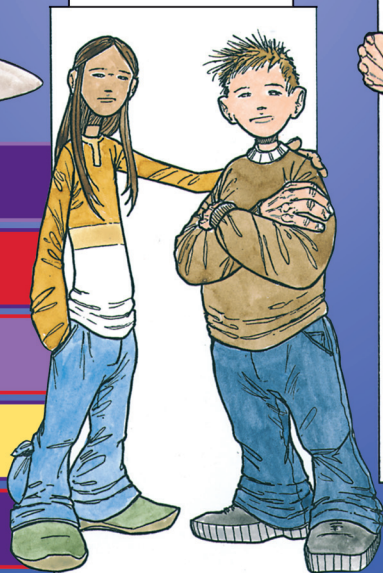


Anti-Bullying

THE YOUNG PERSON'S GUIDE



What is bullying?

Why does bullying happen?

Beating the bullies

Working together to stop bullying

Bullying summary

THE YOUNG PERSON'S GUIDE TO...

Anti-Bullying

Contents

What is bullying? 3

Why does bullying happen? 17

Beating the bullies 35

Working together to stop bullying 55

Bullying summary and exercises 67



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Embrace (Child Victims of Crime) is the only national charity that is solely focused on supporting children and young people who have been the victims of serious crime and their immediate families. Children are among the most vulnerable victims in our communities.

Embrace believes that support should be tailored to the needs of individuals and offers a range of emotional, practical and specialist services along with a flexible approach. Whatever is needed to help a child cope with what has happened, recover and move on is what we aim to deliver.

The charity's own research revealed that often young victims of crime had to wait months to access counselling services - that is if the services were available at all.

Since discovering that there was no national response that prioritised the needs of young people traumatised by crime, the charity has been working to develop a specialist counselling service that young people could access across England and Wales.

Working with Police & Crime Commissioners, Victims' Hubs, Sexual Abuse Referral Centres and safeguarding professionals, we are able to ensure that our most vulnerable victims of crime - and often the most forgotten - can readily access the level of support they need.

Practical help, cheer up support - including family theme park outings and peer group support breaks - and emotional support are also provided to hundreds of young victims and their families across the UK every year.

Find out more and how to access our services at www.embracecvoc.org.uk

Many thanks,

ANNE CAMPBELL

CEO

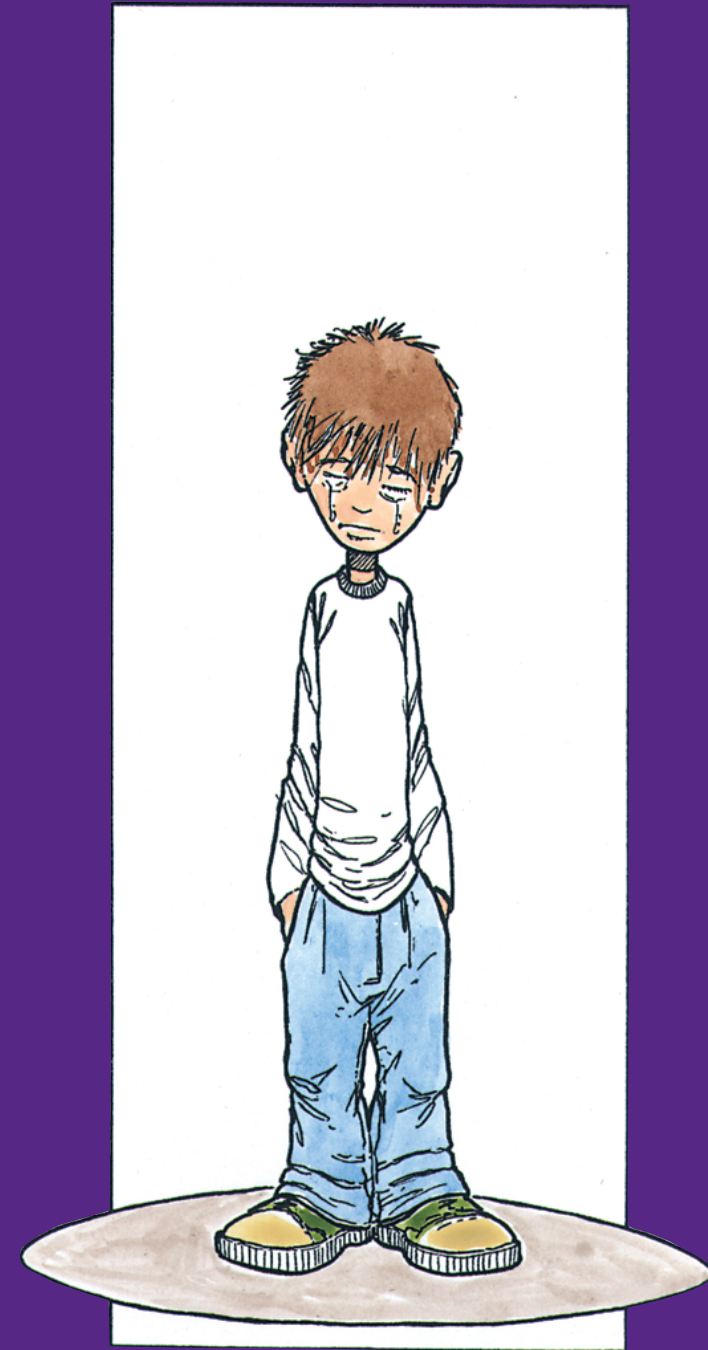
EMBRACE Child Victims of Crime

What is bullying?

Chapter 1

What is bullying?

- What is bullying?
- Different types of bullying
- Is it bullying?
- Why bullying is wrong
- Ryan's diary
- How does bullying work?
- A story about bullying
- My views on bullying



What is bullying?

Trudie is very unhappy, she is being bullied.

Can you write a short story about what has happened to her?

In your story write about why you think bullying happens and what should be done to stop it.



With your teacher talk about the stories the class has written.

Are they all the same? Have people written about different things happening?

Can there be lots of different answers?

What is bullying?

Bullying happens when someone sets out to hurt a person.

They make their victim feel scared and unhappy by hurting them physically or emotionally. Bullying usually happens again and again with one or more people bullying the same person.

Physical abuse

This is when a bully attacks someone by punching, kicking, hitting or pushing them.

It is also spitting at someone or 'accidentally' banging into them or tripping them up.

As well as hurting people's bodies, bullies can also break or steal someone's belongings.

At school bullies often ruin other pupils books or toys or even steal from them.

Verbal abuse

This happens when a bully uses words to hurt or frighten someone and can be done in lots of different ways.

Name calling:
'fleabag', 'thicky', 'goody two shoes', 'paki', 'gay'.

Threatening:
'I'll tell everyone you wee your pants if you don't give me your crisps'.

Taunting:
'Your clothes are from the Charity Shop'.

Mimicking:
Repeating what they say in a stupid voice.

Making them look silly:
'Look at him - he runs like a chicken'.

Silent bullying

This happens when a bully makes you feel bad but doesn't say anything - they might ignore you all the time or try to stop you joining in anything, this is often called being 'sent to Coventry'.

Silent bullying can be more than ignoring you - a bully might send horrible notes about you, spread rumours, follow you around everywhere or send you a nasty text message.



Different types of bullying

Read the bullying situations below.

Decide which type of bullying they are. Write the 'situation' below the correct heading.

No-one would sit next to me in class and they kept running away from me in the playground.

I've just moved to this school. I came from a different part of the country. Everyone laughs at my accent and tries to copy it.

It happens every playtime. Josh bumps into me and sends me flying, he laughs but it does hurt me!

Pete and Tom grabbed my bag, they tipped everything out and kicked everything around.

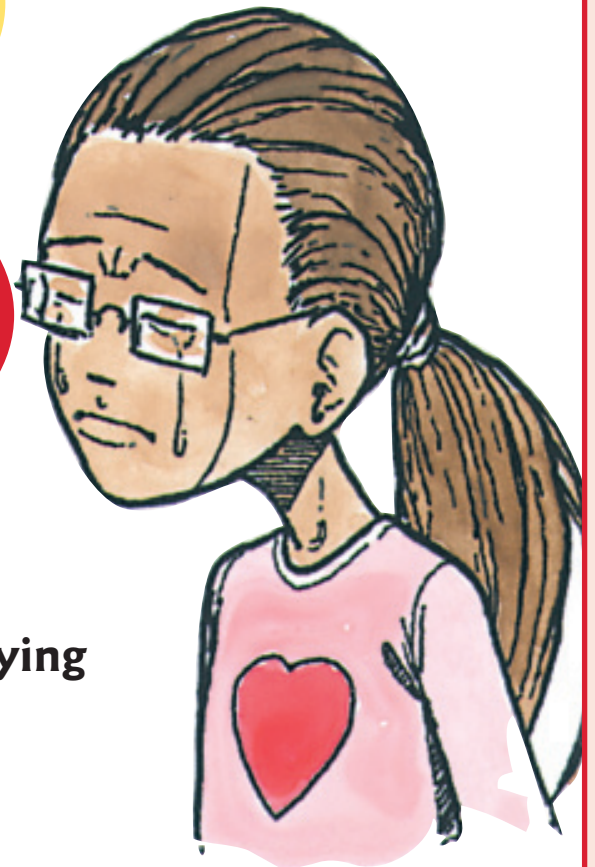
They kept calling me 'specky' for ages and laughing. They would get together in the playground and chant 'four eyes, four eyes' for ages.

They always get me in the playground. They threaten me and take any money I have.

Verbal abuse

Physical abuse

Silent bullying



Is it bullying?

If someone is being bullied they will know.

There can be **no doubt** in someone's mind if they are being picked on regularly by the same person or people.

It is not bullying if someone trips you over at playtime just once and it was only an accident. If you are getting tripped over every day by the same person - you are being bullied.

Sometimes teachers or parents don't take an incident of bullying seriously because they confuse it with 'mucking around' or 'teasing'. It can be confusing for a person looking at a situation from the outside - children who are friends can call each other names or get involved with physical 'messing around' without it being bullying - so what is the difference?

Teasing and mucking about

Happens between friends.

Is done with a sense of good humour.

Everyone chooses to join in.

The people involved enjoy it.



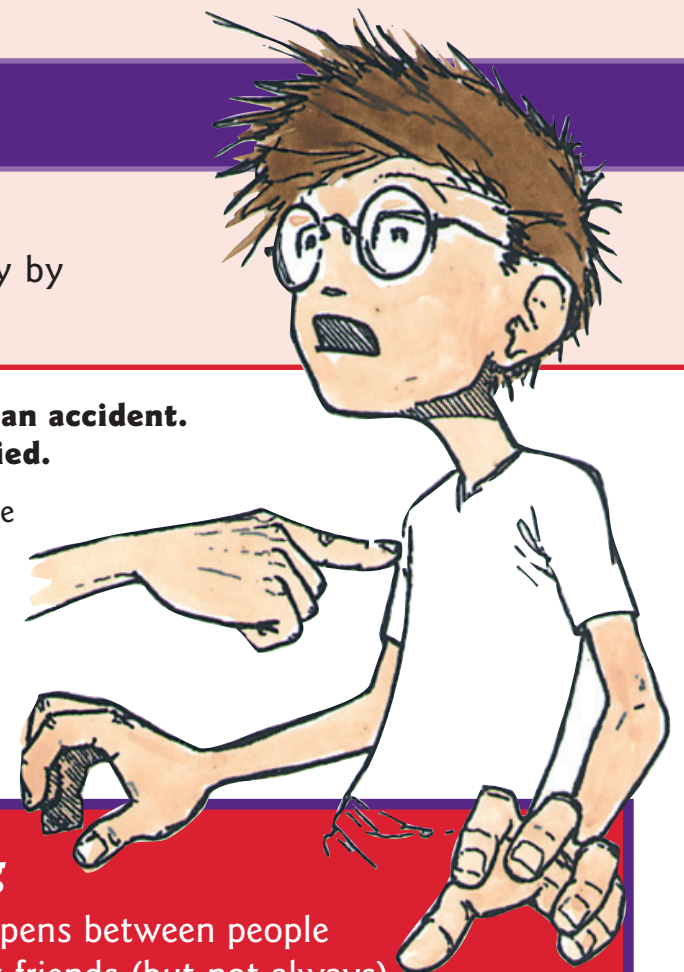
Bullying

Usually happens between people who are not friends (but not always).

The victim has no choice and does not want to join in.

Bullying is not an enjoyable experience - especially for the victim and may be even for the bully.

Bullying goes on and on, even though it is not enjoyable.



Why bullying is wrong

You might hear some people say that bullying is not a big deal, they say it has always gone on and that it doesn't really harm anyone - **this is not true!**

Bullying can be very serious, the person who is bullied can be left feeling awful, they lose their self-confidence (they stop believing in themselves), they hate their life and they stop trusting anyone. This must be a horrible way to live your life and no-one should be put through it.

The most serious result of bullying is children deciding to end their own lives. Around 18-20 children kill themselves each year because their life has been made so awful by bullies. Other people who are bullied are affected by it for the rest of their lives - they find it hard to make friends and still don't believe in themselves - even if the bullying has stopped. This should not be allowed to happen.

Some effects of bullying

Loss of self confidence

Being sick with worry

Thinking about killing themselves

Not being able to sleep

Becoming quiet and moody

Having nightmares

Not eating

Stomach aches

Running away from home

Becoming depressed

Uncontrollable crying

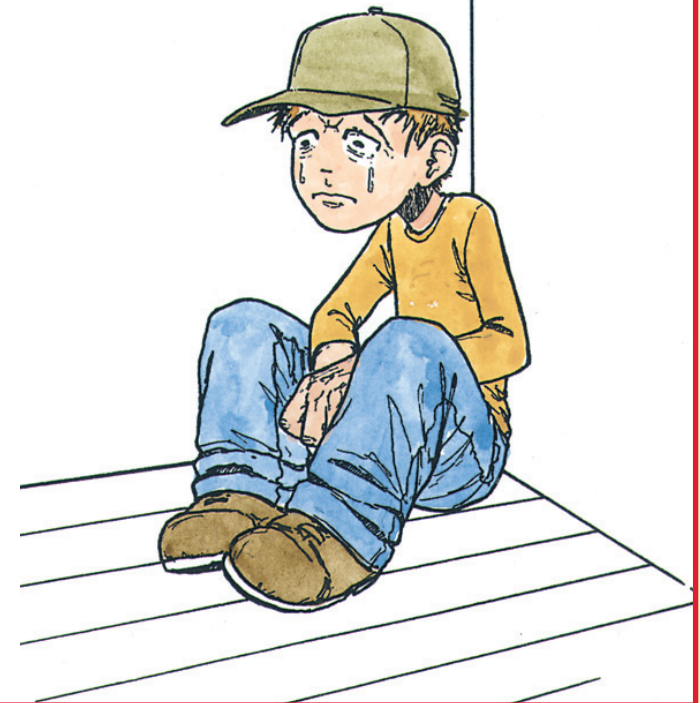
Headaches

Becoming nervous

Feeling afraid

Not wanting to
go to school

Feeling lonely and isolated
with no one to turn to



Why bullying is wrong

Bullying doesn't only affect the person who is being bullied, the people who see the bullying and even the bully themselves are affected by what happens.

If bullies are allowed to get away with it, there are all kinds of effects...

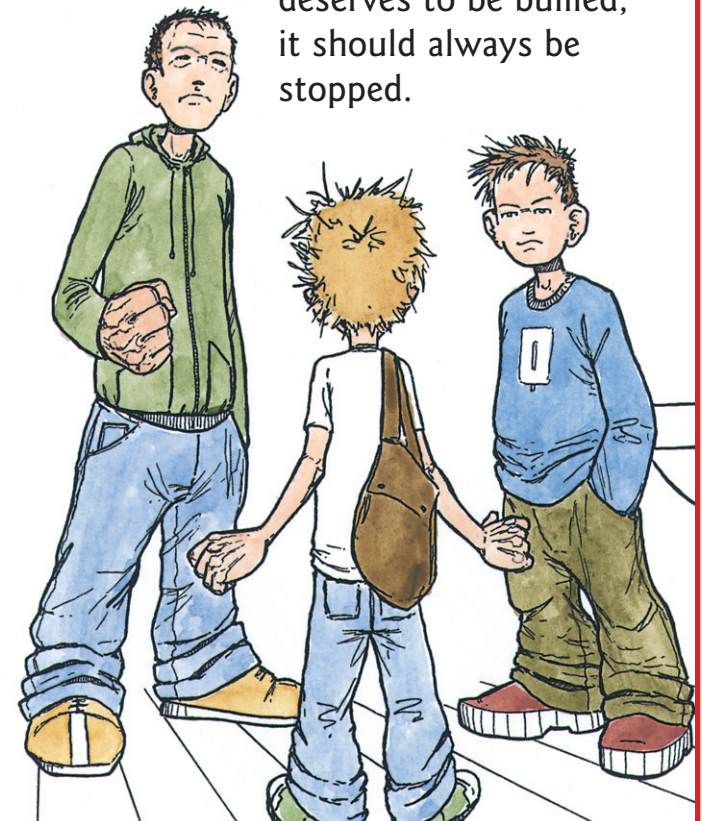
If you know bullying takes place in a certain part of your school, is it fair that you have to avoid parts of it because of bullying?

School can stop being enjoyable if bullying is going on. You might stop trusting or liking your teacher because they haven't noticed what is happening to you.

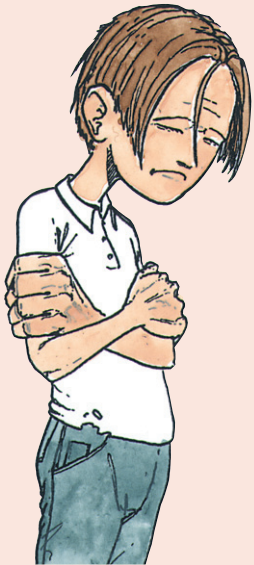
If bullies aren't stopped they will think they can use violence to get their own way all the time. They will never learn to treat other people well, even when they are adults.

If you have a friend who is being picked on, you can be left feeling confused - on the one hand you are frightened to be seen with them in case you get bullied as well. On the other hand you might feel ashamed because you don't know how to stick up for your friend.

Remember: Bullying is always cruel and no-one deserves to be bullied, it should always be stopped.



