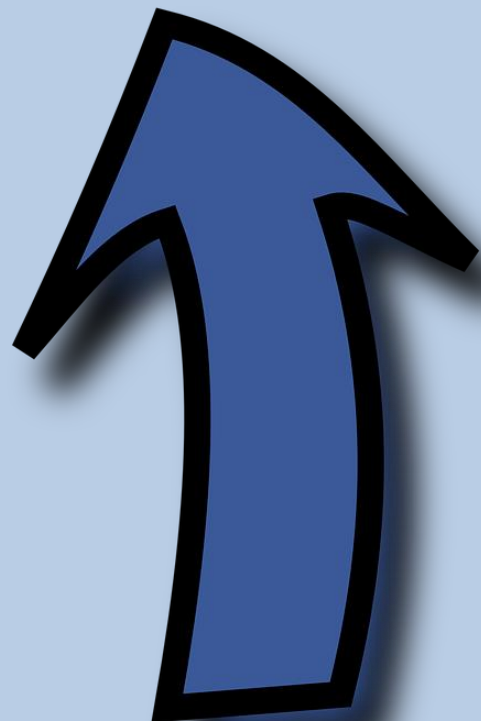
Who and what presses my buttons?





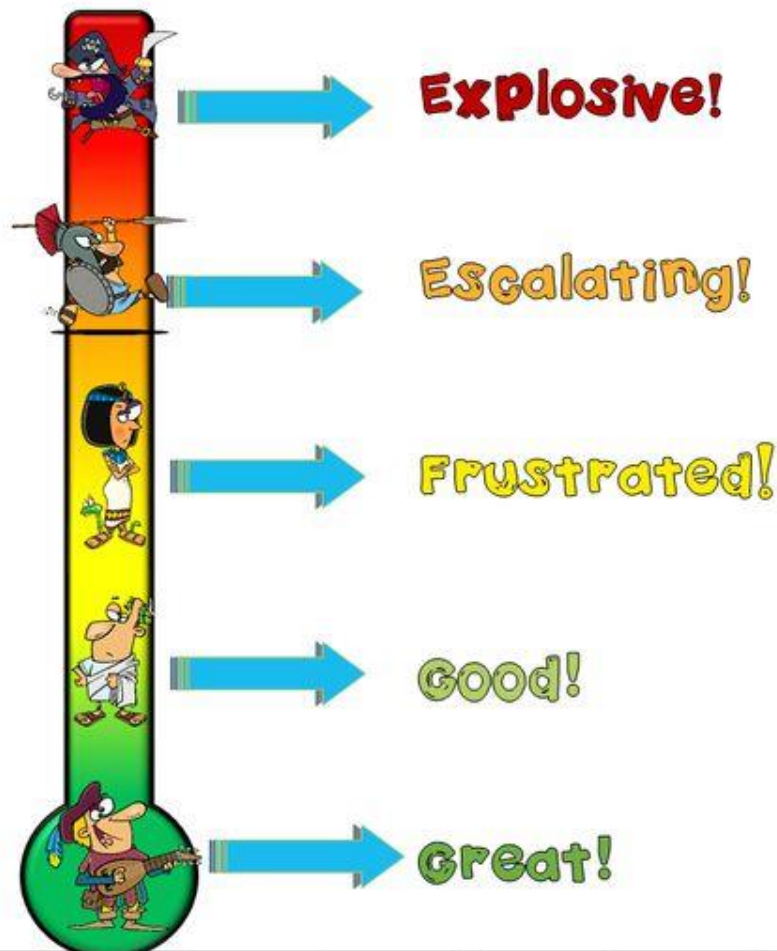
DisAbuse

STOP DISABLIST BULLYING



My Anger Thermometer

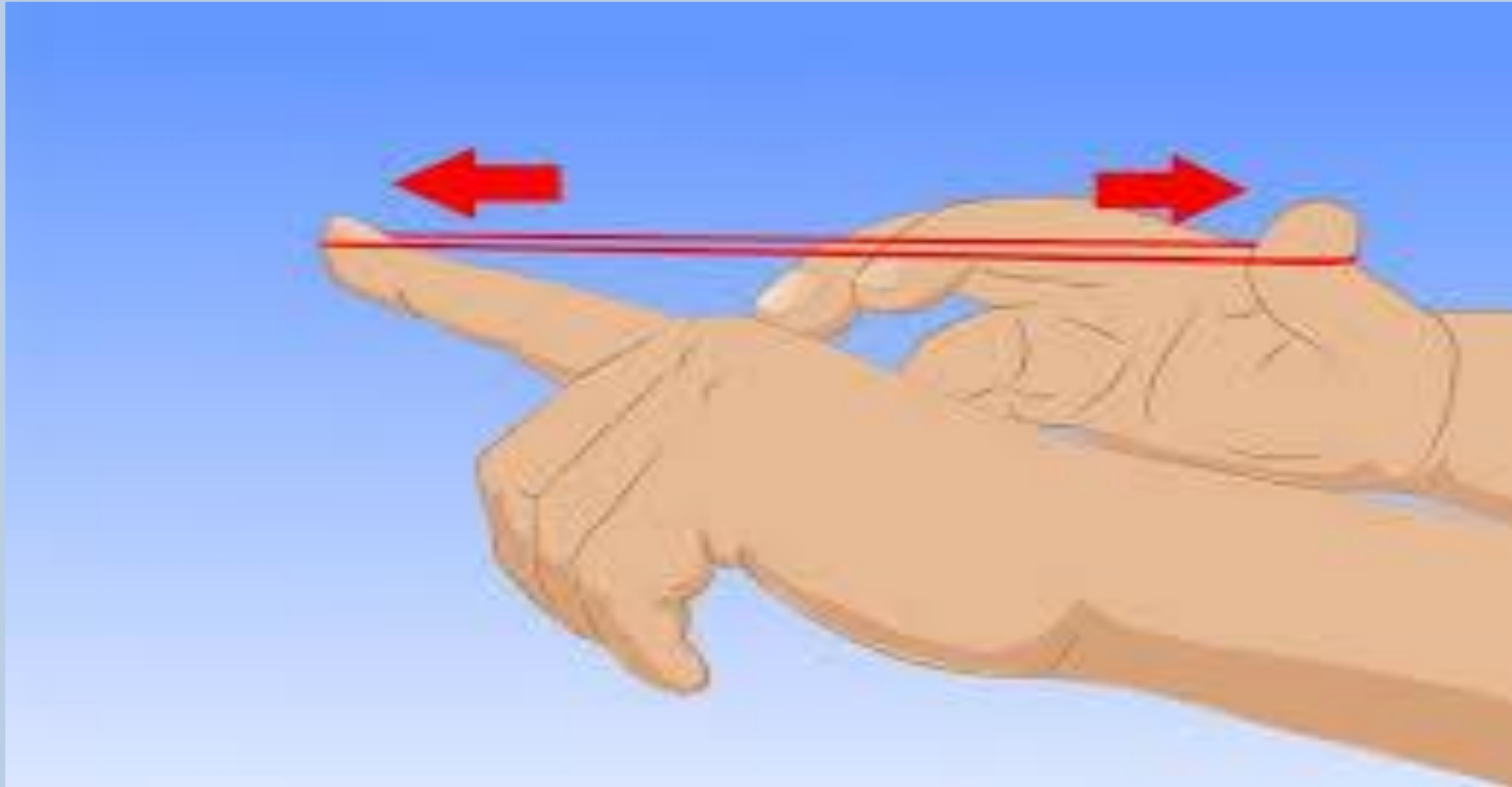
Mark an "X" on your anger level.
Wait 5 minutes and re-evaluate.



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Resilience – what is it all about?



