



Three Bridges
Primary School



Understanding Bullying





This booklet was written and produced with the help and support of children in years three to six.

Their open and honest responses to our questions about bullying will be shared with pupils and staff throughout both sites of Three Bridges Primary School.

Recognising Bullying

Did you know that there are four specific characteristics that can qualify a situation as bullying? The behaviour has to be intentional, be repetitive, be hurtful and involve an imbalance of power.

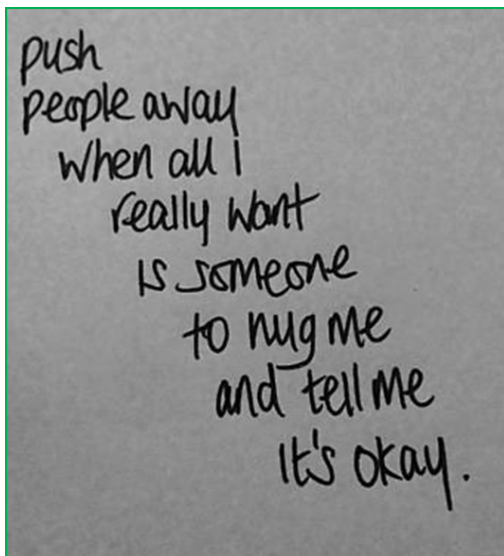
Signs of Bullying:

Intentional: Children can hurt other children by accident. Bullying, however, is always intentional and meant to cause some sort of harm, whether it is physical or verbal. This behaviour may persist even after the victim has asked the bully to stop.

Repetitive: In most cases, bullying happens repeatedly. Bullies often target children who they know will not do anything about the behaviour, so they can continue bullying as long as they like.

Hurtful: Bullying is a negative behaviour that may include physical or verbal harm. The types of hurtful behaviour that qualify as bullying are varied, but they all cause harm of some sort to the victim.

Imbalance of power: If two children hold an equal amount of power, one cannot bully the other. This imbalance of power can come from different sources including age, size, strength and social status.



What Is Bullying?

- ♦ *Cyber bullying*
- ♦ *Hurting someone*
 - ♦ *Happens deliberately*
- ♦ *Happens lots of times not just once*

- ♦ *Taking something from you*
- ♦ *Shouting/saying unkind things*

- * **REPETITIVE—**
Is repeated, doesn't just happen once
- * Unkind/rude actions

- ♦ *Ganging up on someone (someone tells someone else to do something unkind)*



- ♦ *Saying unkind things*
- ♦ *Hitting, pushing, kicking*
- ♦ *Hidden bullying*
- ♦ *Stopping others from being friends with you*

- ♦ *Calling people rude names*
- ♦ *Racist comments*

- ♦ *Physically hurt someone, or mentally hurt someone ON PURPOSE*

What Must You Do?