Ryan's diary



This is Ryan, he lives with his mum and younger brother, Tyrone, they don't have a lot of money but they get by. Ryan has always found school work hard, but he's doing even worse than usual.

His teacher doesn't understand, she knows he finds it hard, but he has always tried, he doesn't seem to make any effort now.

There is a reason for this - Ryan is being bullied by James and Thomas, they make fun of his clothes and push him around in the playground. This has been going on for weeks now and Ryan feels miserable, he's terrified of going to school and starts to shake when he reaches the school gate.

Can you write a page in Ryan's diary that explains how he is feeling because of the bullying?

Monday

Thomas and James have been at it again, I don't know how much more I can take. It's not my fault I wear second hand clothes. I wish I could have new trainers and stuff, but we just don't have the money. They were really laughing at me today and some of the others joined in - I felt so small and stupid, I wanted to run away and cry, but the bell went for lessons. I couldn't concentrate in class. I kept thinking about them picking on me.

Tuesday

They've been at it again.
I feel...

How does bullying work?



A bully

A bully is a person who gets their own way by being aggressive. They often do it to feel a sense of power and to feel good about themselves. They may have been a victim themselves at some point.

A victim

A victim is a person who is affected by a crime or an event that has a serious impact on them.



Opportunity

Bullying often happens at school but also happens at home, on playing fields, or at clubs. Wherever it happens the bully is careful to hide what is going on from people who would stop the bullying.



Fear

Bullies need to create a sense of fear to get away with their behaviour. They have to scare their victim to get control and rely on the victim and others to be frightened enough not to tell on them.



Silence

Bullies rely on their victims and on other people who have seen the bullying to keep quiet about it. Bullies need to make sure people who might stop them never hear about what is going on.



How does bullying work?

Read the statements below. Decide if they are true or false - tick the correct box.

	True	False
Bullies come in all shapes and sizes: Big, small, young and old.		
Bullies pick on people to try and prove how strong they are.		
Bullies get their own way by making their victims feel awful.		
Bullies never try to hurt someone else on purpose.		
Bullies hide what they are doing from adults because they would stop them.		
Bullies don't need their victims to be afraid of them.		
Bullies need the people they bully to remain silent about what is happening.		
Bullies rely on other children who know what is going on to do nothing about it.		



A story about bullying

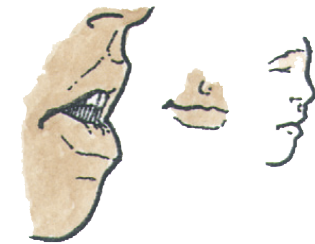
Harjeet's story

Trudie started it all by knocking me over in PE, she made me feel really stupid in front of the rest of the class. When I was getting changed I was thinking about Trudie - she makes me angry, she always has pretty new clothes and is a right swot in class. She's such a creep, it's always 'Yes Miss Jackson, no Miss Jackson, three bags full Miss Jackson'. When I saw her at lunch I thought it would be fun to let her know what I think, so me and Sunita sat with her. I really bad mouthed Trudie to Sunita, which made Sunita laugh. I felt so much better - little Miss Perfect didn't look so happy now and I was making people laugh which always makes me feel good.



During a PE lesson...

Trudie accidentally runs into Harjeet.



After PE it's time for lunch...

Harjeet spots Trudie sitting on her own. She decides to sit next to her.

Harjeet talks to Sunita in a loud voice. She says horrible things about Trudie.

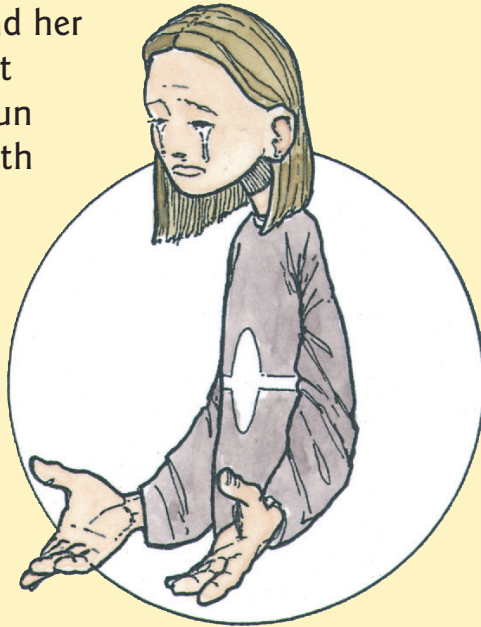
Trudie doesn't say a word. She sits quietly and waits for Harjeet to go away.

A story about bullying

Trudie's story

I've only just started at this school and I was really worried about making friends. My Mum and Dad told me not to be silly, they said if I was kind and smiled at people they would be nice back. Some children in class are nice to me but I haven't made any good friends yet - I don't mind that, I know it takes time.

What I don't understand is why Harjeet turned on me - I've never done anything to hurt her, I know I knocked her over in PE, but that was an accident. She said really horrible things about me and her friend Sunita just laughed. It made me want to cry and run away but I just sat there with my head pounding. My face was burning up and my eyes were stinging, I didn't understand why it is so bad to work hard in class? Why do Harjeet and Sunita hate me? Does everyone else think the same?



Sunita's story

Harjeet's been in a bad mood all day.

She can be like that sometimes, she gets really annoyed and says hurtful things. I remember once when she called me for being thin - it made me cry, but Harjeet just laughed and said it was a joke and that her sister makes jokes like that all the time. Anyhow, I knew she was looking for trouble today so I was trying really hard to be nice.

As soon as Trudie knocked Harjeet over, I knew she was in for it. I felt bad for Trudie, she seems all right to me, but I laughed because I didn't want Harjeet to take her bad mood out on me.



A story about bullying

What did Harjeet do to Trudie?

What type of bullying did Harjeet use?

Has Trudie done anything to deserve Harjeet's treatment?

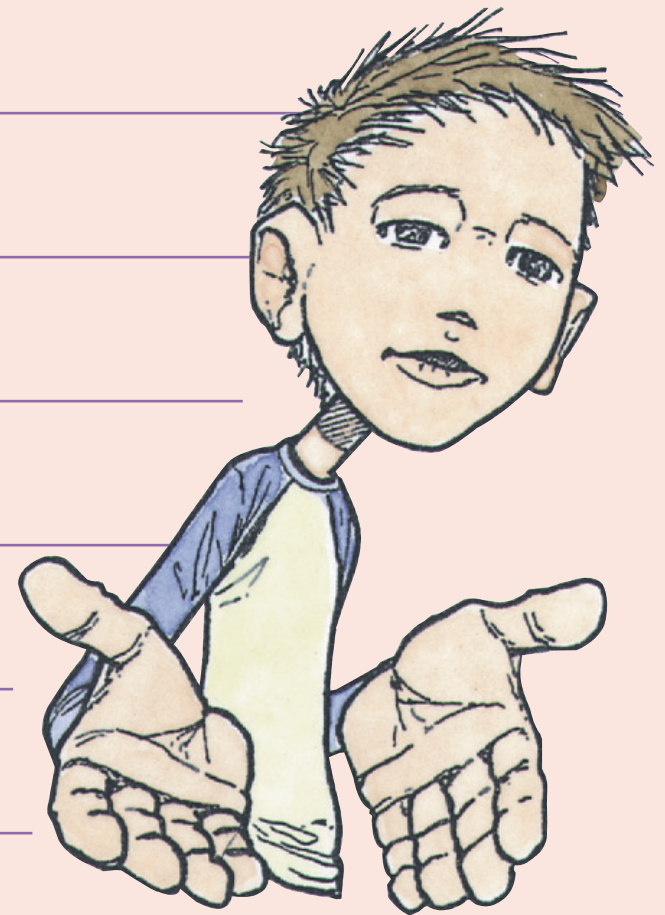
Why was Harjeet nasty to Trudie?

How is Trudie feeling?

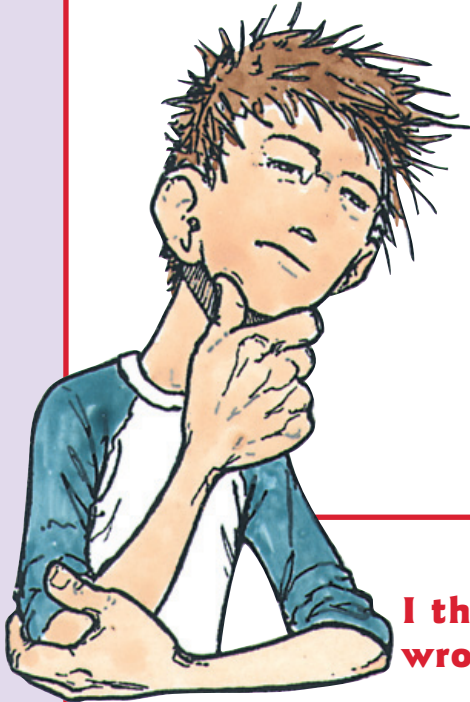
Why was Sunita trying to be nice to Harjeet?

Do you think Sunita should have laughed?

What do you think Trudie should do?



My views on bullying



I think bullying is when...

I think the difference between bullying and teasing is...

I think bullying is wrong because...

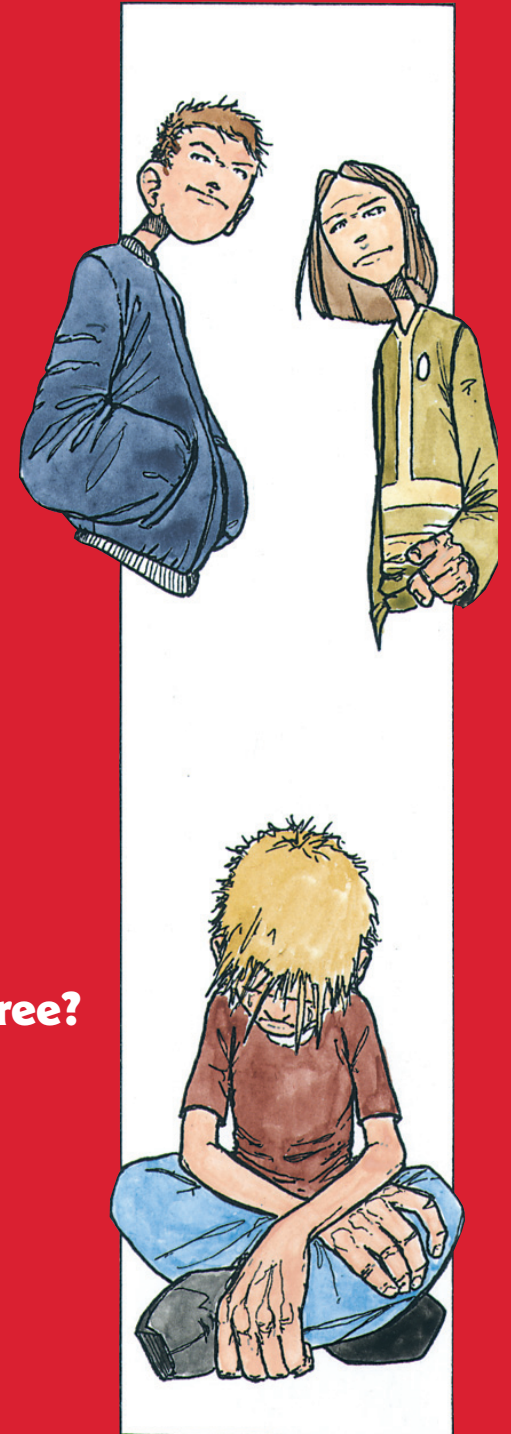
I think bullies need people to keep quiet about it because...

I think people who are bullied feel...

Chapter 2

Why does bullying happen?

- Who gets bullied?
- Different is good
- What about the bullies?
- A happy person?
- What happens when you disagree?
- Assertive people
- I like myself
- I know... how to ask
- I know... how to say no
- I know about anger
- A story about bullying



Who gets bullied?

It is hard to say why some people get bullied and others don't - one thing is for certain, it is not their fault. Bullies need a victim and will search out anyone they can push around, they will always be able to find something to pick on. There are some things that can mean children are more likely to be picked on.

Children that are different:

People who appear different are targets for bullies, it doesn't mean they will become victims of bullying, it just means that it is more likely that they will be approached by a bully.



Children who:

- Have different skin colour.
- Come from a different cultural background.
- Belong to another religion.
- Have a different regional accent.
- Have a stammer or speech impediment.



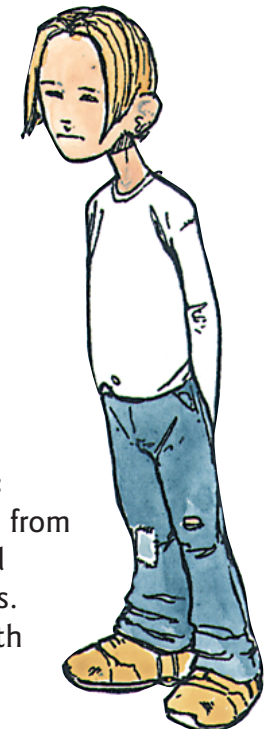
Children who:

- Are very clever at school.
- Find school work very hard.



Children who have different appearances like:

- Wearing glasses.
- Have a hearing aid.
- Wear braces.
- Have big ears.
- Are overweight.



Children who:

- Appear to come from rich families and have lots of toys.
- Appear poor with old clothes and few toys.

Who gets bullied?

Children who are vulnerable

Bullies like to pick on children who appear weaker in some way, it is a lot easier to bully someone who finds it hard to stand up to them. Here are a few examples of children who are vulnerable:

Children who are new at a school

- They haven't had a chance to make new friends who would be able to help them.
- They will also feel scared because everything is new to them.
- They might not know who to go to for help.

Children who are younger or smaller

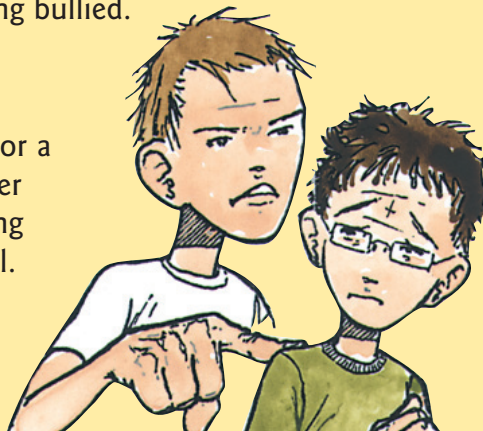
Bullies are not brave and usually pick on children who aren't as physically strong as them.

Children who only have a few friends

Maybe they find it hard to make friends or maybe they like to only have one or two close friends. Whatever the reason they don't have as many people to turn to if they are being bullied.

Children who are having problems

Maybe there is trouble at home or a friend has moved away. Whatever the reason they can be left feeling down and not as strong as usual. Bullies notice when people are feeling low and don't have the strength to stand up to them.



Children who are passive

Children can behave in different ways when there is an argument, most children who are victims of bullying are 'passive' in arguments - they do not know how to defend themselves and let other people boss them around.

A passive child might come from a family where there is little shouting and arguing, this means when they are attacked by a bully they don't know what to do.

A passive child might come from a family where they get picked on or bossed around at home - they have not learned to stick up for themselves.

It is often a child's reaction to the first time they are bullied which decides if a bully will approach them again. A passive child will not stand up to the bully and will most probably be bullied again and again.



Different is good

Some children get picked on because a bully thinks they are 'different' in some way.

This is wrong. If we only look at differences instead of getting to know people we miss out on so much. We are all different from each other, every person on the planet is unique (there is no other person exactly like them) and this is what makes life interesting and special. If everyone was exactly the same, the world would be a very dull place, we wouldn't be able to learn new things or have interesting conversations. It is good to be different, it is what makes each one of us special.

The difference game

Think of someone you really like. Write down some of the ways they are different to you (it could be their interests, their personality or what they are good at). Write down one thing you have learnt from them.



What about the bullies?

There are lots of reasons why people become bullies and it is usually a sign that they are not happy people. As well as being unhappy themselves they make other people's lives miserable and there can be no excuse for that.

Why people become bullies

They are spoilt rotten and expect everyone to do what they say.

They come from a home where there is lots of fighting and arguing and think this is the only way to get what they want.

They get bullied at home either by their parents or their brothers or sisters.

Something horrible has happened to them, like a divorce or a death in the family, and they want to take their anger out on someone.

They don't know any good ways of making friends with people.

They feel frightened of life and try to hide it by acting tough.

They feel under pressure to be best at everything.

Bullies and feelings

Bullies like to feel in control.

Bullies want to feel powerful and popular.

Bullies want other people to feel as bad as they do.

Bullies feel good when people are watching them.

Bullies feel that they have to be forceful to get what they want.

Bullies think it is all right to get their own way by picking on people and making them feel awful.

Some bullies feel upset knowing people are scared of them.

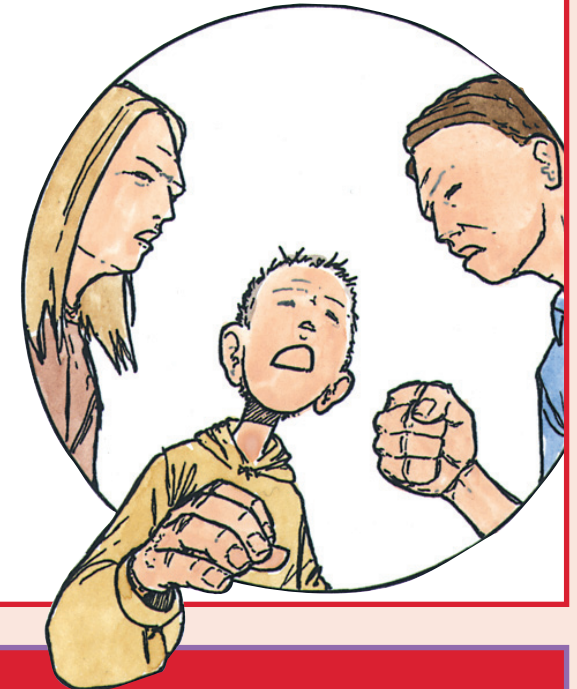
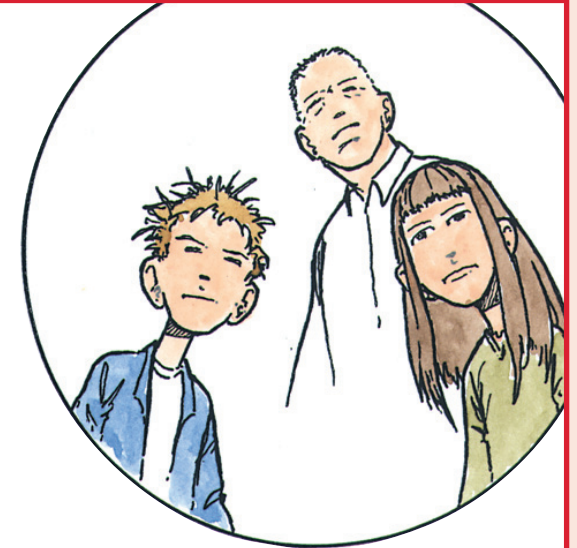
Who are bullies?

