

Year Four

Lesson 2

Lesson length: 60 minutes

Unit title: Understanding and appreciating positive relationships

Lesson title: Understanding different types of bullying

Year
4

Learning Objectives

To understand what bullying is and how bullying occurs

To be aware of the different types of bullying

Suggested Activities

Teacher to begin the lesson by posing question 'What is a bully?'

Activity Ask each pair to come up with a definition. Record responses.

Then go onto completing with the dictionary definition:

'A bully is someone who threatens another person repeatedly in order to gain control over them. This may be done in different ways.'

Activity Introduce a selection of scenarios. As a whole class

Who is involved in bullying situations? How do they develop?

Teacher to expand on the different groups involved in bullying – victim, bystander and abuser (bully).

Relationships and Health Education

Learning Outcomes

Respectful relationship

- about different types of bullying, the impact of bullying, responsibility of bystanders and how to get help

Being safe

- how to recognise and report feelings of being unsafe or feeling bad about an adult
- how to report concerns or abuse, and the vocabulary and confidence needed to do so

Caring friendships

- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek advice from others, if needed

Mental wellbeing

- bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing

Further the activity by pupils going onto consider

- Are their different types of bullying? e.g racial, gender
- Make a list of as many as they know. Take feedback

How many different types did they come up with?

Discuss the different ways a person may be bullied explore the different definitions.

Consolidate that bullies can be adult and or children.

Watch the playground clip from the film 'Matilda'.

<https://www.youtube.com/watch?v=ntirWguFrFM>

Activity Feelings / Action / Outcome (scenario sheet below)

In groups ask pupils to consider the feelings and emotions of the different groups- victim / bystanders / bully (clarify these).

- Next go onto thinking about whether the situation could be resolved
- Could they identify any of the behaviours from the definitions
- What type of bullying was not evident in the clip
- Feedback to the class

Definitions

PHYSICAL BULLYING

This is when someone is punched, hit, kicked or attacked. Bullies operate in clever ways and will "accidentally" bang into someone or trip them over. They can operate on their own or in groups.

VERBAL BULLYING

Bullies can threaten people or call them names. They may taunt the victim or repeat what they said in a silly voice. They will sometimes humiliate them by making them look stupid.

SILENT / INDIRECT BULLYING

This is where they ignore you or try and stop you from joining in. They may send an individual to 'Coventry'.

CYBER BULLYING

This is where a person is being bullied online by a person/s through text messaging, WhatsApp, social media, online, gaming. Rumours can be spread if you have a mobile phone they may send you 'hate' text messages. Sometimes they will continually follow you around.

Debrief Consider how you might help someone who has been bullied and how you can get help?

<https://www.childline.org.uk>

Unicef Articles

Article: 3,6,12,15,16,17,18,19, 23,30,31,36

Resources

Worksheet - Feelings/ Actions/ Outcomes.

Definitions of types of bullying

YouTube clip-Matilda

<https://www.youtube.com/watch?v=ntirWguFrFM>

ChildLine <https://www.childline.org.uk>

ChildLine <https://www.childline.org.uk>

Key vocabulary

Physical

Cyber

Indirect

Bystander

Victim

Abuser

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Understanding different types of bullying scenarios

<p>A group of boys are playing football. A girl asks to play she is told, No way! The boys shout girls are useless at football!</p>	<p>A Muslim girl is wearing a hijab for the first time at school, other girls in the class keep asking her to take it off or to look underneath- someone pulls it and it comes off. She does not know who pulled it off.</p>
<p>A boy is teased because he has long hair A group of girls circle him and start to call him names and say that he looks like a girl.</p>	<p>A group of children are running backward and forwards teasing a deaf boy, saying that he is thick and stupid because of his disability.</p>
<p>A new girl has just arrived in the country. She brings her lunch from home and others see that it is different from everyone else's. Someone leaves a note in her lunch box stating 'Yucky' that is nasty – it looks disgusting.</p>	<p>Three boys push another off the friendship bench and do not allow him to get back on the bench. When asked they tell others that he is not to sit with them because he has spots.</p>
<p>A boy likes to read at playtime and sit quietly. A group of other boys start to tease him and say he is a 'geek' because he always gets top marks.</p>	<p>Two girls are good friends and get on well and do lots of activities together. People start to call them names. One day a pupil from another class shouts in the dinner hall - You girls are gay!</p>