

BULLYING

THE FACTS



"Bullying is uninvited behaviour directed by a more powerful person or group to intentionally or unintentionally hurt, harm, embarrass and/or distress a less powerful person or group. It is typically repeated, often enjoyed by the bully or bullies and is a demonstration of a lack of respect for others. Bullying is not the same as a fight or quarrel between people. It is not the same thing as 'aggression' or 'violence', although elements of these may be present when bullying occurs."



WHAT ARE THE TYPES OF BULLYING?

Bullying can be shown through physical, verbal or emotional control of others. Examples of bullying found in day-to-day life are:

Physical: damaging another person's property, hitting, punching, pushing, fighting

Verbal: insults, name calling, teasing, threats or racist remarks

Emotional: spreading rumours, gossiping, causing embarrassment, ignoring people, telling secrets, bribing others, excluding others

Cyber: done through the use of technology i.e. abuse using emails, text messages, instant messaging or social networks

WHY DO PEOPLE BULLY?

The bully may be:

- Feeling sad, frightened, unsafe, sick, angry, embarrassed or unfairly treated
- Finding the school environment difficult
- Having difficulties with family and friends
- Lacking in self confidence or suffering from low self-esteem
- Under the influence of peer pressure



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RIGHTS AND RESPONSIBILITIES

At school, all students have rights and responsibilities.

AS A STUDENT YOU HAVE THE RIGHT TO:

- Feel safe
- Learn
- Be free from harassment
- Be treated with respect by all

AS A STUDENT YOU HAVE THE RESPONSIBILITY TO:

- Behave appropriately
- Respect others
- Keep others safe
- Not bully other students
- Challenge and/or report bullying that you witness
- Follow the bullying action plan

WHAT CAN I DO?

These are some important points to remember when you are being bullied:

- Stay positive. Keep as friendly as possible and show a helpful approach to the situation
- Be assertive. Stand up for yourself and others. However, this does not mean you should be physically or verbally aggressive
- Be a friend. Listen
- Be clear when speaking and acting. Make sure your communication to others is clear and easy to understand

ACTION PLAN

Have more control over what happens through a simple plan.

MY ACTION PLAN

1 IDENTIFY

- See what is really going on
- Find out how the person(s) feel(s) about it
- Is anyone in danger?

2 COPE AND CONTROL

- Find the right people to help
- Problem solve
- Use positive body language
- Always stay calm
- Encourage people to talk

3 PREVENTION

- Stay positive
- Be assertive
- Be a friend
- Be clear when speaking and acting