Bullies can be found in every school.

Both girls and boys can be bullies.

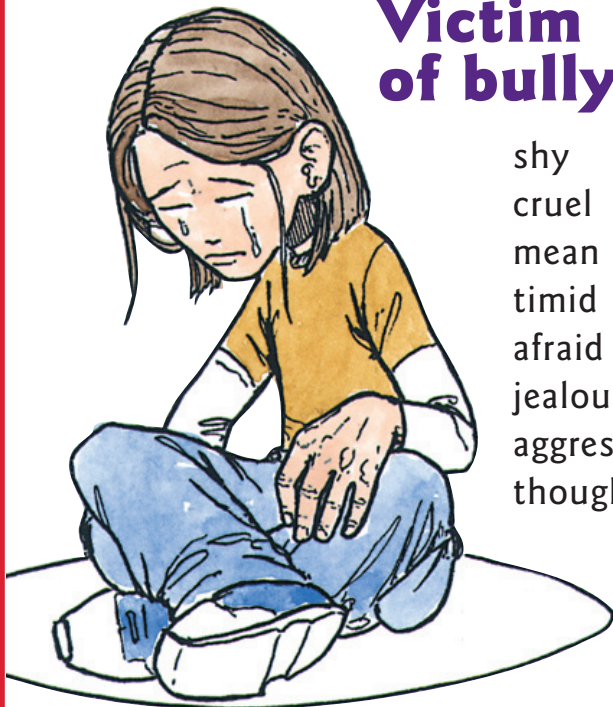
Some bullies organise themselves into gangs and plan attacks on victims.

Some adults are bullies, parents can bully their children and teachers can sometimes use their power to make their pupils' lives miserable.



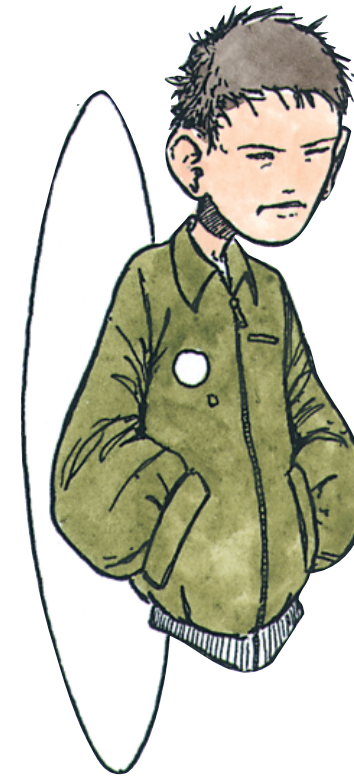
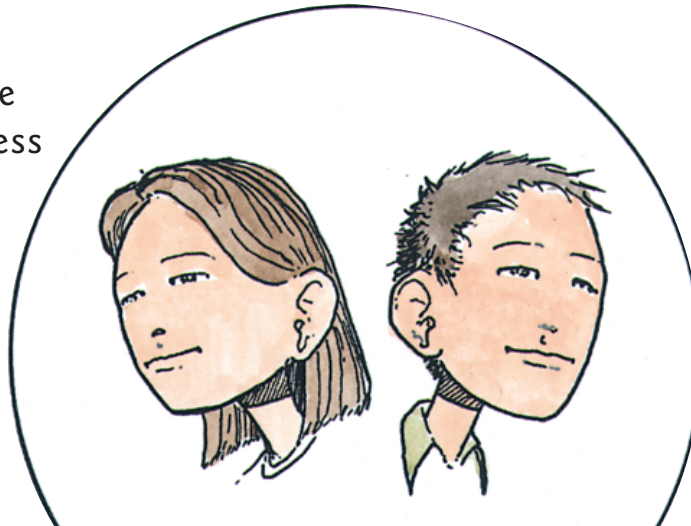
How does bullying work?

Look at the box of words below - decide which words describe victims of bullying and which describe bullies. Put the words next to the right picture. Remember some of the words might describe both of them. Can you add any of your own words?



Victim of bullying

shy
cruel
mean
timid
afraid
jealous
aggressive
thoughtless



Bully

sad
kind
angry
passive
envious
nervous
insecure
unhappy

They both want to be... a happy person

friendly, fair, caring, kind, brave, thoughtful, lively, fun to be with, confident.

What happens when you disagree?

1. You are asked to do the washing up, you know it is your brother's turn but your mum seems to have forgotten. What do you do?

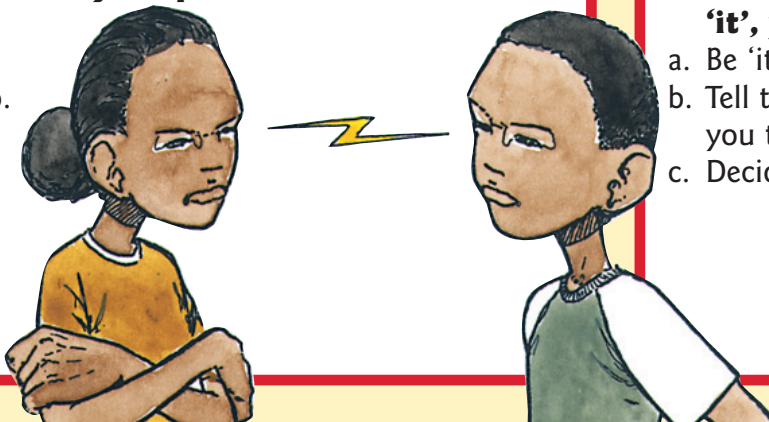
- Just do the washing up, but feel it's not fair.
- Tell your mum you did it last night and it's your brother's turn today.
- Get furious, storm away from the table without saying why.

2. You are watching your favourite television programme on your own. Your older sister walks in and turns over to another programme. What do you do?

- Say nothing and start watching her programme even though you are angry inside.
- Tell her you were watching your favourite programme and ask her to put it back on.
- Start shouting at her, saying you were watching the television first.

3. You are all painting in class, the boy next to you knocks a jar of water over your piece of work? What do you do?

- Say nothing and go and get a cloth to wipe it up.
- Tell them that you are upset and ask them to tidy it up.
- Pick up their painting and rip it up.



4. A friend of yours who lives next door has started to take your bike without asking. You wanted to use it - but it's not there. What do you do?

- Go back inside and do something different instead.
- Find your friend and tell them what they are doing is not fair, explain why and ask them not to do it again.
- Wait until your friend comes back and hit them, and say they shouldn't have taken your bike.

5. You spend a Saturday afternoon tidying up the house, even though it wasn't your turn. When your mum comes home she doesn't say anything about it. What do you do?

- Go upstairs to your bedroom because you feel sad.
- Tell your mum what you have done and say you don't think it is fair that she hasn't thanked you.
- Mess up the house on purpose, it will serve her right.

6. You are playing a game with a group of children, every time you start the game they say it is your turn to be 'it', you do not want to be 'it' again. What do you do?

- Be 'it' again but you do not enjoy playing the game.
- Tell them you have been 'it' for the past three games and you think it's someone else's turn.
- Decide to ruin the game by pushing and tripping the others over.

Note down how many a, b or c's you have and check them on the next page.

What happens when you disagree?

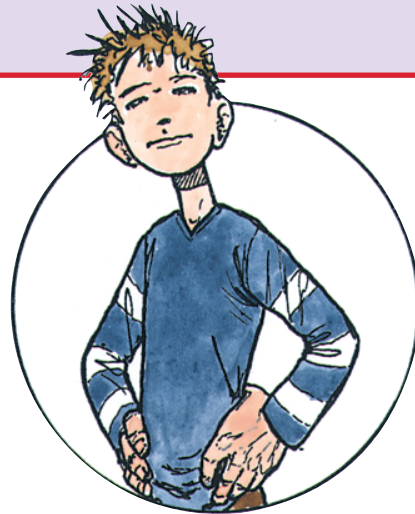
What was your score?

Mainly a's

If you answered 'a' to most of the questions it means you are a **PASSIVE** person.

This means you think about other people's feelings and opinions more than your own. You might lack confidence and would rather let other people get their own way rather than stand up for what you want.

Although it is nice to think about other people's feelings you should not do this at your own expense because people may end up walking all over you. Most people who are victims of bullying are passive people - they find it hard to stand up for themselves.



Mainly b's

If you answered 'b' to most of the questions it means you are an **ASSERTIVE** person.

This means you stand up for yourself without hurting other people. You know how you feel about things and are happy to let other people know how you feel without upsetting them.

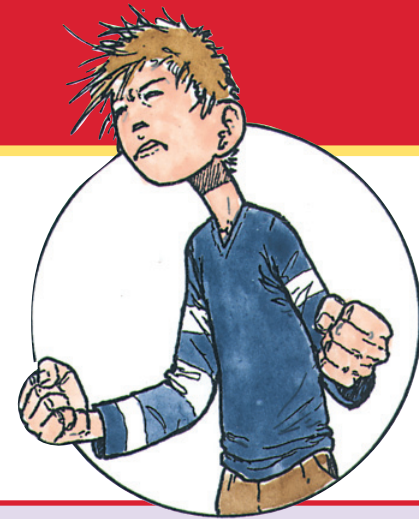
Most people who are assertive are neither victims or bullies, they won't let people boss them around and they don't want to bully others.

Mainly c's

If you answered 'c' to most of the questions it means you are an **AGGRESSIVE** person.

This means you think what you want is more important than anything else. You probably get very angry when you don't get your own way and start hitting out. You are more likely to demand things rather than ask for them.

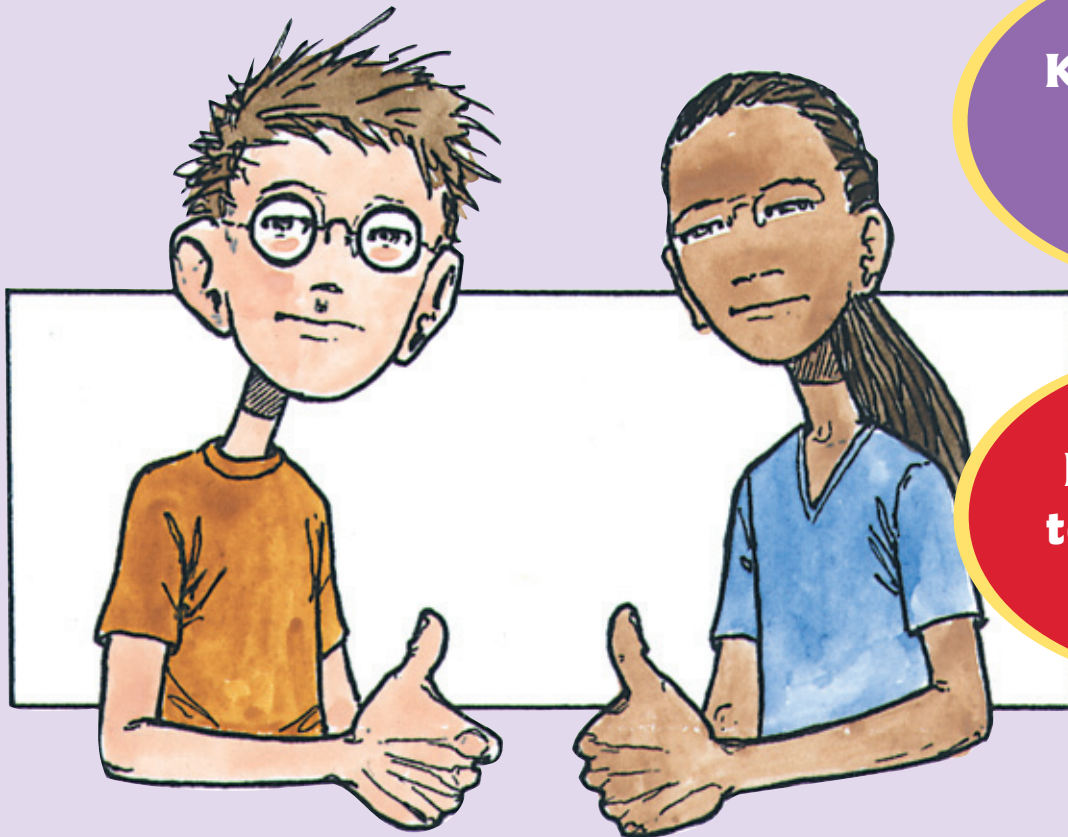
People who are aggressive are most likely to be bullies, they are often too busy thinking about themselves to worry about how their actions might affect others.



Assertive people

Assertive people know how to stick up for themselves, they feel confident about things because they like themselves and usually understand their own feelings. Although it might be easy to say what an assertive person is, it is not always easy to become assertive. If people are being horrible towards you or things are going on that make you feel sad or angry, it can be hard to like yourself or be assertive. It is helpful for both bullies and victims of bullying to try and become assertive, they will learn to deal with different situations in a better way.

Assertive people:-



Know what is important to them

Like themselves

Know how to say 'No' and mean 'No'

Know how to deal with anger

Know how to ask for things they want

I like myself

Assertive people like themselves, it doesn't mean they think they are good at everything or have everything they want. It just means that they are fair to themselves. Assertive people know what they are good at and don't hate themselves because they can't do some things well.

Can you fill in the lists below? They will help you think about the things that are good about you.

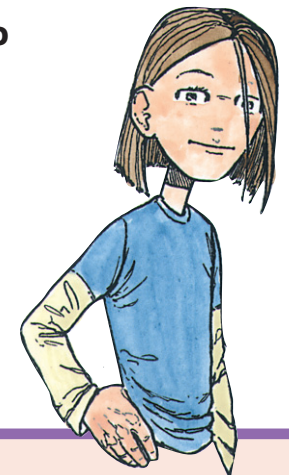
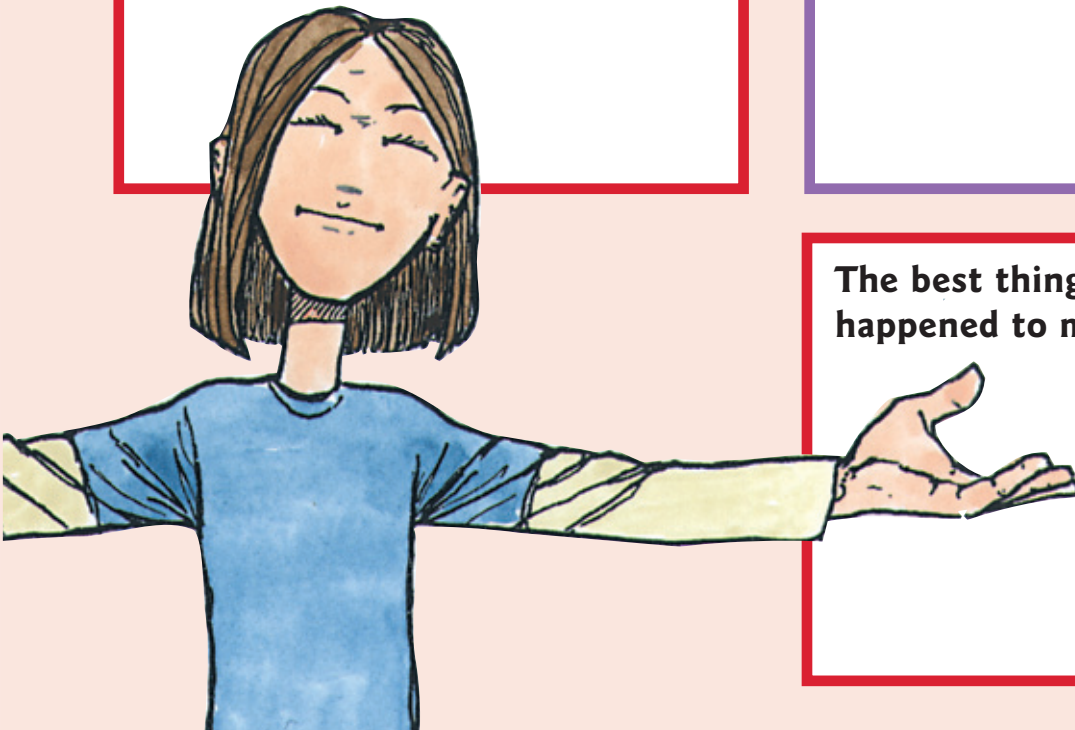
My favourite hobbies and sports are...

The most important thing in my life is...

People like me because...

The best thing that ever happened to me was...

The thing I like to do most is...



I know... how to ask

If you are bossed around or bullied you might have forgotten how to ask for something - even from people who are nice to you. There is nothing wrong with asking people to do certain things, you have to remember this and stick to a plan...

Step One

Know exactly what you want to ask for.



Step Two

Practise what you are going to say in your head - keep it short and simple.



Step Three

Say what you have practised to the person - ask for what you want again.



Step Four

Remember this only works if you are asking for something that is fair - if you keep asking for something your family can't afford - you will probably only get people angry.



An example... You are watching television when your brother comes in and turns it over

Step One You want your brother to turn the television back to the programme you were watching

Step Two Practise saying 'I was watching the other side - please turn it back'

Step Three Say it to your brother, if he doesn't listen first time ask again...

I know... how to ask

Look at the situations below and write down a plan 'how to ask'.

You have asked for a bag of crisps in a shop but they have given you a different flavour.

Step One:

Step Two:

Step Three:

Your sister has taken your favourite top, but you want to wear it.

Step One:

Step Two:

Step Three:

Someone in your class has taken your pencil and is using it - but you need it.

Step One:

Step Two:

Step Three:

Someone is standing in your way in the school corridor, you need to get past to get to class on time.