For people resilience is...

...the ability to cope with the stresses of life, so you can:

- deal with
 - learn from
 - and move on from
- a negative/stressful event in life.



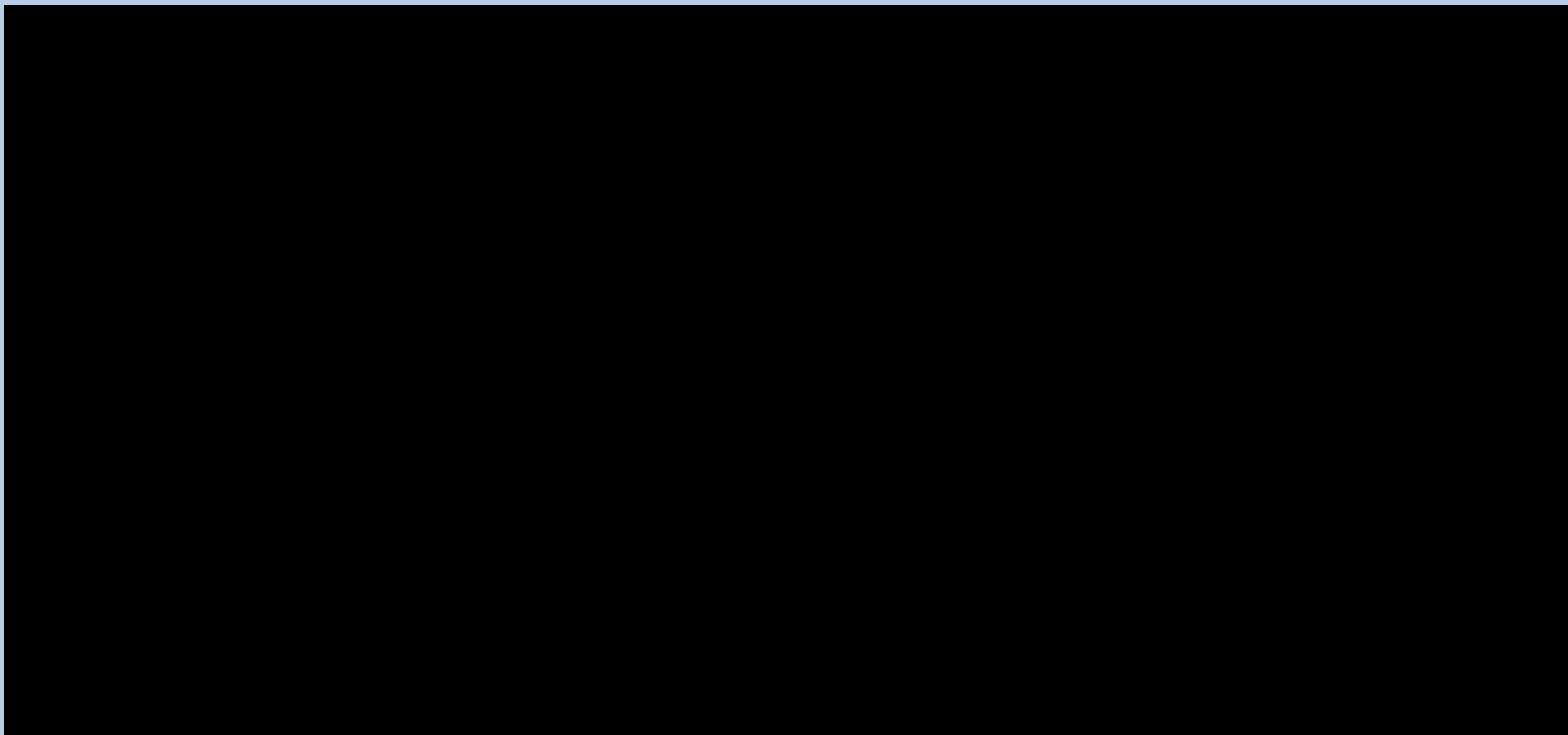
It allows you to both deal with issues but also ‘bounce back’ better from them.

