

# Anti-bullying

## What is bullying?

Most people understand bullying as behaviour by an individual or group, repeated over time, that is intended to hurt another individual or group either physically or emotionally.

All bullying, whatever the motivation or method is unacceptable and should not be tolerated.

Bullying can manifest in any of these ways:

- **Verbal** - spreading rumours, name calling, 'putdowns', humiliation, abusive and menacing messages
- **Physical** - any form of physical intimidation or assault including, pushing, kicking, hitting, extortion, or theft of property
- **Emotional** - being unfriendly, excluding, tormenting (eg hiding books), making threatening gestures
- **Sexual** - unwanted physical contact, sexually abusive or explicit comments
- **Homophobic** - verbal or physical abuse focussing on the issue of a person's sexuality
- **Racist** - verbal or physical abuse focussing on the issue of a person's colour, ethnic heritage, culture, nationality, or religious identity
- **Cyber** - any form of abuse or intimidation made by means of technology (e.g., mobile phone messages, videos, apps, text messaging, social media etc.)

It is vital that if you are being bullied or you have witnessed bullying, that you report it to an adult at home, or at school.

Further support and advice can be found at:

- Childline 0800 11111
- [www.bullying.co.uk](http://www.bullying.co.uk)
- [www.kidscape.org.uk](http://www.kidscape.org.uk)



We would like to **celebrate** work completed by students during Character Week 2020. If you would like to, please send any photos or copies of your work to [CW2020@bishopchalloner.bham.sch.uk](mailto:CW2020@bishopchalloner.bham.sch.uk)

**Task 1.** Youtube search "Jack's Story Cyberbullying" and select the below video. Then answer the question...

What Jack is experiencing is classed as bullying? How can you tell? What should Jack do?



Jack's story - Cyberbullying - Internet Matters

Internet Matters • 9.5K views • 4 years ago

Jack is playing a video game online when his friend from school s with him that leads to cyberbullying. Cyberbullying ...

**Task 2.** Can you draft an email to Jack which explains what he could do in response to the online chat/ messages that he has been receiving?

## Top tips...



**Anti-Bullying Alliance**

**ARE YOU BEING BULLIED?**

DO YOU KNOW IT DOESN'T MATTER WHO YOU  
**SOMEONE TELL**  
WHO IS BEING BULLIED? JUST TELL  
DON'T KEEP IT TO YOURSELF SOMEONE  
PUT A STOP TO BULLYING

**TELL RIGHT NOW!**  
**ANY ADULT IN SCHOOL**



# What is a bystander?

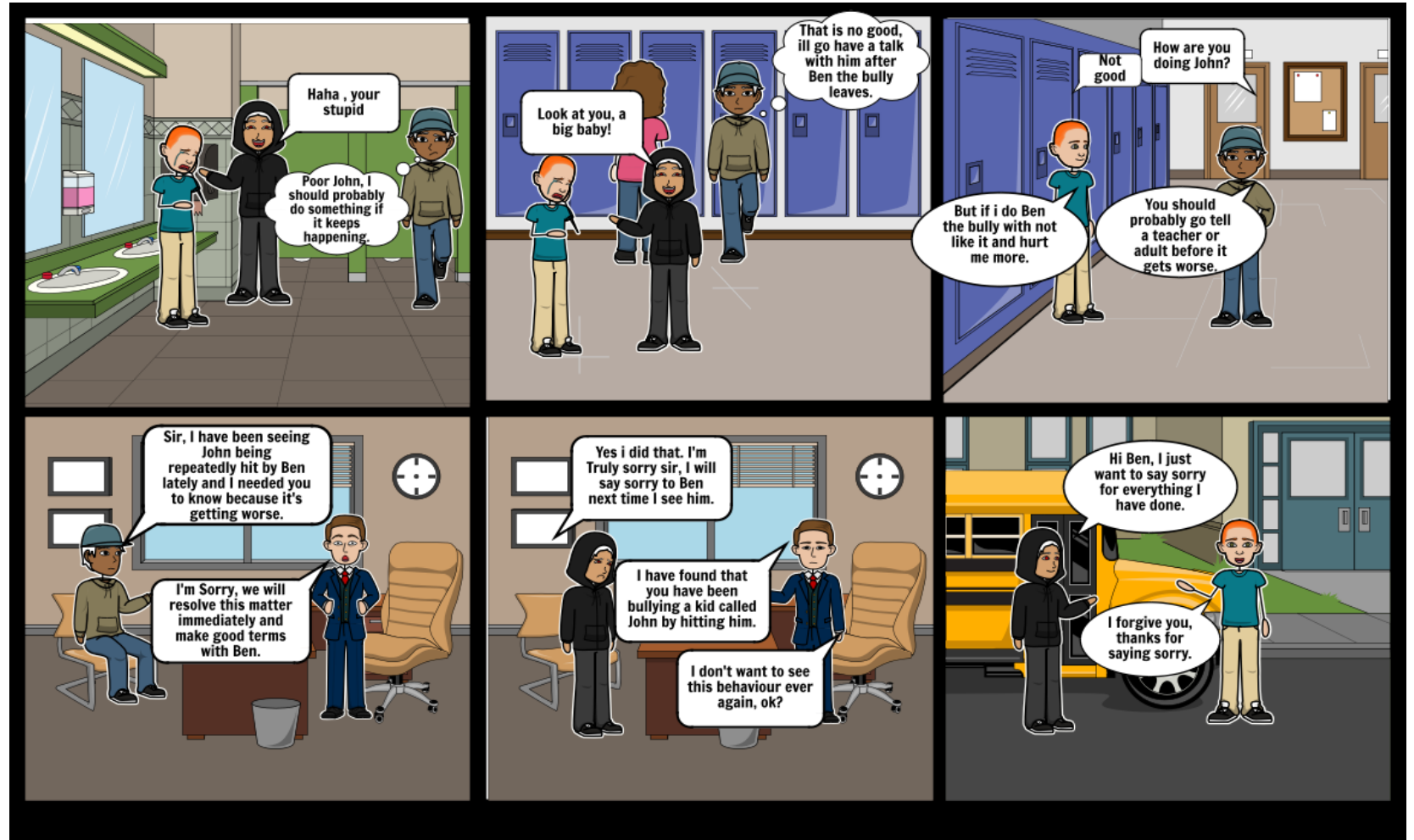
A bystander witnesses someone being bullied and have a decision to make about reporting it. As part of our school community we would expect students to report any bullying that they might see, in the same way as you would if you were being bullied. Being a bystander and not reporting what you see is wrong, just as bullying itself is. A trusted adult in the school will make sure that they are discrete with how the issue is dealt with. message

## Task Two

Read through the comic strip, opposite. It is a simple idea where a bystander has reported an incident and a teacher has intervened and resolved the issue. On the next slide, there is a blank comic strip. Can you fill it in (or make your own template) that gives a clear anti-bullying message. It could involve a bystander, or it could be about cyber bullying.

If you would like to share your work with us, don't forget to send it to

[CW2020@bishopchalloner.bham.sch.uk](mailto:CW2020@bishopchalloner.bham.sch.uk)



Comic title:
