

# ANTI-BULLYING TUTOR TIME SESSION

Aim: To know and understand what bullying is and why we must work together to stop it.

# WHAT IS BULLYING?

Bullying can happen to almost anyone. Almost 8 out of every 10 children in United Kingdom are victims of bullying. Bullying includes teasing, calling someone names, threatening or harassing them. Sometimes it also gets physical, with the bully taking someone's belongings or even pushing and attacking them. Ignoring and excluding someone from friendship groups is also a form of bullying.

- Bullying and its impact: a video from the Anti-Bullying Alliance - Bing video

# THINK ACTIVITY 01 – TYPES OF BULLYING

Bullying is not just the physical abuse of a person. There are many different forms of bullying that people suffer from on a daily basis. On a piece of paper draw a mind map as many different forms of Bullying as you can think of. For each of your suggestions could you please try and write a definition.

**You have 5 minutes to complete this exercise.**

## PHYSICAL ABUSE

punches you, hurts you, frightens you and scares you.



## EMOTIONAL ABUSE

degrades you, shames you, manipulates you, embarrasses you.



## SEXUAL ABUSE

Pesters you when you say 'no', forces you, photographs you in compromising situations, pressurises you.



## HOMOPHOBIC ABUSE

Discriminating against people's sexual preference.



## ISOLATION ABUSE

Controls everything you do, deletes phone numbers, forces you to become dependent on them, tells lies to people about you. Makes you feel alone.



## FINANCIAL ABUSE

Dominates you by controlling or taking your money. Will not let you spend money on your self.



## RACIAL ABUSE

Discriminating against people's race and skin colour.



## CYBER ABUSE

Bullying through social media networks, mobile phones and email.

**END**

# HOW DO YOU KNOW IF SOMEONE IS BEING BULLIED?

- There are usually quite a lot of pointers that someone is being bullied and if you see or hear any of them you're in a good position to help.
- Is anyone in your class taking a lot of time off, getting to school late, trying to avoid being in situations like the toilets or changing rooms?
- Do you hear someone calling them names, not loudly, but so that they will overhear?
- Are rumours being spread about them?
- Are they being left out of things when partners are chosen in class?
- Are they spending break and lunchtime on their own?
- Are people organising nice things to do out of school and leaving them out?
- Are they getting nasty phone texts and abuse on social media?

# WHAT TO DO IF YOU OR SOMEONE YOU KNOW IS BEING BULLIED

- Tell a teacher
- Go with the person being bullied to support them when they report it
- Tell the person being bullied that you'll be there for them
- Agree with your friends that you will all make it clear to the person doing the bullying that you don't like what they're doing
- Tell your parents what's happening and ask them to speak with your head of year or pastoral manager

# AM I A BULLY?

- You call them names
- You spread rumours about them
- You make up stories to get them into trouble
- You take their friends away leaving them on their own
- You tell other people not to be friends with them
- You hit them, kick them, trip them up or push them around
- You make remarks about their culture, religion or colour
- You make remarks about their looks or weight
- You make remarks about their disability or medical condition
- You don't choose them to be your partner in class
- You leave them out when you're choosing a games team

- You tell them you're busy and then go off to enjoy yourself with other people
- You take away their possessions or demand money from them
- You damage their property
- You hide their books or bag
- You make jokes about them when you can see they're upset
- You send them nasty text messages or make posts about them on social media
- You make threats about nasty things that will happen to them
- You're going along with the crowd who are doing any of these things
- You make remarks about them liking other boys or other girls. This is called homophobic bullying





# TASK

If you were on the receiving end of some of the behaviours discussed, how would this make you feel?

Write each feeling down on a post-it note and stick on the A3 paper that your tutor has

Have a look at all the post-it notes, and ask yourself have you ever made someone else feel like this? If so, this needs to change/stop