What we know about bullying and resilience

- People with a strong resilience skills are less likely to be aggressive or be bullied
- Building your resilience can help you not to be bullied/deal with it better
- Having a supportive person/environment helps resilience and helps victims to report
- Learning good problem solving skills helps you to figure out how to face a challenge in the best possible way.
- Being calm/not overreacting helps you think through/break down problems and deal with them in a manageable way.



Chicken & Eagle



Building resilience



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Some Resilience Skills

There are many ways you can learn to be resilient, we are going to look at just a few:

- Keeping Calm – Anger is a Choice
- Problem Solving
- Making Good Decisions

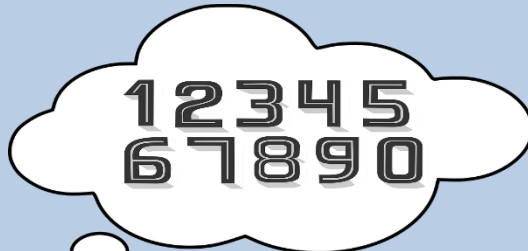


Keeping calm

What can I do...



Breathe



Count



Talk



Scream in
Private

Anger & choice



When you get angry you have a choice

You can choose to get Mad



Angry

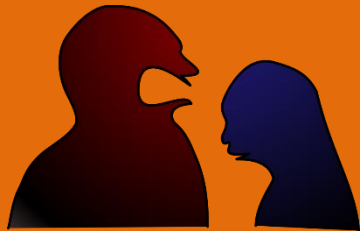


Shout



Hit Out

And risk...



Getting told off



Getting hurt

This is a bad choice

You can choose to stay Calm



Explain how
you feel



Seek help



Say stop

And then...



Stay calm – you may get what you want

This is a good choice

Coping with anger



Problem solving skills



1. To be able to cope with and deal with every day problems is a very important thing in being resilient.



3. Solving a problem is therefore the process of finding a solution that resolves the problem.



2. A problem is a situation where you need to figure out a solution that works for you and for other people if they are involved.



4. When you are solving a problem you need to think about the risks. For example I want to buy new shoes this week but if I do I will not be able to pay my phone bill.

Problem Solving 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?**



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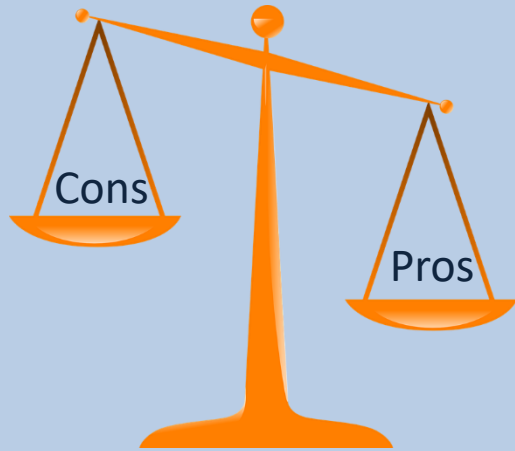
Making good decisions



1. Making good decisions is part of being resilient.



3. Some decisions are easy and they have little or not risks or consequences like eating cornflakes or cheerios for breakfast...