YOU MUST

Tell an adult
At home, tell your parents

YOU MUST

Tell a grown-up
Walk away, don't get involved



YOU MUST

Shout Help!
Don't keep quiet about it
Tell a sensible friend

YOU MUST

Be kind to the person
being bullied
Show the bully how to be a
good friend

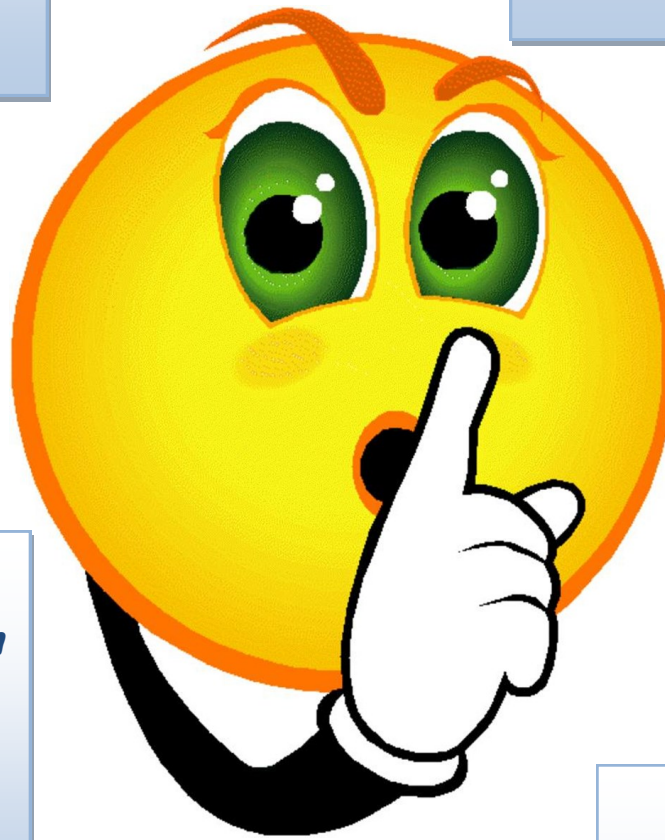
YOU MUST

Find a friend to help you

What Is Secret Bullying?

♦ *Cyber-bullying*

♦ Talking about
someone else
behind their back



♦ Hiding where
the actions
can't be seen

♦ *It can happen
everywhere!*

♦ *Difficult to
spot .. hidden*

♦ *Writing unkind
things*

♦ *Spying on
someone*

What Must We Do?

IF YOU ARE THE
VICTIM

Tell a member of staff

IF YOU ARE THE
VICTIM

DO NOT ignore it



IF YOU ARE
THE VICTIM

DO NOT
encourage it

IF YOU ARE
THE BULLY

IF YOU ARE
THE BULLY

STOP!
SAY SORRY!

EVERYONE

TELL THE BULLY
TO STOP!

Don't get anyone
involved!
Accept the
consequences!

We All Need To

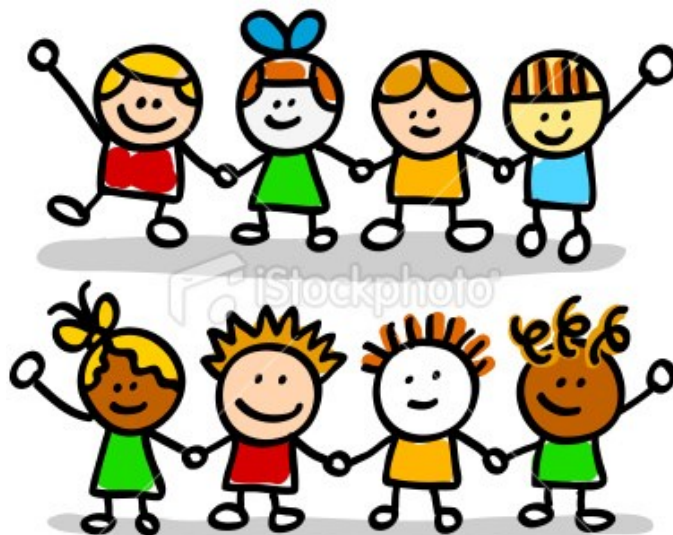
STOP, THINK, TAKE ACTION!

WITNESS

- ♣ Don't ignore it
- ♣ Tell a member of staff
- ♣ Show how to be a good friend
- ♣ Be kind to the victim
- ♣ Don't encourage the bullying
 - ♣ Tell the bully to stop!

VICTIM

- ♣ Say NO to the bully
- ♣ Tell a grown up
- ♣ Tell a sensible friend
- ♣ Don't keep quiet about it



We All Need To ...

STOP, THINK, TAKE ACTION!

BULLY

- ♣ Stop and think about what you have done and how the other person feels
- ♣ Keep away from a situation
- ♣ Don't get others involved
- ♣ Make good choices
- ♣ Listen to the teacher
- ♣ Accept the consequences
- ♣ Say sorry and mean it
- ♣ Watch and learn how good friends work.

STOP!



Conflict is Normal

Conflict is a part of everyday life. As adults, we manoeuvre ourselves away from conflict throughout our days, and sometimes we know that it just happens. It goes without saying, then, that some conflict is normal in our children's lives in the same way that it is normal in our lives. It is only because of our experience in dealing with conflict that we, as adults, now know how to deal with conflict ourselves. In fact, many adults attribute the difficulties that they have faced in conflict with others as areas of growth that have built their resilience and helped them face life's adversities.

As adults - whether parents, school officials, or community members - we need to recognise that some of what we call "bullying" may actually be developmentally appropriate conflict and is a normal part of growing up.



We would like to thank all the children who helped produce this booklet by giving their time to answer our questions and providing solutions when asked 'what can we all do to help stop bullying?'