Step One:

Step Two:

Step Three:



I know... how to say no

The only person who knows exactly what you want is you. Everyone has to learn to make their own decisions, which means learning to say what you want and feeling confident enough to say 'no' if you have to.

If you find yourself in a bad situation, try using the ideas on this page:

Use fogging

If someone is taunting you and saying horrible things - don't rise to the bait.

Tell someone you trust about it.

Be a broken record

If you don't want to do something keep saying you don't.

Walk away

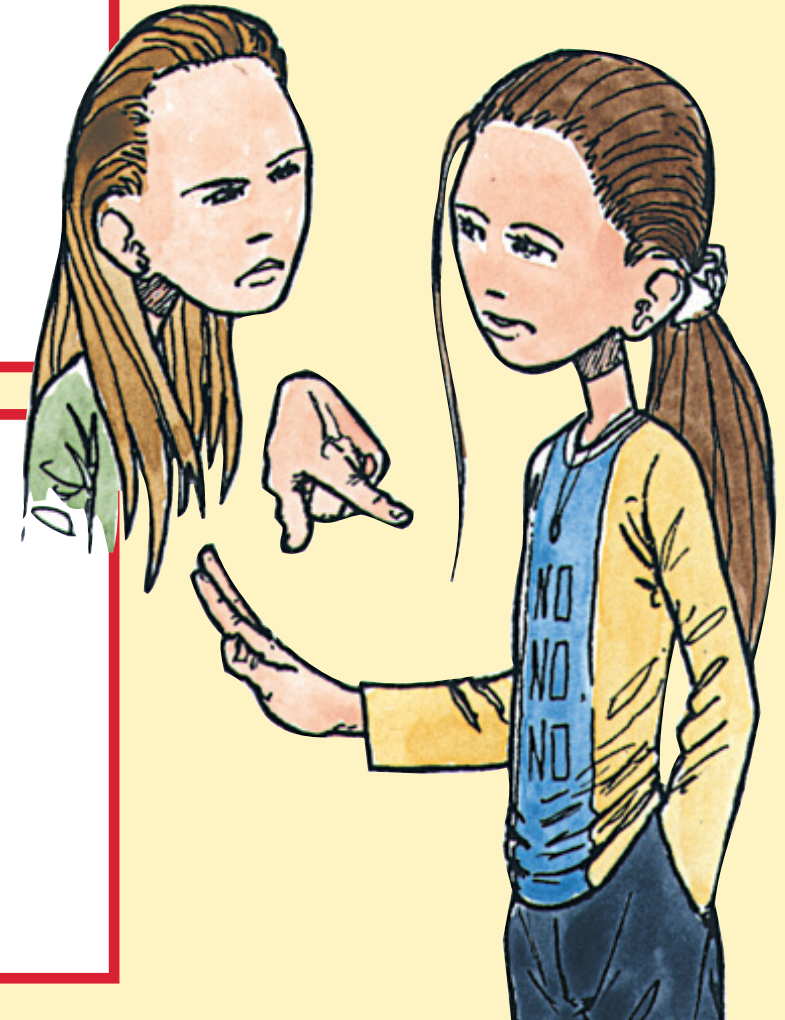
If you are in a situation which you think could turn nasty, don't hang around to find out!

- Walk away.
- Go to a place that is safer or to a group of people who won't push you around.
- Ask a friend or someone you trust for help.

Think big

If you have to walk through a group of people who are calling you names...

- Try not to listen.
- Think big - walk tall.
- Talk to yourself in your head, tell yourself you're great, remember what you are good at.



I know about anger

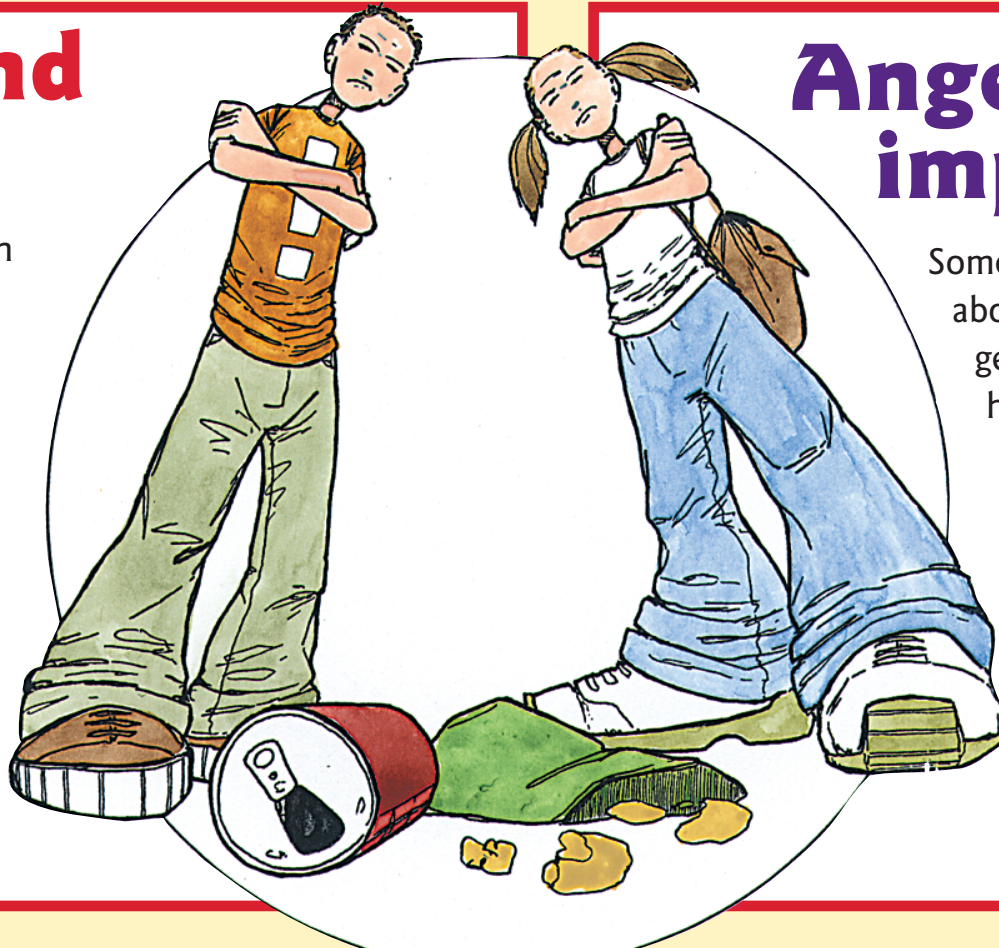
Anger is an important feeling that should be listened to. People often think anger is only a bad thing, but this is not true, it can tell you a lot about what you think is fair and not fair and also help you work out what is important to you.

Anger is usually only bad if you really lose your temper and become violent and aggressive, or you try to bury your feelings and pretend you were not angry at all.

Anger and fairness

Everyone gets angry when they think they haven't been treated fairly. If you had done all the tidying up and someone else was given a prize for tidying up, you would be right to feel angry.

Can you write about a time when you got angry because you were treated unfairly?



Anger and importance

Some people can feel so strongly about something that they can get angry when they see it happening. Maybe you care about the environment and feel angry when you see someone throwing litter on the ground.

Can you write about something that you think is so important that it makes you angry?

A story about bullying

Harjeet's story

My day started really badly, it was my sister's fault, she was laughing at my clothes, they used to be hers you see and she thinks it's really funny to wind me up about it. I hate wearing her cast offs as it is, the last thing I need is her making it worse.

Then the day got worse, Miss Jackson set us this work and I just didn't get it, it was all muddled in my head. I was sitting there feeling stupid and there she was Miss Goody Two Shoes working away - I hate the way she gets everything right, so I decided to have a laugh. I did this horrid drawing of Trudie and wrote about her being Teacher's Pet and all that - everyone thought it was funny, they all giggled.

I really thought I was in for it when Miss Jackson spotted the note - it was my first bit of luck when she just threw it away.

Harjeet was supposed to be working, she found the work hard and felt angry...

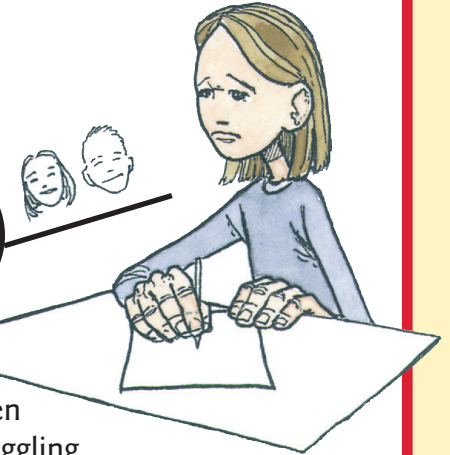
Look at Miss Sweet working away, I'll wipe the smile off her face



...she decided to send a note around about Trudie

Trudie looked up from her work...

I hate it here, nobody likes me



...she noticed children looking at her and giggling.

Sunita looked over at Trudie...

Harjeet can be so mean, I really feel bad for Trudie



...she could see tears in Trudie's eyes.

Miss Jackson, the teacher, spots the note...

Stop being silly and get on with your work



...she throws the note into the bin.



A story about bullying

Trudie's story

Harjeet's been really horrible to me for weeks now, it's really getting to me. I used to love going to my old school but I hate it here - I'm always waiting for Harjeet's next move. I try not to let her see how much it upsets me, I don't want to give her the pleasure, but I don't know how long I can keep it up. It's got so bad now that I have nightmares about school.

My heart raced when Miss Jackson took the note today, I was embarrassed but excited as well, I really thought she would help sort it out. I couldn't believe it when she did nothing - maybe I'm being a right baby, maybe Harjeet isn't being so bad, it doesn't feel like it though, it feels awful.



Sunita's story

Harjeet's had it in for Trudie since she came to our school and it's really getting on my nerves. I really wish I had it in me to tell Harjeet to cut it out and leave Trudie alone, but I don't. She scares me a bit - I know I'm her friend and everything but sometimes she gets into a right mood and takes it out on anyone. It's a shame because Harjeet's really funny and good to be around most of the time, it's just when she fights with her sister that she turns. It doesn't make me feel any better about the way she treats Trudie though, that just stinks. The whole situation makes me feel awful. I can't stand the way I just let it happen and giggled at all the jokes.



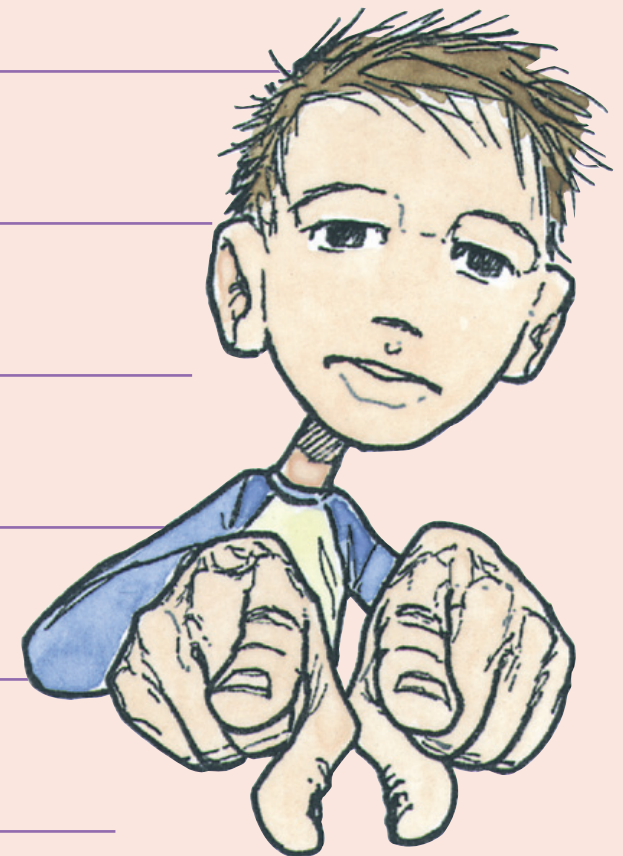
A story about bullying

What did Harjeet do to Trudie?

What type of bullying did Harjeet use?

Has Trudie done anything to deserve Harjeet's treatment?

Why was Harjeet nasty to Trudie?



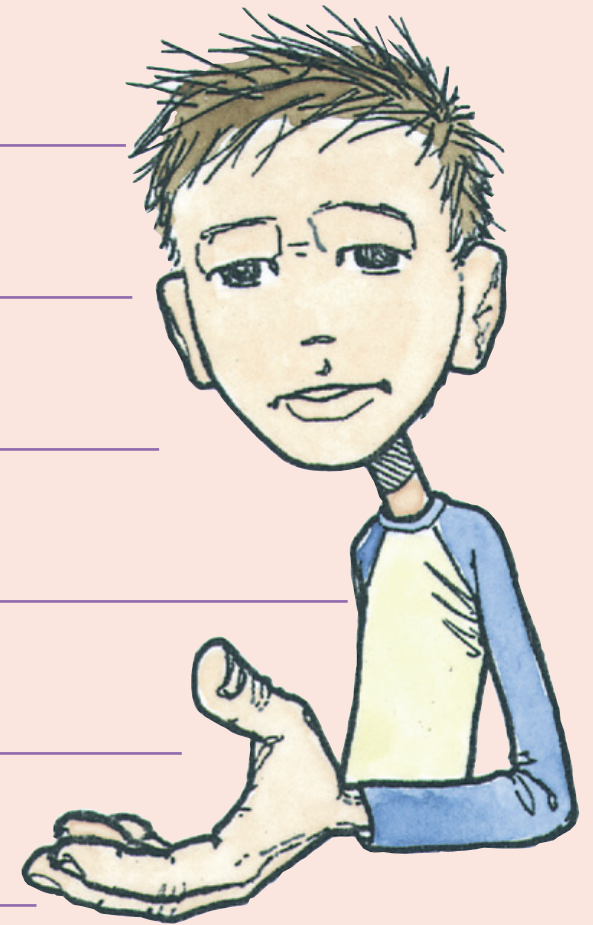
A story about bullying

How is Trudie feeling?

Why was Sunita trying to be nice to Harjeet?

Do you think Sunita should have laughed?

What do you think Trudie should do?



How Bullying Feels

Chapter 3

Beating the bullies

- Beating the bullies
- Bully-Busters
- If you want to be in my gang
- Me versus the rest
- Bullying by gangs
- How do you know?
- Please tell me about it
- I don't want to tell tales!
- What to do?
- Myths about bullying
- How would you help?
- What would you say?
- Someone is being bullied
- A story about bullying
- Be a good friend
- What happens when bullies grow up?
- Bully-Busters to the rescue



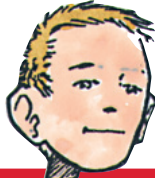
Beating the bullies

Planning how to beat bullying can be hard when you are feeling bad about yourself.

Look at the suggestions below for some help...

Stay with a crowd...

It is much easier to bully someone on their own. So stay near a group of children, you're much less likely to be approached.



Keep in sight...

Bullies try to hide their actions from adults. Always keep within sight of a teacher or supervisor at break times.

Try to stop thinking like a victim...

Try not to appear nervous or scared. Walk tall, smile and look confident.

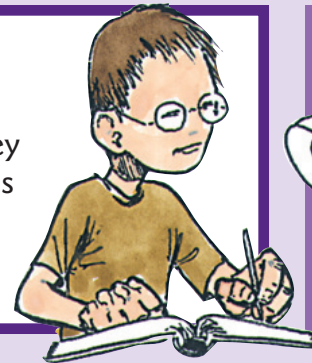
Ask why?...

When they are on their own, ask the 'weakest' member of a gang why they do it. They might try to help you.



Ask for help...

You should always tell an adult about bullying - they want to help. Your parents might have ways to help you cope.



Keep a diary...

Record every time you get bullied. Write down the time, the place, what happened and who did it.



Find witnesses...

If anyone sees you being bullied ask them if they would be happy to tell an adult what happened.



Practise your replies...

If you know you are going to be bullied about something in particular think up replies and funny comments. Practise them in the mirror.

Try self defence...

Self-defence and martial arts courses can help you protect yourself and feel more confident. They also show you how to get out of situations without using violence.



Bully-Busters

It can be hard to know what to do when you are being bullied. Below are some ways that might help. Remember they won't all work for you, think about what is best for your situation.

Do not react

Bullies want to make you scared or angry. If you can hide how you are feeling, the bully might get bored and stop.

Talk your way out

Only try this if you are good with words or make people laugh easily. Be careful not to let the bully think you are laughing at them or think they are stupid.

Bluff your way out

If you cannot get away from a bully, make out that an adult is waiting for you or coming to get you. A bully doesn't want adults to know what is happening.

Walk away... if you can

This can feel like the bully is winning, but if you can leave before being hurt it is you who has won.



Leave me alone

You can tell bullies to go away or shout 'NO' at them. If you try this you must say it firmly and leave immediately.

Be direct

Stand tall and confidently say, 'I am not going to let you bully me any more'. Bullies expect their victims to be scared, this might be enough.

Spot the weakest

If there is a gang bullying you work out who is the 'weakest'. Look them straight in the eye and say 'I am not going to let you bully me any more' and walk away.