2. Understanding the pros and cons, or risks and consequences is crucial in making good decisions.



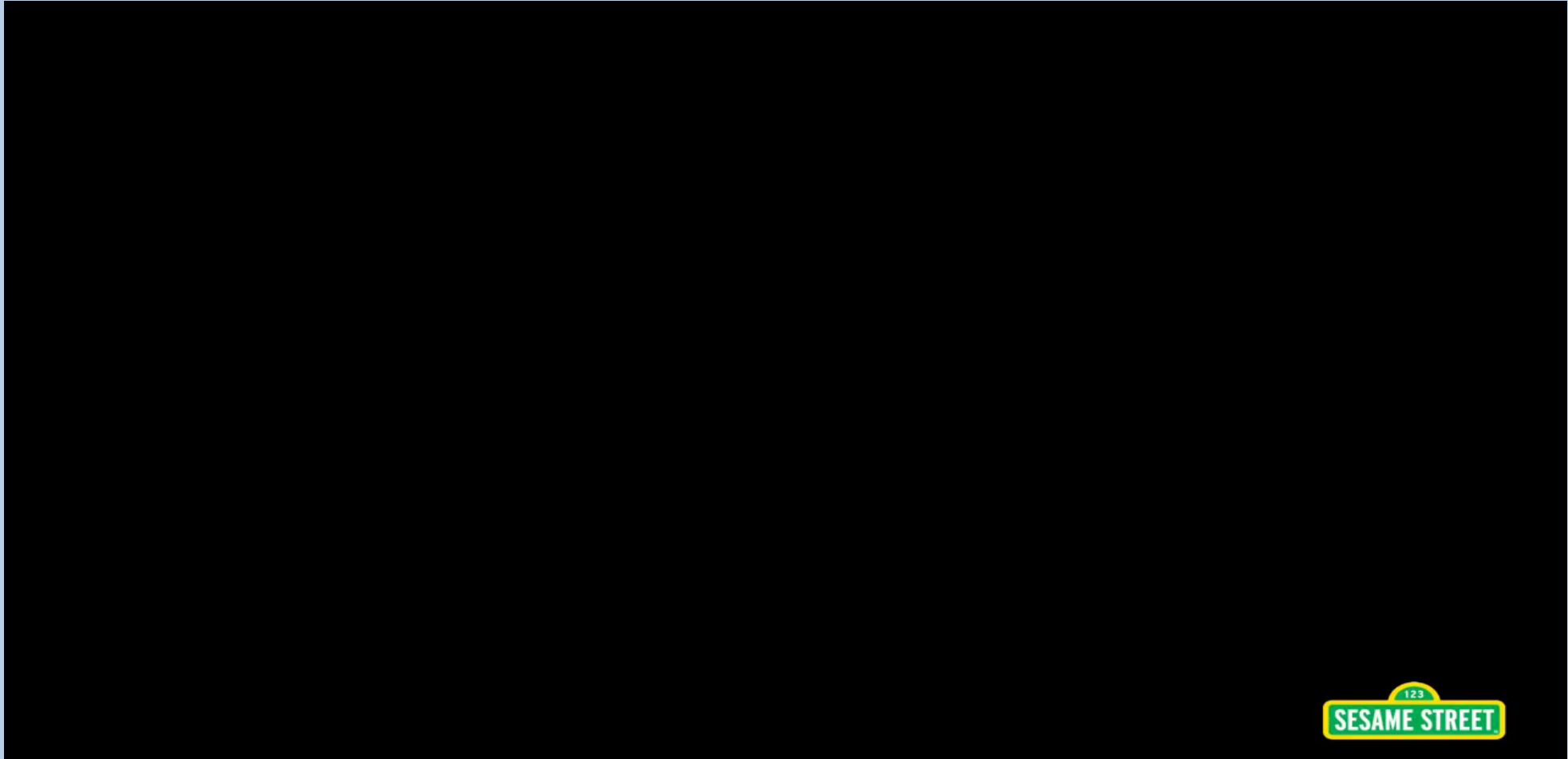
4. While other decisions can be hard and have some risks and consequences. Like spending all my money on one thing or taking my anger out on others all the time.

What is self-esteem?

- It is how you feel about who you are
- Some say it is about having confidence



Confidence



**You can all feel
good things
about yourselves**



**You can all feel
bad things
about yourselves**



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Low self-esteem

Someone with **low self-esteem** think that they are no good at things and feel worthless



I can't

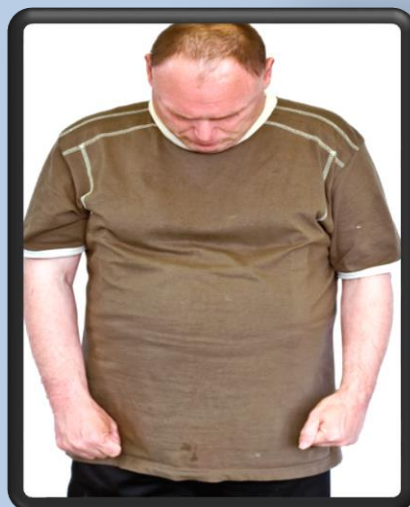


High self-esteem

Someone with **good self-esteem** believe that they are good at things and are confident