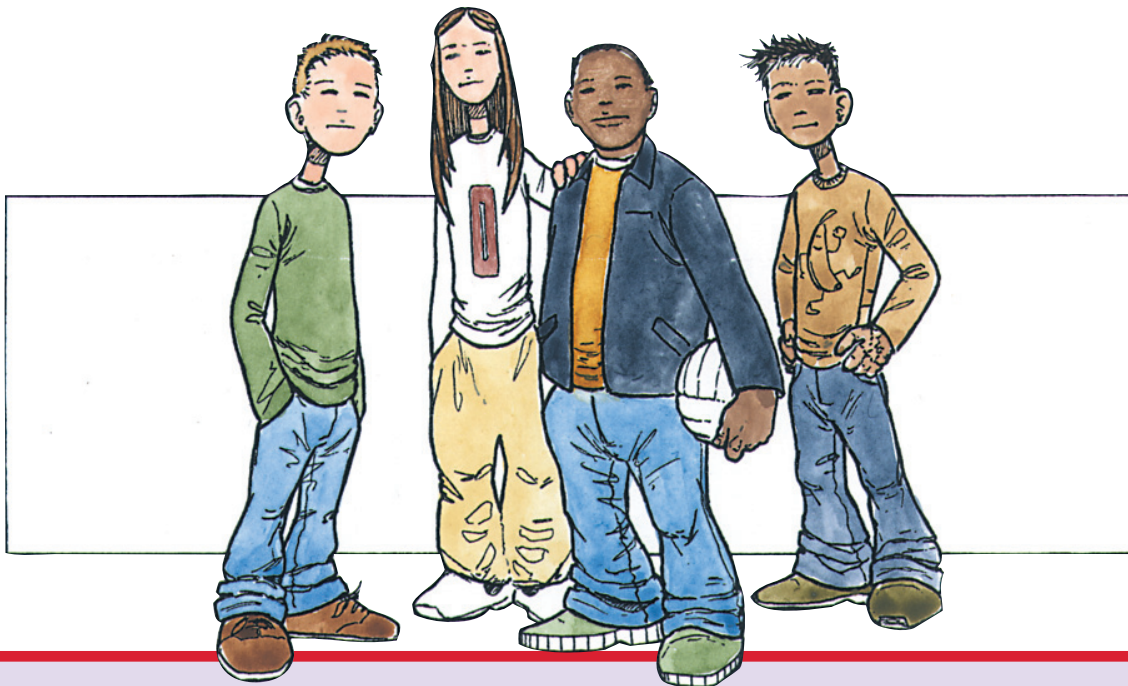
Keep your cool

Do not start arguing or fighting with the bully. The bully will love your reaction and use it as an excuse to pick on you even more.

If you want to be in my gang

You might belong to a gang. It can really feel great when you're part of a group. You do things together and feel safe surrounded by your friends. Most gangs work well together but sometimes things can go wrong...

In some gangs children will want you to prove you're really part of the gang by doing something you're not happy with. They might call you 'chicken' and laugh at you if you refuse to do something. It takes a strong person to say they think the gang is doing something wrong, but if your gang is bullying someone, you should try and stop it.



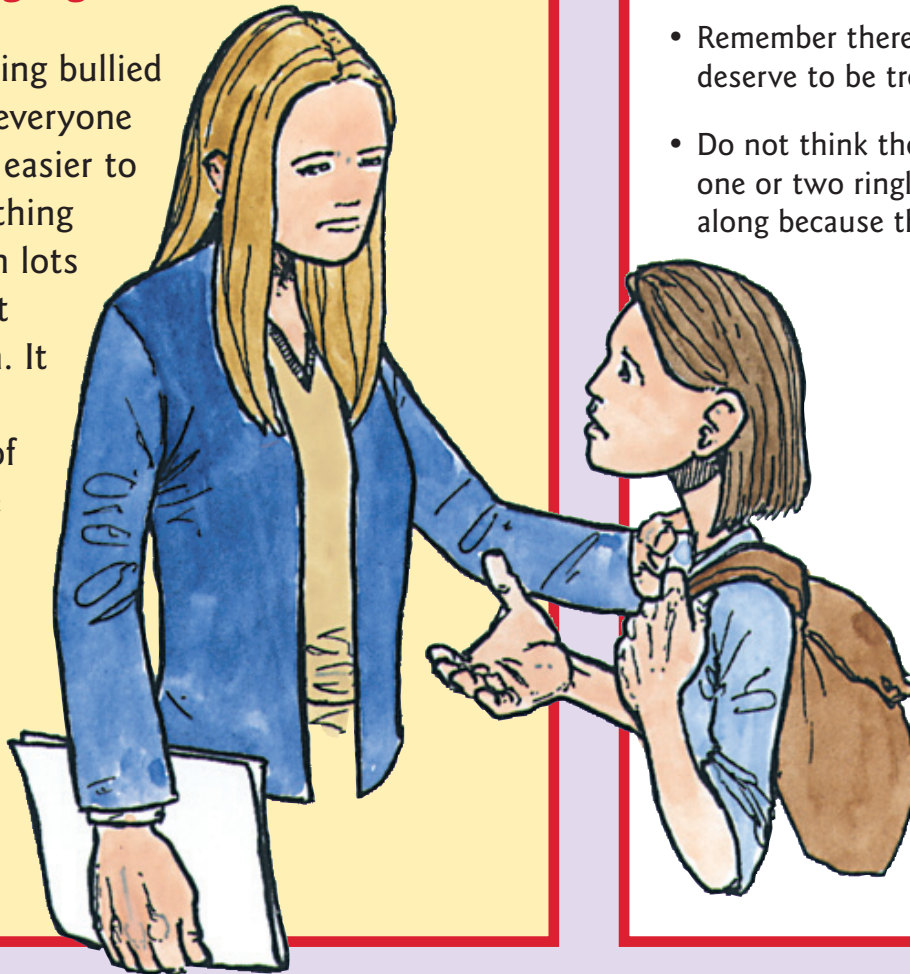
In a gang? top tips...

- Remember every member of the gang is responsible. Even if you are not calling out names or kicking the victim as much as the others, you are still part of the problem.
- Try talking to your closest friends in the gang. You'll probably find they don't like what is going on either.
- Ask them to help by not taking part and trying to get it stopped.
- Talk to an adult you can trust, they can help you work out what is best to do.
- If a bullying situation is getting really out of hand, leave straight away and get help.
- If you feel uncomfortable and unsafe in gang situations see if you can ease yourself away. Have you other friends who are not a part of the gang? Perhaps you could get involved in extra school activities - sports, clubs etc. This would help to keep you away from things you are not comfortable with.

Me versus the rest

Being bullied is always awful, but it can feel even worse if you are being bullied by a gang.

The person who is being bullied feels that absolutely everyone hates them. It's a lot easier to believe there is something wrong with you when lots of people are saying it instead of one person. It is also a lot harder to stand up to a group of people when they are all picking on you.



Dealing with a gang - top tips...

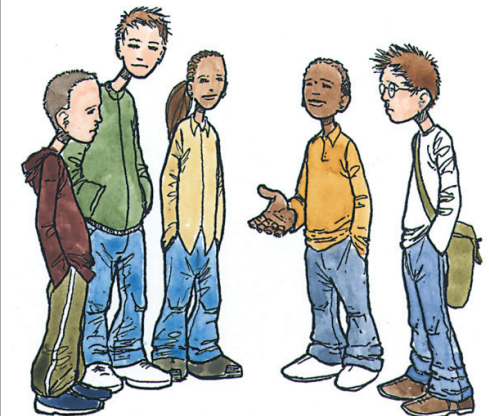
- Remember there isn't anything wrong with you, you do not deserve to be treated badly.
- Do not think the whole gang is against you, there are probably one or two ringleaders - the rest of the gang are just following along because they are scared not to.
- Talk to your friends and an adult you trust, it is almost impossible to deal with this on your own.
- Work out which member of the gang is the weakest link (do any of them look awkward or embarrassed when the bullying is happening?) Talk to them on their own and ask them how they would feel and why they are joining in. Let them know what they are doing is unfair and wrong. Ask them to speak to other members of the gang and see if they can stop it.

Bullying by gangs

Look at the pictures below. They are telling a story about a boy who is being bullied by a gang. They pick on him at playtime and won't talk to him in class.

Write a story about what is happening underneath each picture.

Look at the pages 'Me versus the rest' and 'If you want to be in my gang...' to help with your story.



How do you know?

How do you know if your friend or your brother or sister are being bullied?

They hate going to certain places...

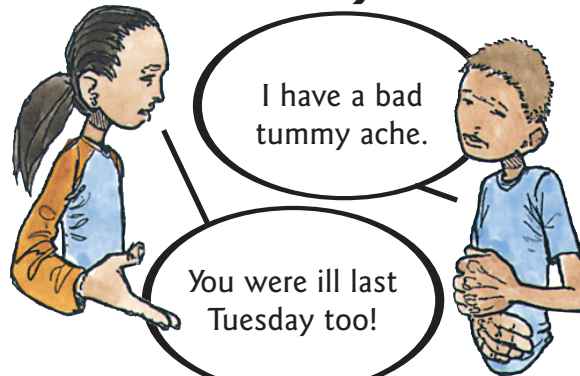
Let's not go to the park.



They are unhappy or feel ill at the same time every week...

I have a bad tummy ache.

You were ill last Tuesday too!



They keep losing their money or possessions...

What has happened to your new trainers?

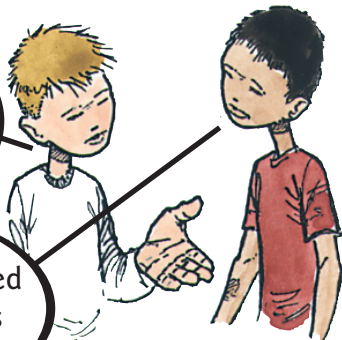
I have lost them.



They have cuts or bruises that can't be explained...

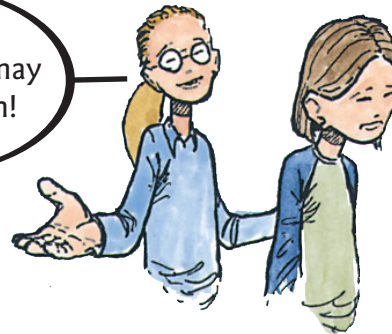
That's a horrible bruise - it looks as though someone has pinched you.

No I just knocked myself - it was an accident!



They have become quiet and jumpy...

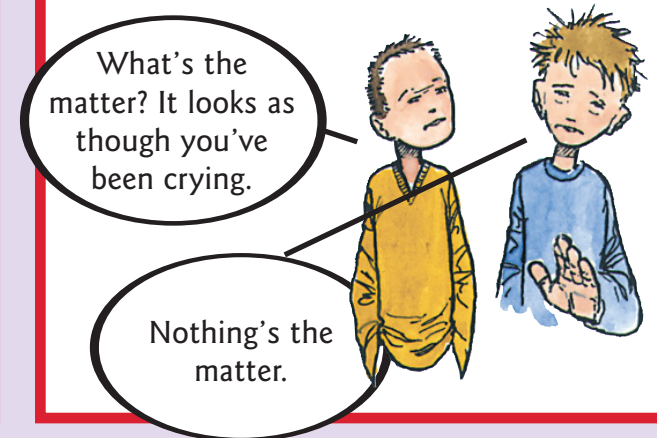
Cheer up - it may never happen!



They cry at night or in secret...

What's the matter? It looks as though you've been crying.

Nothing's the matter.



What can you do..? Try to be a good listener. Tell an adult that you are worried.

Please tell me about it

How to be a good listener.

If you suspect that a friend or member of your family is being bullied - how do you get them to tell you?

Don't say anything that makes them feel it is THEIR fault - it never is.

When they start to tell you, listen carefully to what they have to say.

Remember that once they start to talk about the bullying they will talk about it a lot. Let them. They have bottled up the hurt inside themselves for so long and need to talk. They are like a bottle of fizzy drink that has been shaken up - once the top comes off it all pours out.

Don't ask them too obviously if you suspect something. They may not be ready to talk yet. They may come back to you another time.

Let them know you are willing to listen at any time.



Imagine...

You are someone who has been bullied. Write down your thoughts once you have told someone for the first time.

How would you be feeling?

Would you be relieved? Hopeful? Fearful? Shaking? Trembling? Crying? Happy?

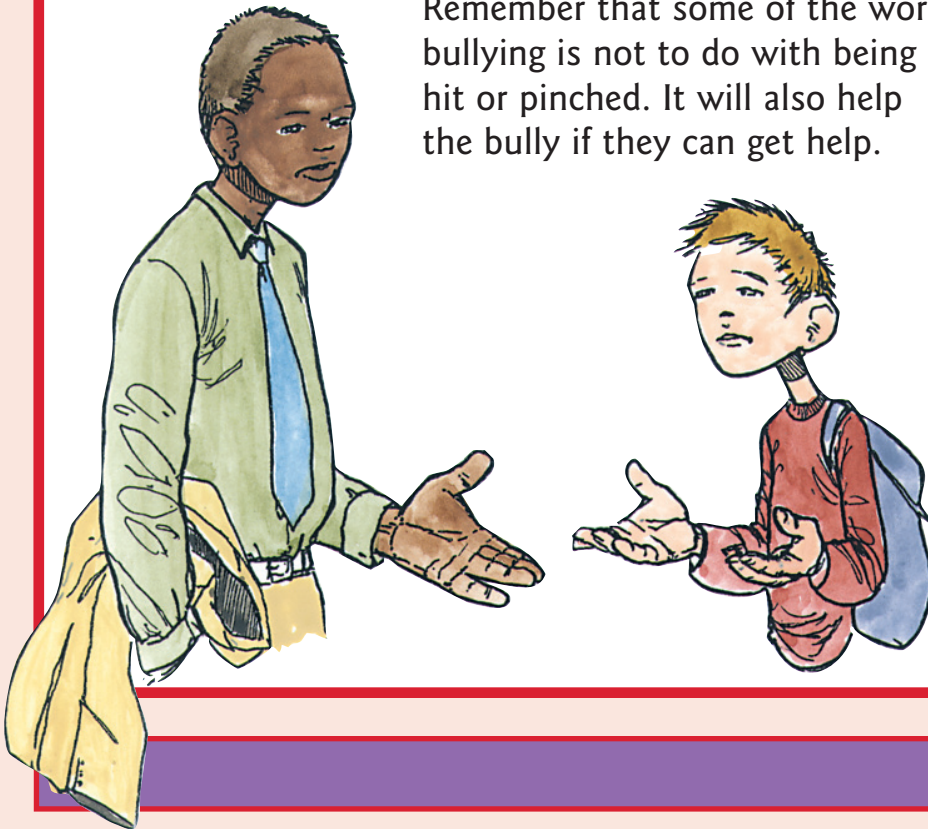
I don't want to tell tales!

If you see someone being bullied or are being bullied yourself, you should tell an adult. If someone tells you they are being bullied you should help them tell an adult. You can find a quiet moment and do it so it is private and no one else knows.

This is not telling tales...

It is not snitching, dobbing in or anything else. When it is about bullying it is NOT telling tales, it is REPORTING. You are doing it to protect the safety of the person being bullied.

Remember that some of the worst bullying is not to do with being hit or pinched. It will also help the bully if they can get help.

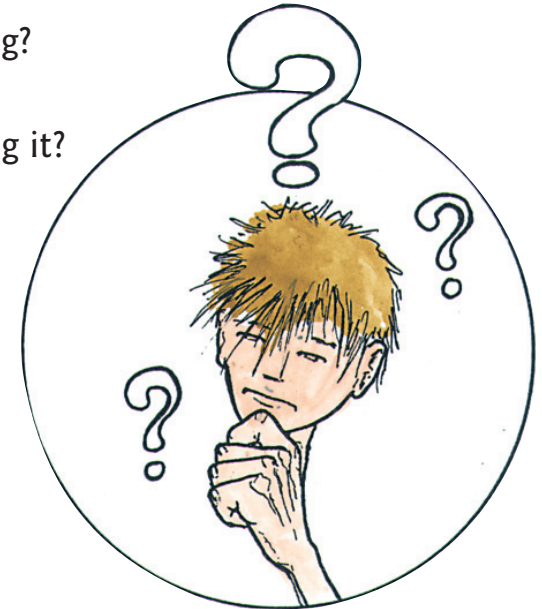


but...

You should NOT tell tales about something that is not bullying.

How do you know if it is bullying? Some people will claim that what they are doing is only a joke or a game. If in doubt ask yourself these questions:

- If it is a joke,
...is everyone laughing?
- If it is a game,
...is everyone enjoying it?
- If it was an accident,
...is anyone trying to help?



What to do

When someone tells you they are being bullied. What would you do?

Should you...?

Persuade the person being bullied to talk to an adult?

Try to sort it out for them by yourself?

Threaten to beat up the bully or bullies?

Encourage the person being bullied to talk to you about what is happening?

Tell the person being bullied to sort it out for themselves?

Do nothing?

If something does not work, not to give up but try something else?

Offer to speak to an adult on the bullied person's behalf?

Offer to go with them to speak to a teacher or a parent?

Yes

No



Myths about bullying

Myths are stories. Perhaps you know some good stories that are myths. But myths about bullying are not good and you must not believe them. Sometimes you will hear people saying these things. They may be trying to help when they say them but do not believe in these myths.

Remember bullying is NEVER a good thing! No one should ever have to put up with bullying.

Some people say:

Bullying is just part of growing up...

It isn't. You just don't have to put up with it. Adults don't put up with being hit and shouted at when they go to work. You shouldn't have to either.

If you hit back, you won't get bullied again...

Don't believe it. It may work sometimes but it is just as likely to make things worse.

Only victims get bullied...

It is not true that some people are more likely to be bullied than others. Although some people are bullied because they may be different in some way (they have a disability, are from another country, or speak with a different accent) many other children are bullied without any obvious reason. Don't forget that bullies have sometimes been bullied themselves!

Sticks and stones may break my bones but names can never hurt me...