Body language can tell us a lot



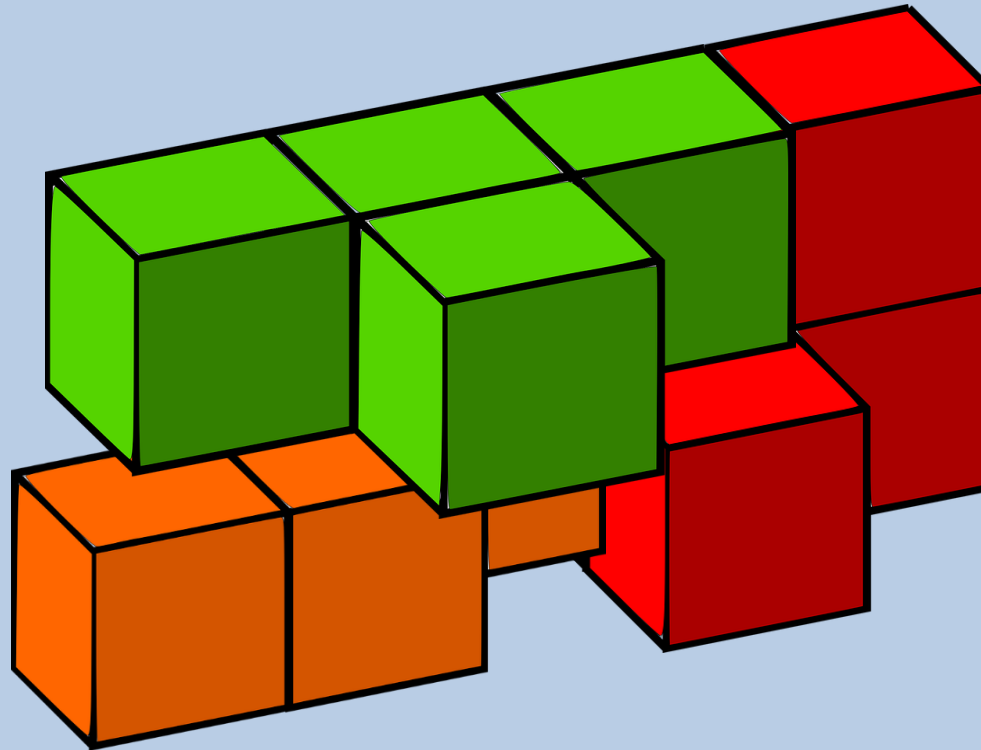
Improving self esteem

Research

Being challenged and overcoming barriers even at the risk of not doing well can be a source of self-esteem – feels good

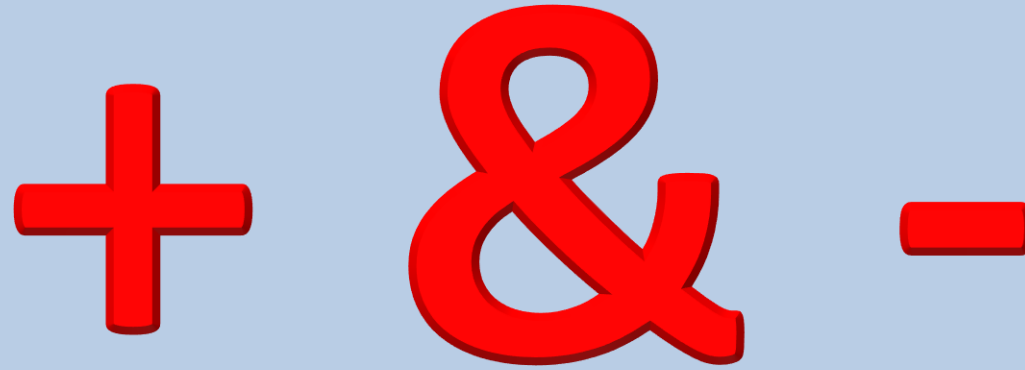


Self-esteem is something you build on all of your life



It is made up of all the
good/bad experiences
and relationships
(people) you have
ever had in your life



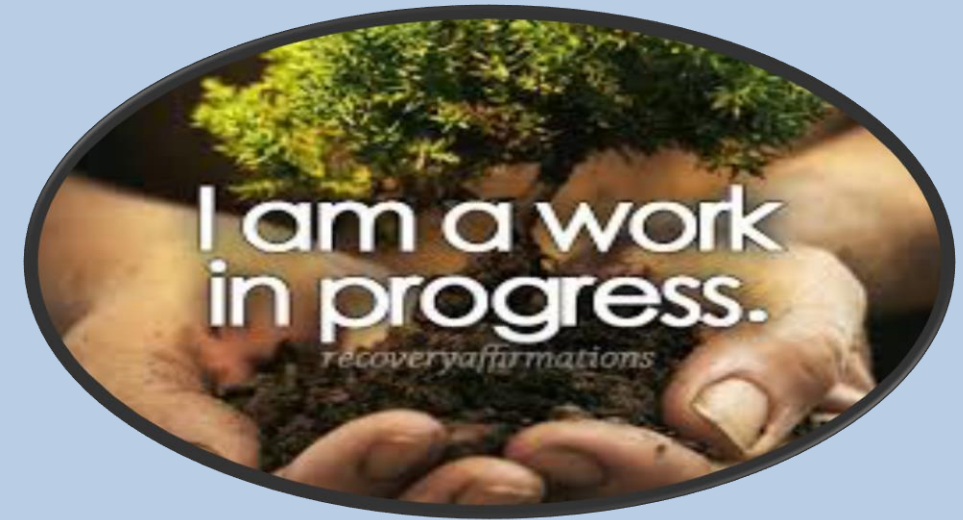


Everyone you have ever met has added or taken away from
how you see and feel about yourself

Your life changes has added or taken away from how you see
and feel about yourself

Self esteem grows when

- People have good relationships with themselves
- People achieve/accomplish
- People are praised & respected – “that’s excellent, well done”
- Allow themselves to make mistakes – you cannot be good at everything
- Know what you are good at, bad at and what you want to get better at
- You are not afraid of trying new or difficult things
- Are around healthy people