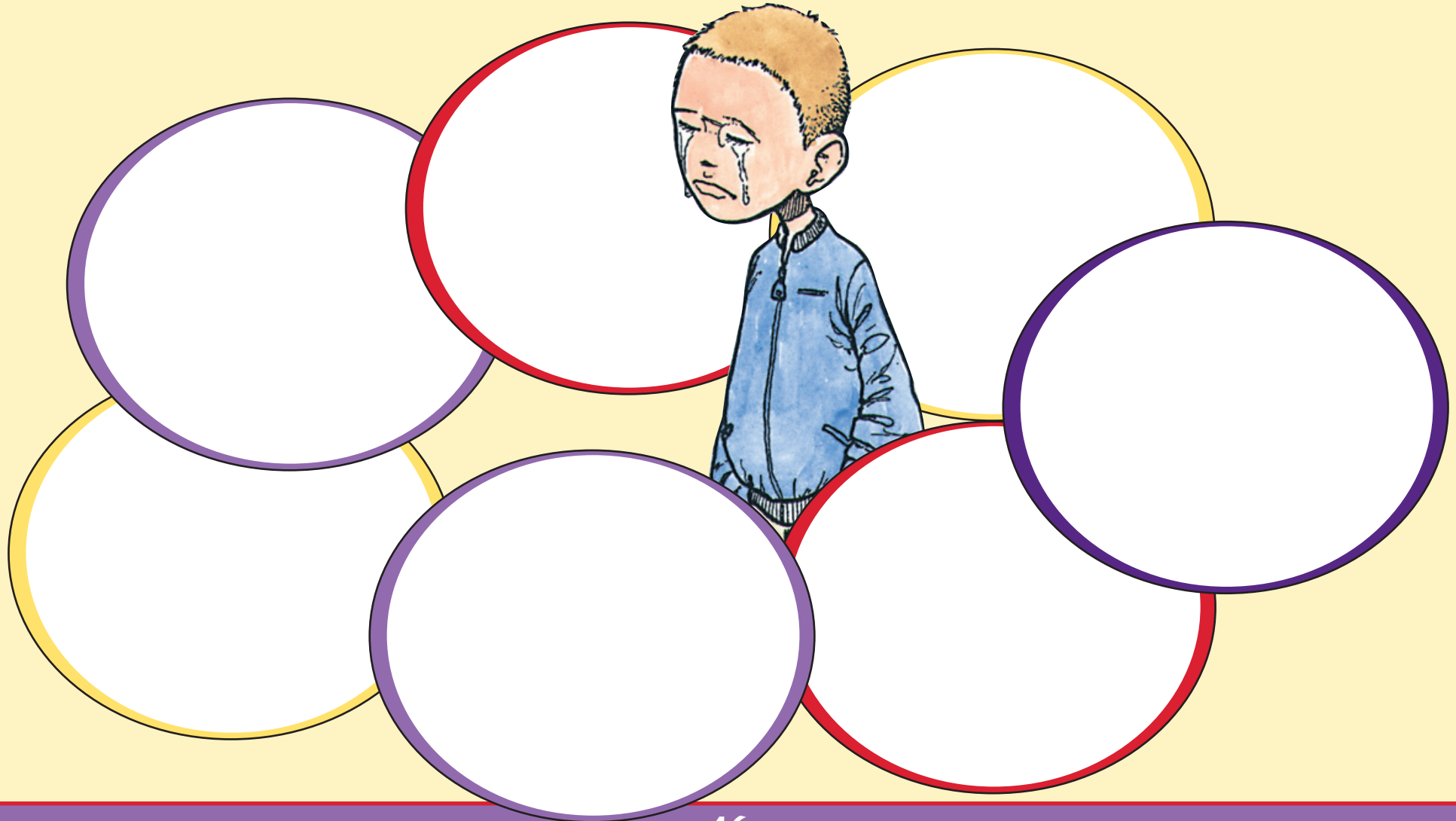
Not true. Bruises left by blows can fade and heal but the scars left by name-calling can last for a very long time.



How would you help?

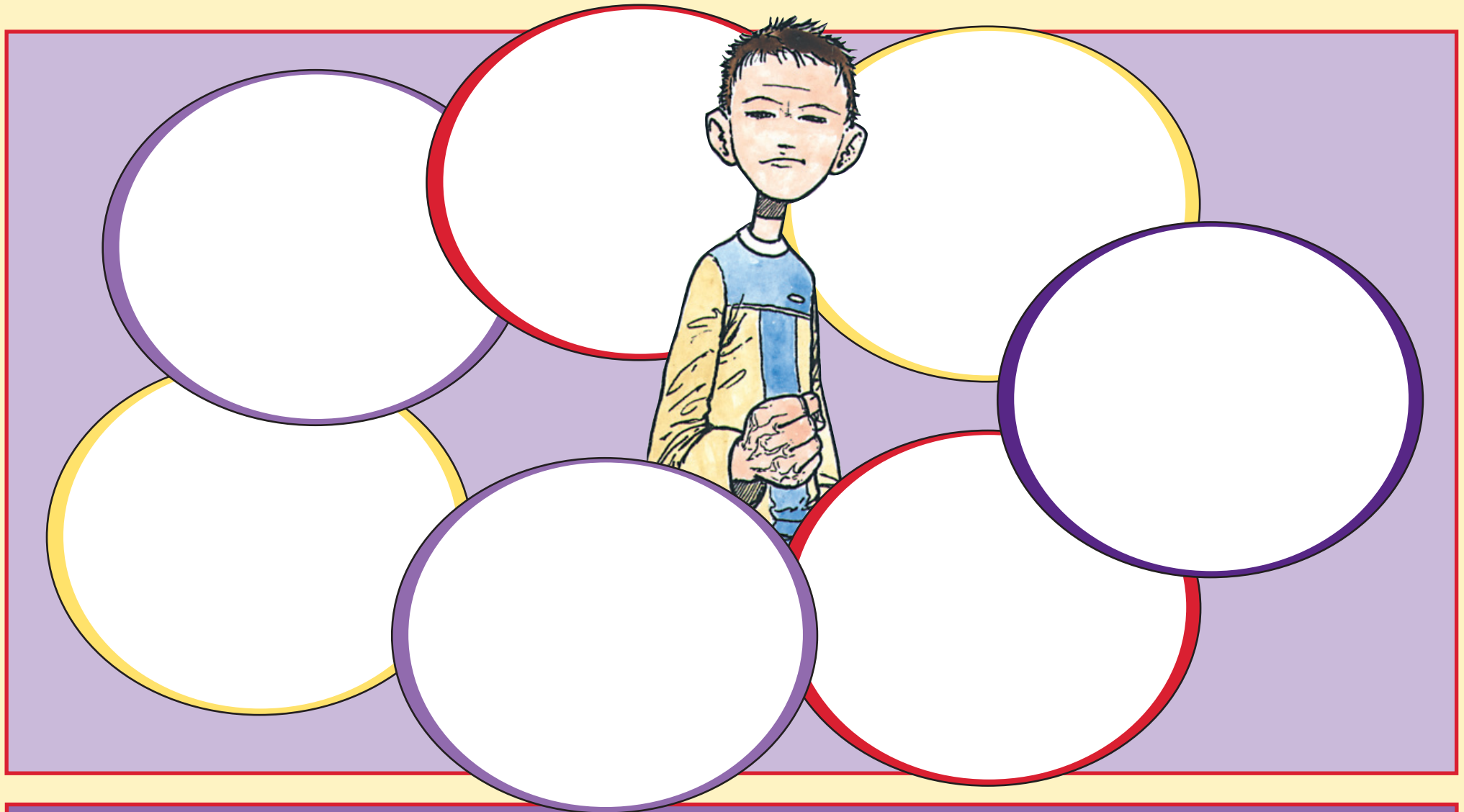
Imagine you know someone who is being bullied. They have come to you to ask for help, there's a whole gang of children picking on him and he doesn't know what to do. How would you help him?

Write down some of your ideas in the bubbles below.



What would you say?

Imagine you know someone who is a bully. They have talked to you about their bullying and say they wish they could stop, but don't know how. What ideas could you tell him? Write down some of the ways they can try to stop bullying in the bubbles below.



Someone is being bullied

What can I do?

What if you see someone being bullied who is not in your class, or someone who is not a friend? You may not know them very well. What difference can YOU make? Why get involved? You hardly know them.

If you do nothing the bullying will go on and happen again. In fact you are helping it to continue as bullies count on you doing nothing. DON'T give in to them!

Let a teacher or other adult know what is happening. Choose whether you do this quietly without people knowing.

Try to be a friend to the person being bullied.

Being kind to the bully can sometimes help the bully stop bullying.

Don't rush in and take the bully on. It might not be safe and you don't want other people to think you are a bully too.

Refuse to join in.



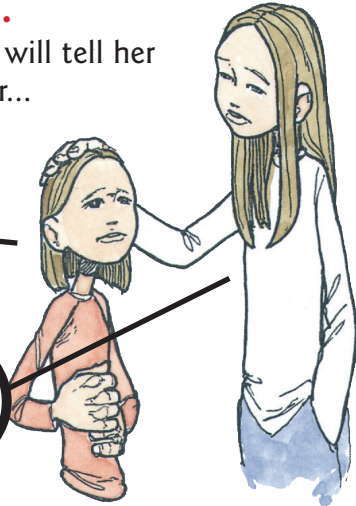
A story about bullying

At Trudie's house...

Mum thinks that Trudie will tell her what really is the matter...

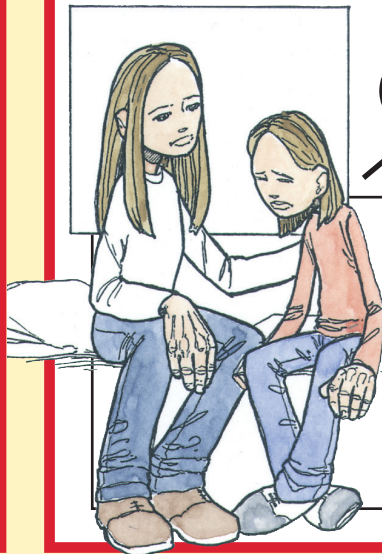
Mum I feel really ill.

Go back to bed and I'll ring in and say I can't come to work today.



Oh mum I am so unhappy...

Trudie's mum has been worried about how sad and withdrawn Trudie has been since she started her new school. She uses this time to talk to Trudie...and so Trudie tells her what has been happening with Harjeet.



Trudie's mum phones up the School to speak to Miss Jackson... Miss Jackson remembers the note and realises she shouldn't have ignored it.

I wondered what has been going on. Yes I shall look into this. Don't worry I shall do it in a way that they don't realise you have phoned.



The next day at School...

Miss Jackson talks to a number of children in the class including Harjeet, Sunita and Trudie. The three girls are all wondering what will happen next now that Miss Jackson knows.

I wish you had told me this before. It is not telling tales. No one deserves to be bullied.



Harjeet's story

Sunita has been nagging me about being horrible to Trudie. Anyway Trudie was off yesterday so at least we didn't have to put up with Miss Perfect. But she's back again today and Sunita has started to creep round her. Yuk!

Miss Jackson has been asking me lots of questions about play-times. I am not the only one as she's also talked to some of the others. Sunita has been really cagey about what she asked her. Miss Jackson said something about that note she threw away but I didn't tell her anything. She was really nice about the way I had tried in Maths recently - I thought she hadn't noticed.

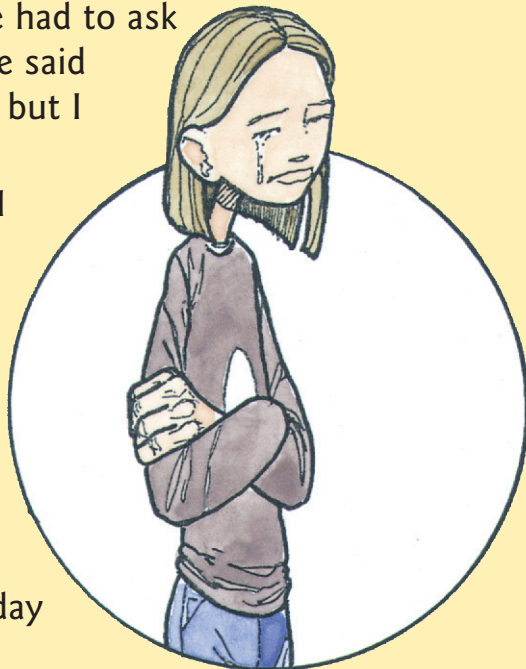
A story about bullying

Trudie's story

I cried and cried when I talked to my mum at home. But she was really good and made me feel it wasn't my fault. She said 'Enough is enough' which usually means I'm in trouble but this time it didn't! But I was dreading going back to school.

Miss Jackson made me take my Maths book to her - that's what she was doing with everyone today. She told me she knew how unhappy I was and thought she knew why, but that she had to ask me some questions. She said that it would be sorted but I wonder how?...

Anyway at lunch-time I played with Denise and Becky and they are going to call for me tomorrow and walk in with me. And Becky's mum spoke to my mum after school and I can go round to her house to play on Saturday and stay for dinner!



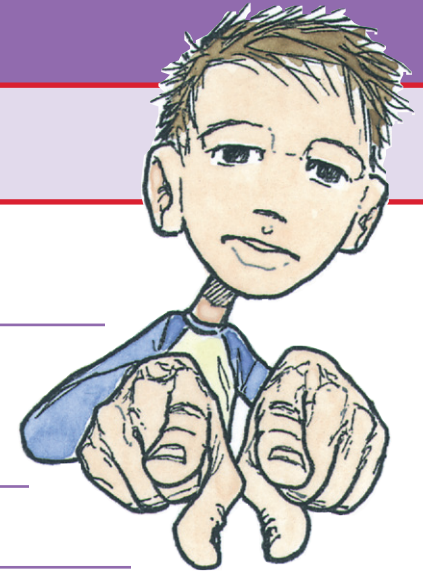
Sunita's story

I knew it would all come out. Apparently some of the other children have told Miss Jackson about Harjeet being horrible to Trudie all the time. She asked me about it and I got really upset and said that Harjeet can be horrid but she doesn't mean it. She just thinks it's a bit of fun. I've been trying to be nice to Trudie when Harjeet's not looking. Trudie is OK really and I agree with Miss Jackson that she doesn't deserve to be so unhappy. Not that she seems to need me to be her friend. Some of the others have started including her in their games. Harjeet keeps on and on about what happened when Miss Jackson talked to me.



A story about bullying

Can you answer these questions about the story?



Do you think Trudie was really ill?

How had Trudie been different at home?

Should Trudie's mum have spoken to Miss Jackson?

How do you think Miss Jackson felt after the phone call?

How did Miss Jackson get to talk to the children on their own?

Should the other children have told their teacher about the way Harjeet treated Trudie?

What should Miss Jackson do now?

How is Harjeet feeling?

How is Sunita feeling?

How is Trudie feeling?

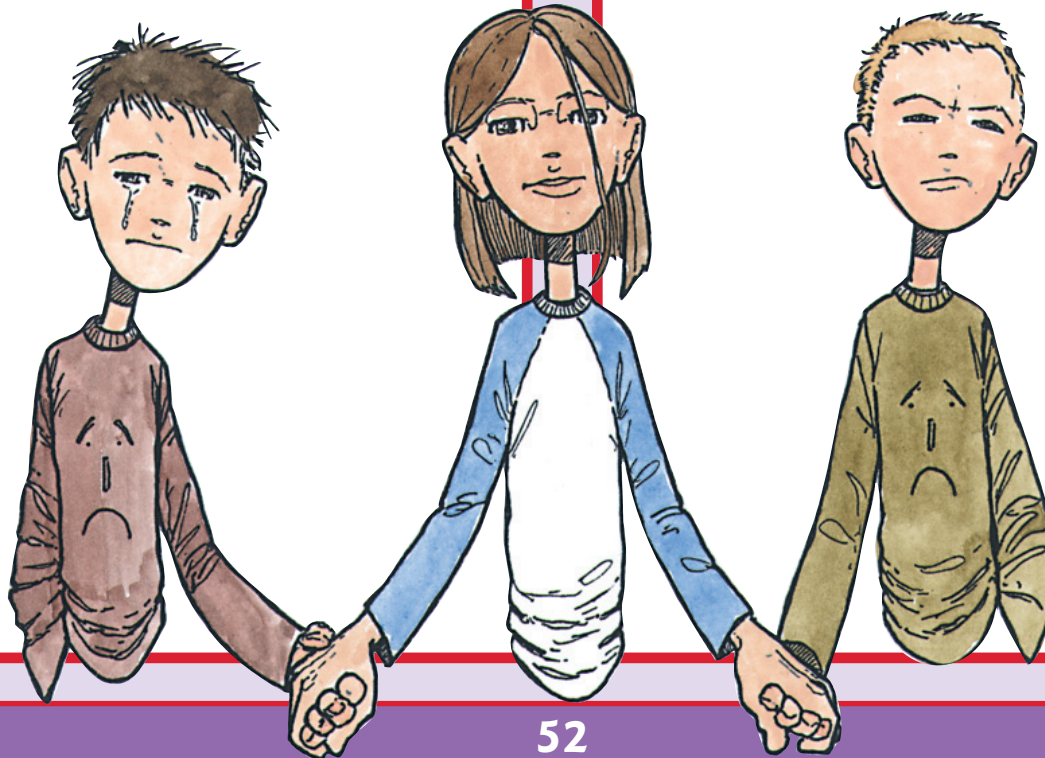
Be a good friend

to someone being bullied...

- Let them talk to you - be a good listener.
- Help them tell an adult like a teacher.
- Keep an eye on them at play-time and lunch-time and include them in your games.
- Walk to school with them if it's on your way.
- Don't ignore any bullying you see - and if you do see any TELL, TELL, TELL!

to a bully...

- Be friendly and kind to them still.
- Help them see that when they do or say things that it makes people feel bad.
- Point out when they are starting to behave in a way that is threatening.
- Get them to leave situations when they are starting to lose their temper.
- Tell them when they have been nice.
- Don't let people set out to provoke them. Tell an adult if this happens.
- Persuade them to ask an adult for help.
- If they start to bully TELL, TELL, TELL!



What happens when bullies grow up?

Read the statements below. Discuss them in class and write your thoughts in the boxes.

Bullies have fewer friends as they grow older.

When they are older most of their friends are bullies too.

Bullies often turn into adults who bully their children and people at work. They spread unhappiness.

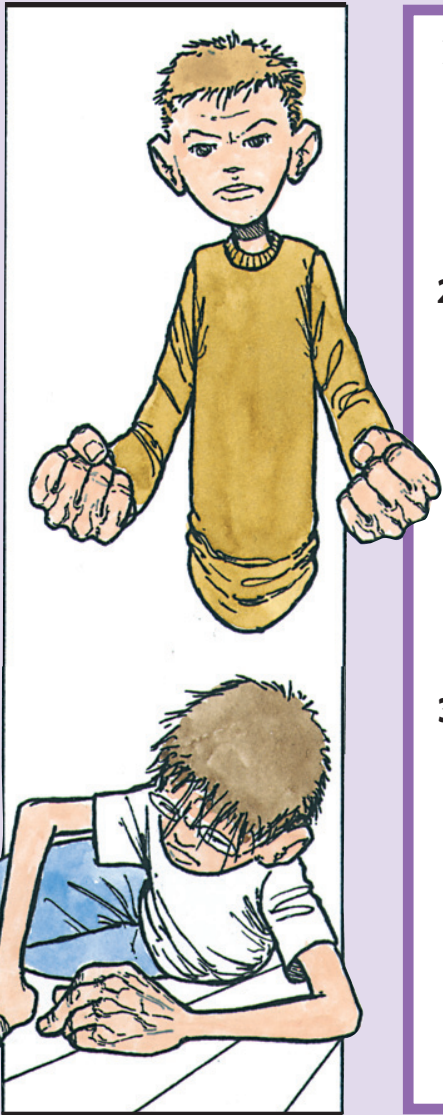
Bullies are more likely to be in trouble with the law when they grow up than other people.