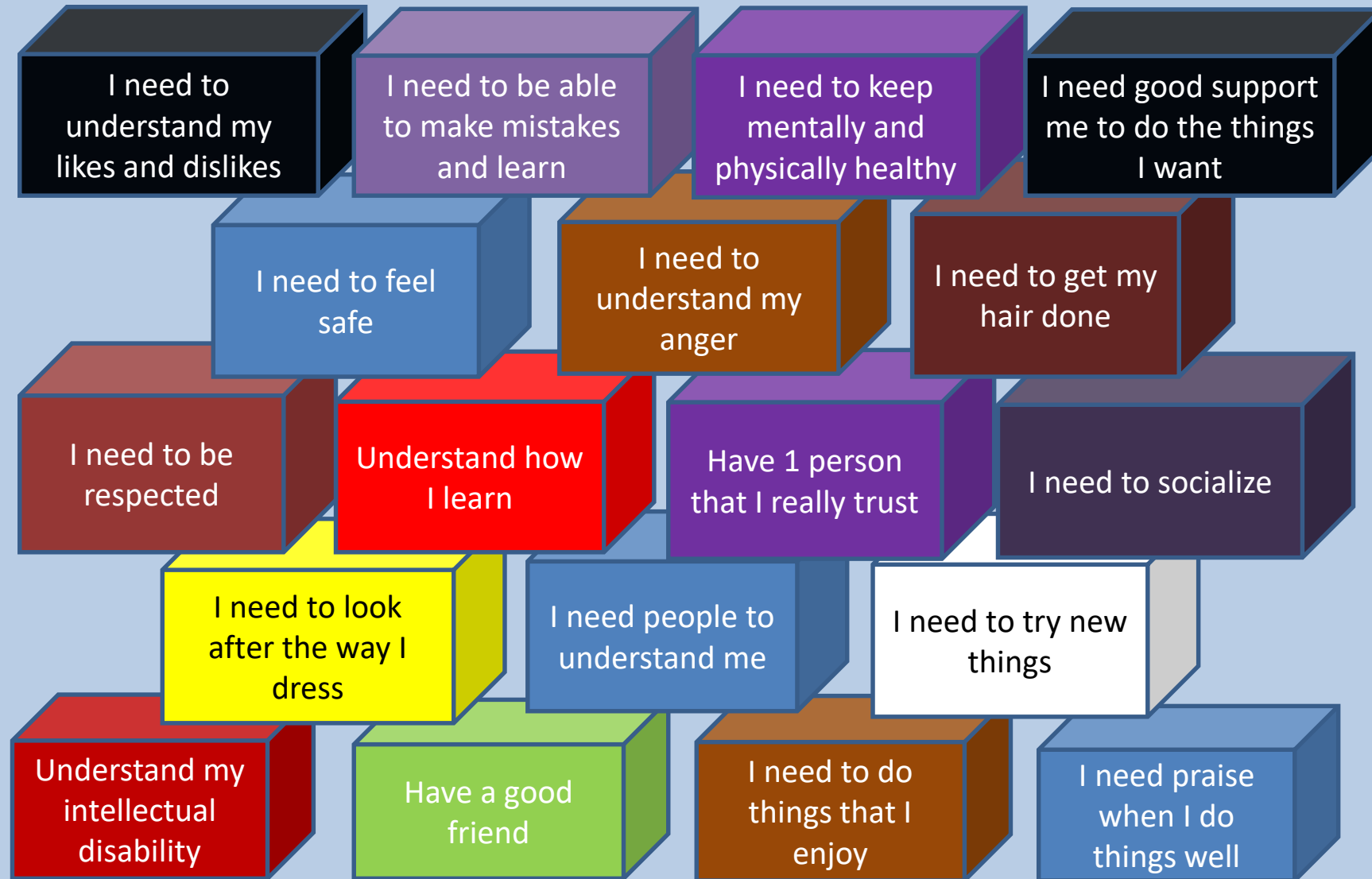


Self esteem does not grow when

- People do not like themselves – comparing themselves to others
- People are excluded or treated differently from ordinary – learns, walks, talks, behaves
- People do not get a chance to achieve/accomplish
- People are not praised & respected
- People are judged/devalued/wounded
- A person judges themselves by the mistakes that they make
- They do not know what you are good at, bad at and what you want to get better at
- They are around unhealthy people



Building blocks to great self esteem



Self concept:

Understanding who I am is part of self esteem

Who am I?

Who am I as a person?

What are my likes/dislikes?

What makes me different?

What makes me the same?



Understanding myself is part of self-esteem

Self understanding

Why are things important to me?

What's important and what's not?

What makes me angry?

What motivates your behaviour and

actions?

What are your values and beliefs?



Self concept:

My physical self

What I look like?

Colour of my eyes?

Colour of my skin?

Am I left or right handed?

Am I small, tall, thin, big, red hair,
weak, strong?



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Self concept:

Social self

How I get on with other people?

Am I shy?

Do I like having fun?

Who are my friends?

Who are my work colleagues?

My family?



Self concept:

Competence self

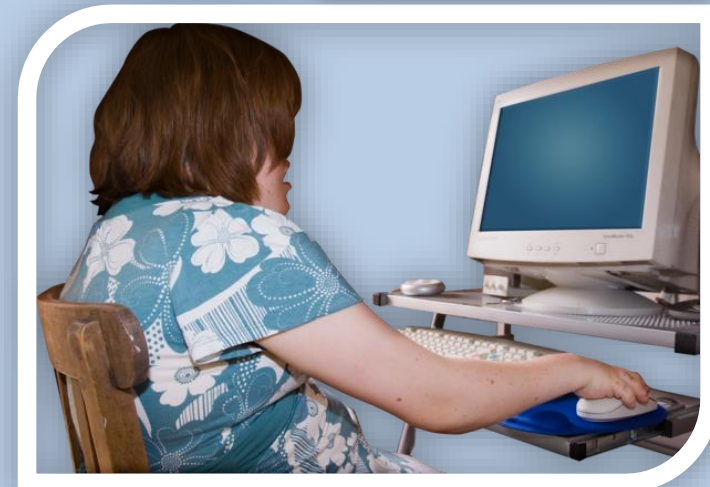
Ability to provide/look after yourself

Schedule/do work/homework

Prepare food

Employee:

- earns
- looks after house
- pays bills



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Self concept:

Inner self

What you think and feel
deep inside about yourself



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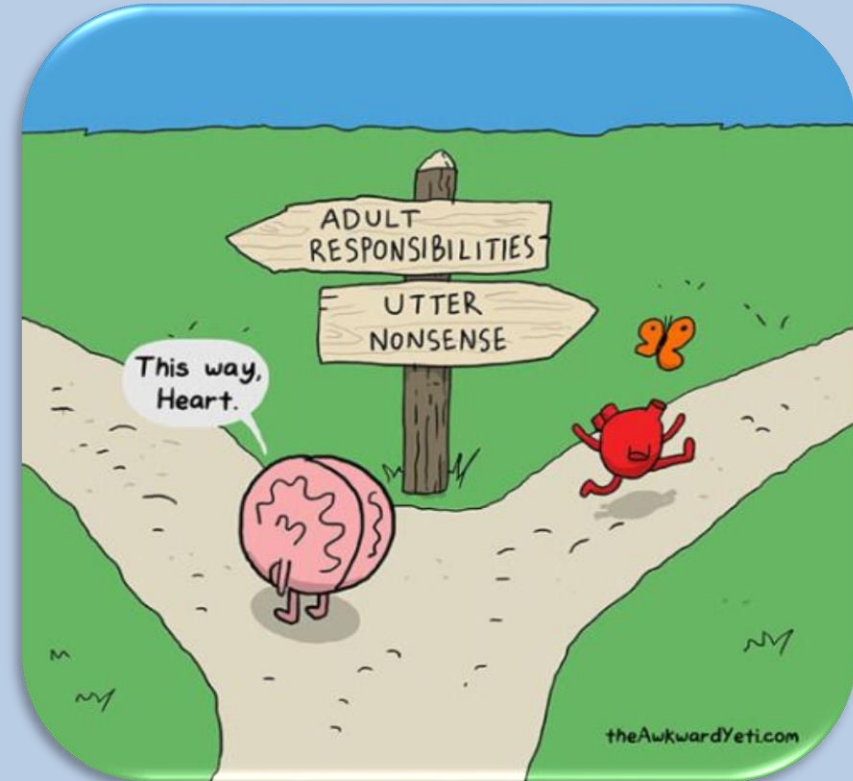
Self concept:

Self has 2 faces

I – person deep inside – what I want to really do, sometimes we will act on what the I tells us sometimes we do not

Me – what I need to do, what is expected of me – learned behaviours, expectations and attitudes from others

George Herbert Mead





My self concept poster

Assertion



Passive



Assertive



Aggressive

Aggressive AI

Shouts or yells to get what he wants

May point his finger

Very loud

Does not listen

May use his fists

Goes into your personal space

Controlling

Poor self-esteem

Angry

Bossy

Bullies to get what he wants

No confidence



Being aggressive means ...

- Say what you want in a threatening way
- Hurt other peoples feelings to try and get your own way
- Being loud or yelling when you want to speak up



Passive Pete

Slouches

No confidence

Sad

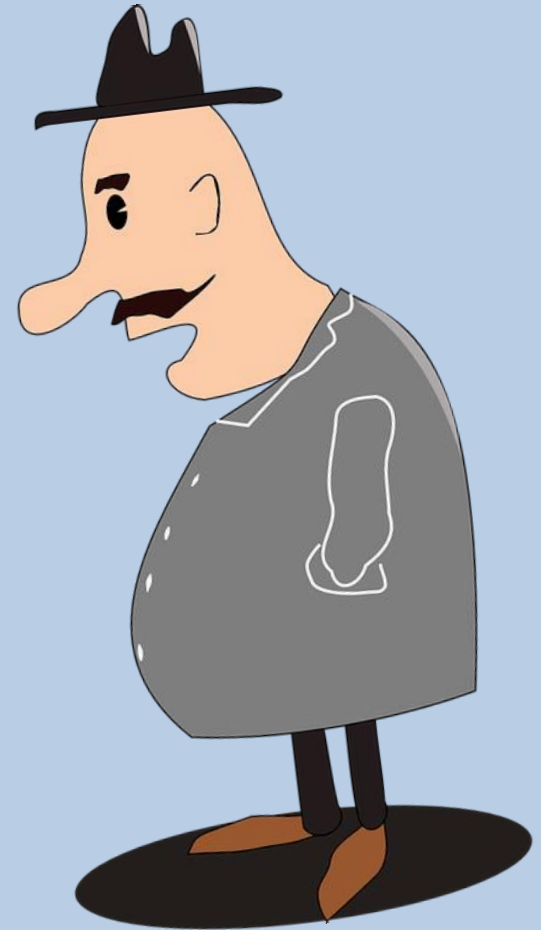
Does not say what he really wants

Looks down

May be angry inside

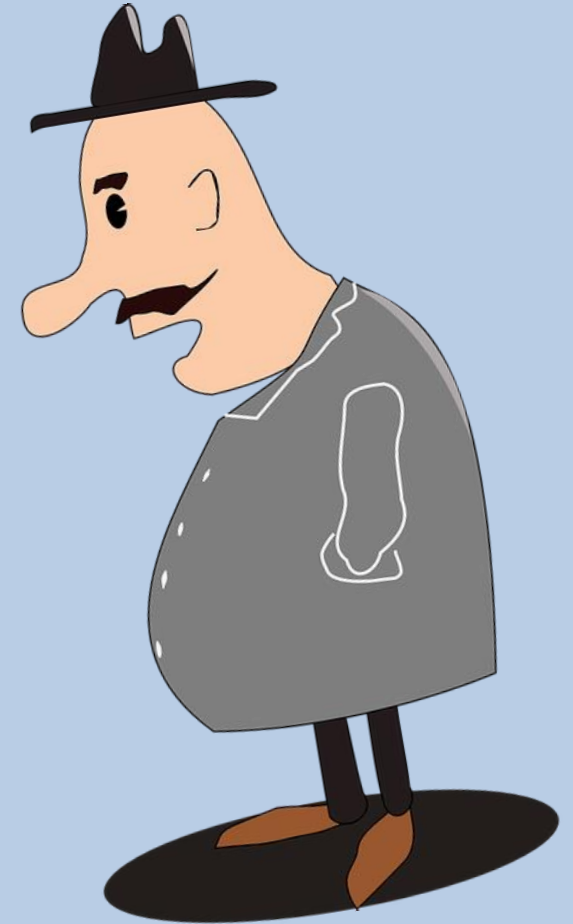
Afraid

Hands in pockets



Being passive means...

- You do not say what you want
- Giving in to what someone else tells you to do even though you may disagree
- Being quiet when you want to speak up



Assertive Annie



Looks people in the eye

Dresses well

Is confident. Has good self esteem

Understands themselves

Believes that what they are saying is important

Being assertive means...

Saying what you want clearly and calmly

Listen to what people are saying, and not letting them scare me

Knowing your rights and responsibilities

Speaking up for myself without yelling or loosing my temper



Passive, Aggressive, Assertive in Action...