Bullies are more likely to be unhappy adults with lots of problems.



Bully-Busters to the rescue

If this happens - you can try out the following. There is no right answer so discuss them first.



- 1. You are in the school playground and someone accidentally trips you? Do you...**
 - a. Hit the person hard?
 - b. Give him / her a chance to apologise?
 - c. Sit down and cry?
- 2. You are in the school toilet and someone in the year above comes in, punches you and then tells you not to do anything or 'you'll get worse'. You know who the person is and you have never done anything to him/her. Do you...**
 - a. Wait till the person leaves and then tell a teacher?
 - b. Get in a fight with him/her?
 - c. Accept what happened and don't tell?
- 3. A new pupil comes into your class in the middle of the year and some kids are making fun of their accent and generally being nasty to him/her. Do you...**
 - a. Try to be friendly and invite them to play with you and your friends?
 - b. Join in the teasing?
 - c. Ignore it - everyone gets the same treatment at first?

- 1. Give someone a chance. If it was an accident then he or she should say sorry.**
- 2. You didn't deserve to be punched and the bully was wrong to do it. If you don't tell, the bully will do the same to other kids.**
- 3. Remember how hard it is to be new. Do everything you can to make the new pupil feel welcome by inviting them to hang around with you and your friends. If the others continue and it gets worse do tell the teacher. This is bullying.**

Can you think of two more "If this happens..." situations that might happen at school or on the way to school?

Perhaps you could act them out?

What You Can Do

Chapter 4

Working together to stop bullying

- We don't want bullying in our school!
- What goes on in our playground?
- Where does bullying happen?
- A survey on bullying
- A story about bullying
- Why does bullying happen?
- An anti-bullying assembly
- We can have more fun!
- Working together to stop bullying



We don't want bullying in our school!

How can you work together to stamp out bullying?

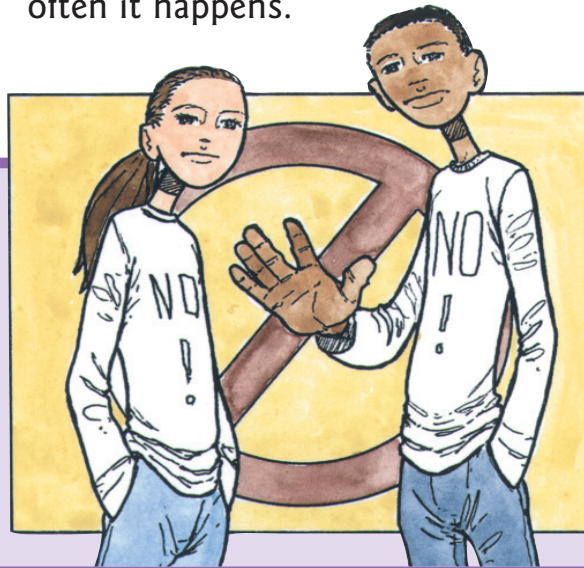
Here are some ideas you could try. Tick the ones you think are good. Place the ideas in an order of priority and number them.

Make anti-bullying posters and put them up around the school. Use some of the ideas in this book.

Get everyone to answer a survey about bullying to find out how often it happens.

Find out where bullying happens with another survey and a plan of the school.

Hold a class assembly about bullying and how to beat it.



Have an anti-bullying assembly done by a different class each term.

Prepare a play for new children to the school to see, showing that bullying is not allowed. Perhaps it could be videoed.

Set up a Bully-busters group with teachers, pupils and lunch-time supervisors represented. The group should meet once a month.

Make play-time and lunch-time more fun for everyone. Improve the playground and get some new games being played.

What goes on in our playground?

Which of these things do you do in the playground?

Do any of these stop other children from playing?

hiding
skipping
chasing
ball games

talking
sitting
playing with others
playing on my own
watching



jumping
football
climbing
swinging

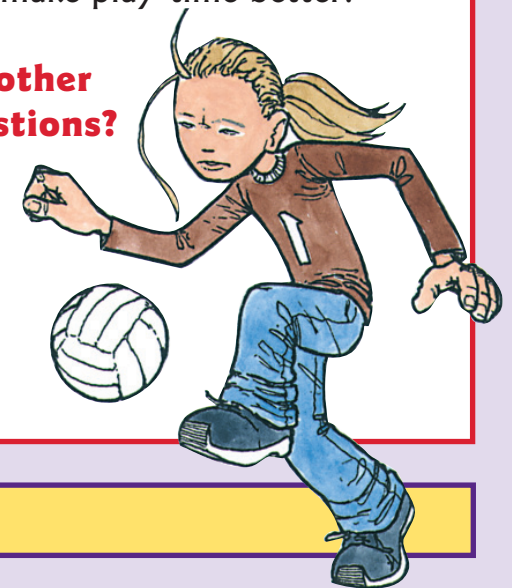


Now design a questionnaire about play-time for each child in your school. Remember that no-one needs to put their name on it. Do you think it would be a good idea to know which year they are in?

Include something about the following:

- What do you do in the playground?
- What causes trouble at play-time?
- Who do you play with?
- What don't you like about play-time?
- What do you like about play-time?
- How could we make play-time better?

Are there any other important questions?



Where does bullying happen?

Can you draw a plan of your school?

Shade in the areas where you have seen bullying happen. Why do you think bullying happens in these areas?



A survey on bullying

Copy the survey and quietly answer the questions but do not put your name on it.
Your teacher may read some of them out.

Somebody...

not at all

once

**more than
once**

Called me names

Said something nice to me

Was nasty about my family

Tried to kick me

Was unkind because I am different

Was rude about the colour of my skin

Said they'd beat me up

Tried to make me hurt other people

Tried to hurt me

Made me do something I didn't want to

Smiled at me

Tried to get me into trouble

Laughed at me horribly

Shouted at me

Sent me a nasty text message



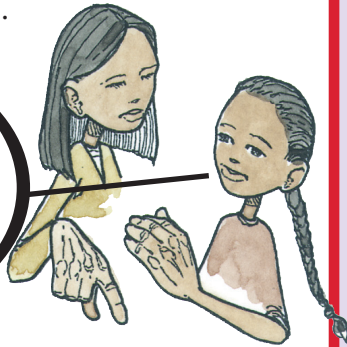
A story about bullying

At Harjeet's house...

Harjeet is getting ready for school. Her sister is teasing her about her skirt saying it is too short.

Her sister looks surprised that Harjeet hasn't gone ballistic as she usually does.

Well that's good because last week you said it was too long! Come on, I need to get to school as we are practising before our class assembly.



At Trudie's house...

Trudie is getting ready for school. The door bell goes and Denise, Becky and Sunita are there on the step. The girls walk quickly towards school.

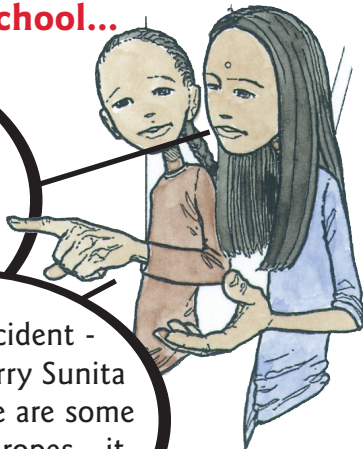


Hurry up, Becky has got to practise her reading for the assembly. We'll be for it if we're late and we need to go through our play again.

Later that day at School...

I thought you'd go mad when that Carl ran into you - but you were fine!

It was an accident - he tripped. Hurry Sunita let's see if there are some spare skipping ropes - it was really good fun yesterday.



Miss Jackson phones Trudie's mum...

Miss Jackson puts the phone down and checks her planner to see which children have agreed to help with the playground committee... Harjeet?



Thanks for ringing. It seems to be sorting itself out now. Yes, Trudie seems a different child - much happier. Bye - but phone if there are any more problems.

Harjeet's story

Miss Jackson was really tough with me about Trudie - she even got my parents in. But she's got a lot nicer too - she really listens when I tell her stuff. I told her how nasty my sister is and how she makes me mad. She pretended to be my sister saying nasty things and I had to show I wasn't falling for it! It was a laugh and it helped! Sunita is still my friend and she's helping by getting me to go away from something when I start to feel really cross. One thing that is really good is that we are going to make the playground better and a lot less boring. We have had a load of games that we can book. I used to hate school but it's not so boring now. And my work is getting a bit better. Mrs Grey the lady who helps me with my Maths is good at explaining things. She's got two children and she says they quarrel a lot too! Just like me and my sister.

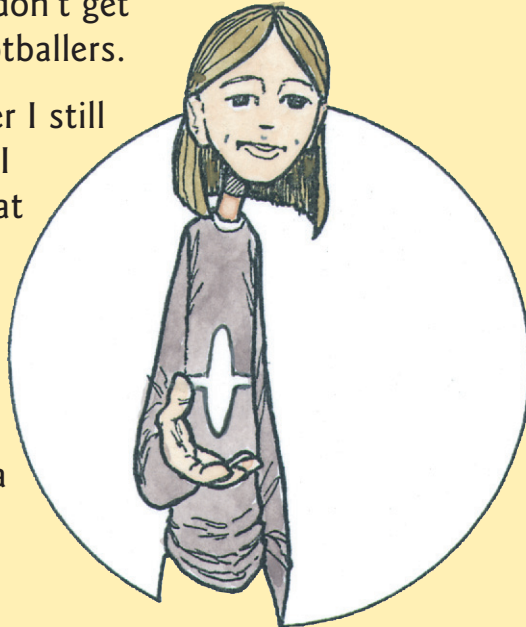
A story about bullying

Trudie's story

It's really good now. I can get on with my work when I want to - Harjeet doesn't call me names anymore. Mind you, Miss Jackson has said she will tell my parents about me chattering too much when it's the next parents' evening!

Play-time is really good - especially lunch-time when we have this really good skipping game going. Some people play quiet games like marbles and there are places where they don't get trampled on by the footballers.

Mum asked me whether I still missed my old school. I realised I didn't and that this school is really good fun. Sunita, Becky and Denise are really good friends and even Harjeet's got her good points. Sunita seems to stand up to her more too.



Sunita's story

Harjeet's got in trouble about being so horrible to Trudie. In fact we all did for not saying anything. Our school has a new thing going called 'Stamp out bullying'. We had to think of ideas for a slogan and voted for the best. It's quite good as we have been doing all these plays and posters. It's funny - Harjeet has enjoyed it all especially the plays.

Harjeet has really tried recently to not lose her temper. We have got really close as Miss Jackson sat down with me and Harjeet and we decided that I would be Harjeet's special friend and help her stop getting cross and being nasty to people. Trudie's got lots of friends now. She is a real chatterbox in class now - a good laugh.



Why does bullying happen?

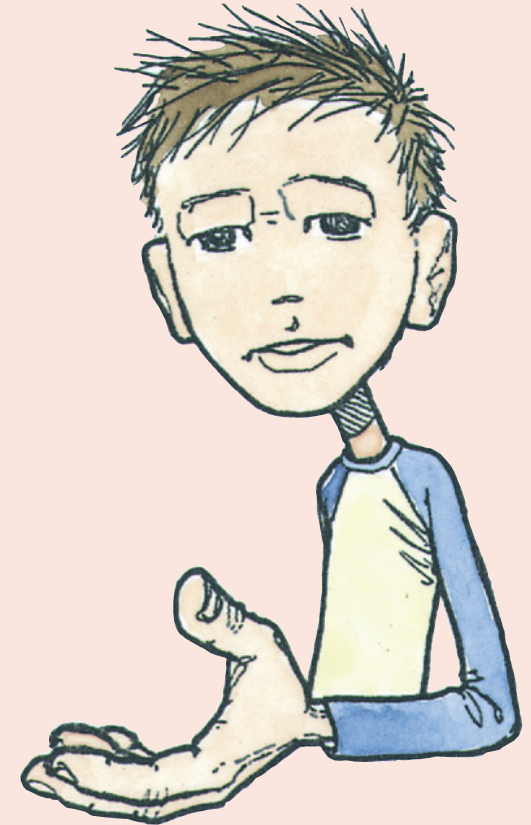
Can you answer these questions about the story?

What do you think Miss Jackson said to Harjeet's parents?

How has Miss Jackson helped Harjeet?

How has Sunita helped Harjeet?

What is the school doing to get rid of bullying?



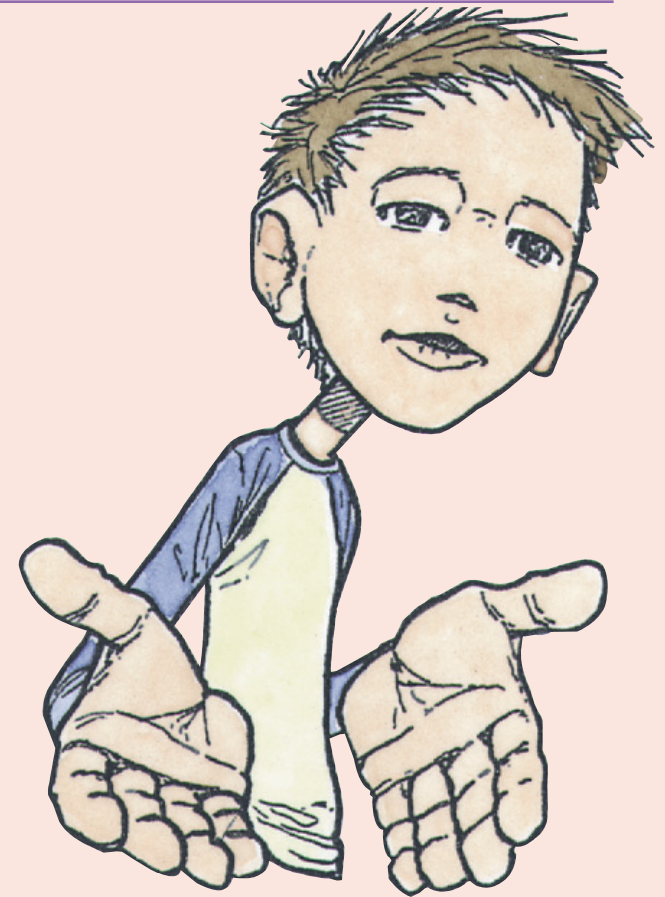
Why does bullying happen?

Why is play-time better?

How is Harjeet feeling?

How is Sunita feeling?

How is Trudie feeling?



An anti-bullying assembly

To launch an anti-bullying campaign at your school you could have an assembly. Here are some ideas:

A reading from a story about bullying e.g. Krindletrax by Phillip Ridley, Red Fox ISBN 0-099-97920-9.

A poem called "The Bully Asleep" by John Walsh, Puffin 20th Century Children's Verse ISBN 0-140-37684- 4.

Announce the winner of the best 'Anti-Bullying Poster'. Short plays about bullying.

The plays could be based on the following situations: You will need to discuss them first to bring out the message that bullying can be beaten - sometimes before it starts.

You are in the playground, eating crisps. A kid runs past and knocks you so they fall to the ground.



His friend running behind stamps all over them. He says it was an accident. It wasn't. What do you do?

You are walking down a corridor with your friends. Two kids are walking the other way.



As you pass you hear them make a racist remark. They are looking at your friend, Abdul. What do you do?



You are working on a table with three other people. One of them picks up your ruler in her finger and thumb and laughs in a nasty way. Her friends laugh too.



laughs in a nasty way. Her friends laugh too.

She then takes everything out of your pencil case in the same way. They all laugh. What do you do?



We can have more fun!

skipping
rope

bean-bags

hoop

marbles

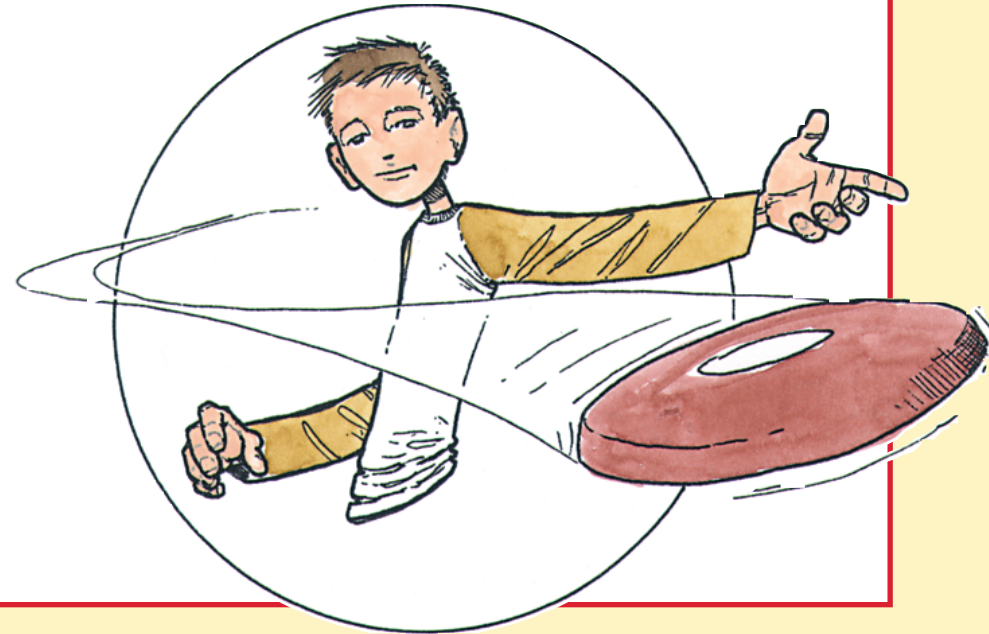
frisbee

long
skipping-rope

Can you work out a system that would be fair for lending out such equipment - like a library? It would be a system run by you, the pupils. What about learning some new games to play in the playground? Ask your teacher to let you practise some in PE. What games could you have inside for wet breaks or for quiet breaks?

I think we should:

To make it fair we should:



Working together to stop bullying

We can all play our part to stop bullying!

Write in the space what you think each one could do to stop bullying...

Teacher

Other Children

Dinner Lady

Lollipop Man/Lady

Lunchtime Supervisor

Me

Can you think of anyone else?

Chapter 5

Bullying Summary and Exercises

- **Summary**
- **Write a story**
- **On the net**
- **Act it out**
- **Word bank**
- **Survey**
- **Newspaper extracts**
- **Why does bullying happen?**
- **Write a story**
- **Answer page**
- **Glossary - Useful contacts**



Summary

Nobody has the right to hurt other people by hitting them, kicking them, calling them names, spreading tales about them or trying to upset them in any way.

Bullies try to excuse their bullying by saying that it is their victim's fault for being different.

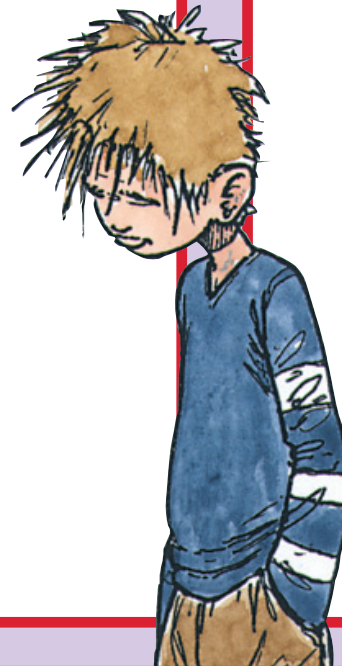
Can you remember the three types of bullying?

Write a sentence under each heading to summarise each bullying type.

Verbal abuse

Physical abuse

Silent bullying



Write a story

**Write a story about a character that is bullied in all of these ways.
The bullied child should be the narrator in the story.**

In your plan, think about:

Why the character is being picked on.

How the bullied child feels.

Show their personality through using direct speech.

Use some good adjectives to describe the personalities of the main characters.

Plan your story thinking about how the conflict first happens and how it is finally resolved.



Continue on the next page.

Write a story

Continue your story..



Write a story

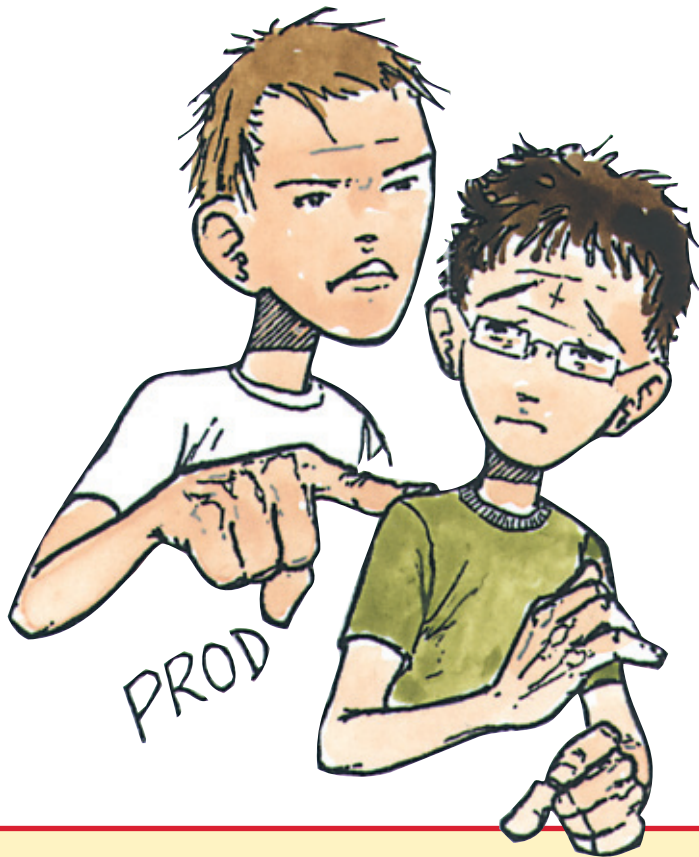
Now think about the bully.

Why do you think they decided to pick on someone else?

Can you rewrite an extract of the story from the bully's point of view with them as the narrator?

Why have they become a bully?

Do they recognise the need for help to stop treating others badly?



On the net

Search for bullying resources on the internet at school.

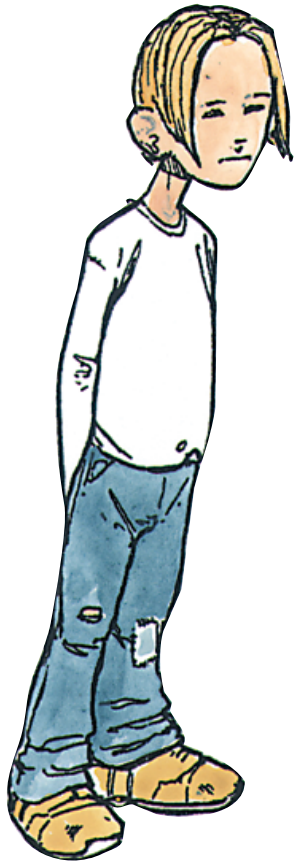
Make a list of good ideas to help curb bullying in your area.



Act it out

Now that you are an anti-bullying expert, prepare a play script that shows how bullying affects a person. Remember to include stage directions for the characters.

Act out your play.



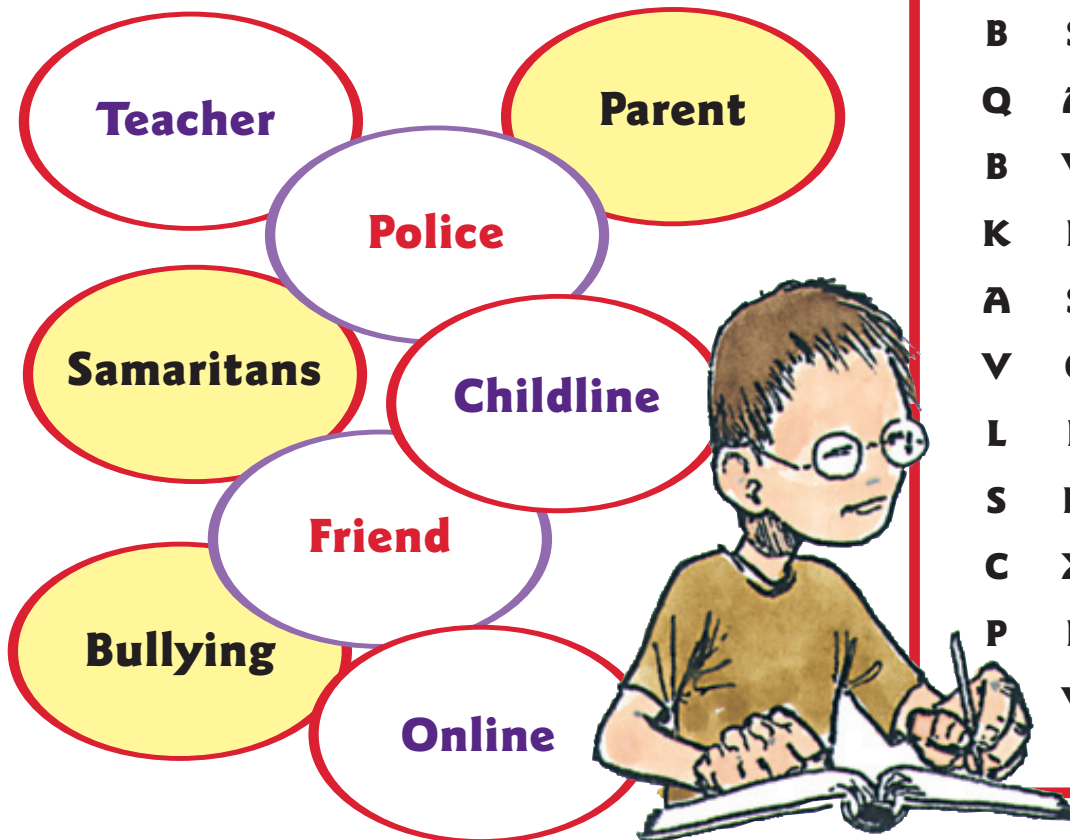
Word bank

Remember that no one deserves to be a victim of bullying!

There are many people and agencies that can help people being bullied.

Can you find them in this word search?

Do you know what each one could offer?



R	Q	W	E	R	E	C	I	L	O	P	L
K	J	H	G	F	D	S	A	Z	X	C	V
B	S	A	M	A	R	I	T	A	N	S	W
Q	A	S	D	F	G	H	E	K	L	M	N
B	V	C	X	Z	A	S	A	F	G	H	O
K	L	P	H	I	U	Y	C	R	E	W	N
A	S	D	F	I	H	J	H	L	M	N	L
V	C	X	Z	A	L	D	E	G	P	J	I
L	F	R	I	E	N	D	R	E	A	Q	N
S	D	F	G	H	J	K	L	M	R	B	E
C	X	Z	Q	W	E	R	T	I	E	I	O
P	L	K	B	U	L	L	Y	I	N	G	X
V	B	N	M	Z	X	C	V	T	E	M	

Answers on page 79

Survey

Is anyone you know being bullied?

Ask your head teacher if you can carry out a school survey.

It could ask:

Have you been bullied?

Are you being bullied now?

Did you tell anyone?

Did the bullying stop?

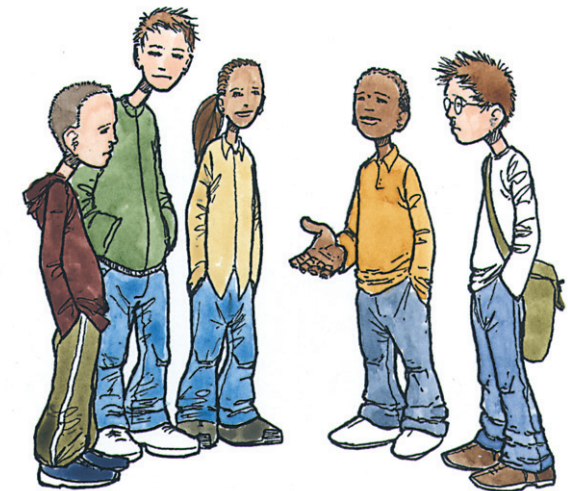
If it didn't stop, why?

If you didn't tell, what stopped you?

Where did the bullying happen?

What would you like to see happen next?

Collect the information in a graph to show the number of people who have been bullied in each year group. Is the problem evenly spread amongst boys and girls?



Newspaper extracts

Here are some Newspaper extracts about bullying, read them carefully.

School boxes clever to end Bullying

TEACHERS have devised a scheme to ensure bullying victims no longer suffer in silence.

They are encouraging pupils to report any incidents in a confidential "bully box" at St Malachy's RC Primary.

Since the box was introduced the number of bullying incidents has halved and the scheme has now been recognised with a Healthy Schools Award.

Teacher Sarah Brealey, who co-

ordinates St Malachy's healthy school initiative, said: "The steps we have taken are simple ones but the change has been unbelievable."

Before the introduction of the 'bully box' 66 per cent of pupils told a school survey that they had been bullied.

St Malachy's addressed the problem by bringing in a drama group, which performed a Jerry Springer-style show about bullying - with a bully and a victim in the 'studio'.

One pupil in two says bullying remains a problem, despite efforts to stamp it out

Bullying is still considered to be a big problem by more than half of schoolchildren despite years of official programmes to stamp it out, a survey showed yesterday.

Recent research by ChildLine revealed that 51 per cent of primary pupils and 54

per cent of secondary pupils considered mental and physical abuse by other children to be a menace in their school. Half of primary school pupils and nearly one third of secondary pupils said they had been a victim of bullying during the past term. *The Independent*

CLASSES

Teachers talked to their classes about bullying, and the problems it caused for victims, and there were workshops for older children concentrating on bullying.

Finally, the school set up the bully box, so that victims could report it on a slip of paper and Miss Brealey could take action.

"At first we got lots of these pieces of paper," said Miss Brealey. "The children only had to say what had happened and who had done it to them.

"At first we were getting 30 a week. It was things like pushing people over in the playground or not letting them play.

"Now we only get one a week. It shows how much of a change we have made just by doing these simple things. The changes are unbelievable."

SURVEY

In a recent survey the number of youngsters claiming to have been bullied recently fell to 29 per cent. Children also are delighted with the scheme.

Ten-year-old Natalie Bowen, who helped to conduct the bullying surveys, believes an improvement in playground equipment has helped reduce the problem.

She said: "We didn't have a lot of equipment then so that's why people were bullied. Bullying is horrible. Bullies call people names and hit them. They make people scared, so they don't want to come to school.

"The bully box is good because when people get bullied it can be sorted out quickly."

Elizabeth Chike, 10, said: "It doesn't happen a lot anymore because of the changes in school."

Manchester Evening News

Reproduced by kind permission

Why does bullying happen?

Discuss the following in groups and then with your teacher.

1. How many children from St Malachy's school considered bullying to be a problem.

2. By how much has bullying decreased since the introduction of the School box scheme?

3. Discuss with your class why you think this scheme has worked.

4. What percentage of primary pupils considered bullying a menace?

5. How can people work together to stop bullying?

6. Is there evidence to show that working together works?

7. Discuss with your class whether your school will introduce a similar scheme.

8. Can you summarise the articles overleaf in 50 words or less?

Write a story

What would you do if you saw someone being bullied?

Remember that you must think about your personal safety too.
Who could you tell? What might they do?

Now look at some of the agencies listed in the Glossary.

What advice would you give to the character in your story?

When your class have completed their project, publish it in a class book and put it in your school library to help others find out about bullying.

Include a persuasive letter for anyone who may be reading who is a bully themselves. Think about how to build up your arguments against bullying to convince the reader.

Do you know where the finished book should go?

Find the Dewey number for bullying and number your book before putting it on the shelf.



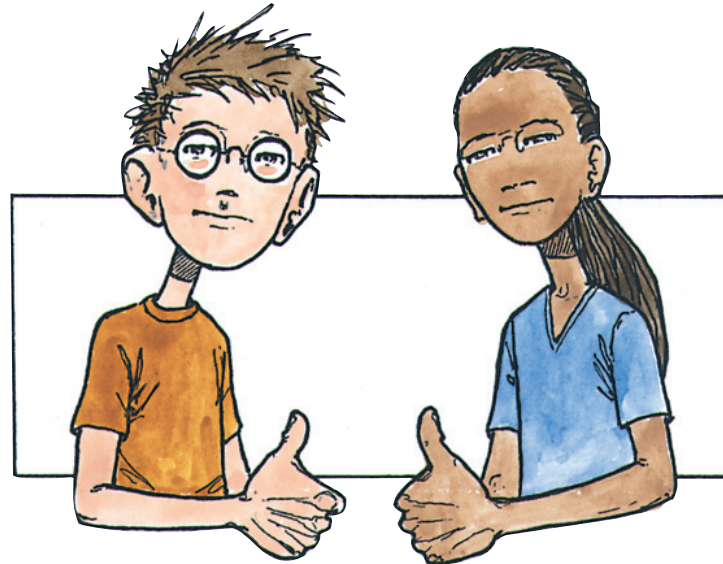
Answer page

Answers to Word bank

R	Q	W	E	R	E	C	I	L	O	P	L
K	J	H	G	F	D	S	A	Z	X	C	V
B	S	A	M	A	R	I	T	A	N	S	W
Q	A	S	D	F	G	H	E	K	L	M	N
B	V	C	X	Z	A	S	A	F	G	H	O
K	L	P	H	I	U	Y	C	R	E	W	N
A	S	D	F	I	H	J	H	L	M	N	L
V	C	X	Z	A	L	D	E	G	P	J	I
L	F	R	I	E	N	D	R	E	A	Q	N
S	D	F	G	H	J	K	L	M	R	B	E
C	X	Z	Q	W	E	R	T	I	E	I	O
P	L	K	B	U	L	L	Y	I	N	G	X
C	V	B	N	M	Z	X	C	V	T	E	M

Answers to page 77

1. 66%.
2. 37%.
3. Discuss with your teacher.
4. 51%.
5. Discuss with your teacher.
6. Discuss with your teacher.
7. Discuss with your teacher.
8. Discuss with your teacher.



Glossary - Useful contacts

Anti-Bullying Campaign

Trained counsellors on hand to help with your problems.

t 0207 378 1446

Antibully

Lots of information and advice on bullying related issues.

w www.antibully.org.uk

Bullying Online

Confidential advice for parents, children and schools available 365 days a year.

e Email: help@bullying.co.uk

- replies within 24 hours.

w www.bullying.co.uk

The website has useful links to other related agencies including the DfES 'Don't suffer in silence' anti-bullying guidelines.

Childline

A confidential free 24-hour phone line for children or young people in trouble or danger.

t 0800 1111

e www.childline.co.uk

w www.childline.org.uk

Bullying helpline **t** 0800 44 1111

(3.30-9.30pm Mon-Fri)

Write for confidential advice to:

Childline HQ, Studd Street, London N1 0QW

Regional addresses are available

Children's Legal Centre

Free advice about legal issues. Weekdays 2-5pm

t 01026 873820

Kidscape

Advice and information for parents of young people being bullied.

Open weekdays, 10am-4pm.

t 0207 730 3300

w www.kidscape.org.uk

Booklets on preventing bullying and further information available from

Kidscape, 2 Grosvenor Gardens,

London SW1W 0DH

National Youth Advocacy Service

Provides advice and information and ensures that young people's voices are heard

t 0151 342 7852

w www.nyacyouth.org

NSPCC

Child protection Helpline.

t 0808 800 5000

w www.nspcc.org.uk

w www.there4me.com

Parentline Plus

Help line for parents and carers of children, providing support for parents of bullied children.

t 0808 800 2222

w www.parentlineplus.org.uk

Pupiline

Provides advice and information for young people.

w www.pupiline.co.uk

Race Equality Councils

Agencies based throughout the UK providing information and help relating to racism and bullying.

w www.cre.gov.uk

Samaritans

Advice and counselling for the depressed and despairing. 24 hour help line

t 08457 90 90 90 /

REP IRE: 1850 6000 90 90

UK Youth

Virtual community for young people using internet for learning.

w www.youth.org.uk

Victim Support

Provides help and advice for victims of crime.

t 0845 3030900

w www.victimsupport.com

Youth Access

Provides names of local youth counsellors.

t 0208 772 9900

Citizenship

w timeforcitizenship.com

AVAILABLE RESOURCES

Why Me? Mary McLeod & Sally Morris, Children talking to Childline about bullying. ISBN 09524 94817 (available from Childline.)



Children's
**Safety
Education**
Foundation

Aware, Alert, Alive!

For more information go to

www.csef.net

[Click Here](http://www.csef.net)
