



# ANTI- BULLYING

2022-23



# Introduction to bullying: What is bullying?



Bullying is the **repetitive**, **persistent** and **intentional** hurting of one person or group by another person or group, where the relationship involves an **imbalance of power**.

Bullying can be **physical**, **verbal** or **psychological**.



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What This Means...



# WHAT IS BULLYING?

Bullying is when people are mean to someone or hurt them on purpose over and over again. Bullying can happen to anyone, at any age, and can happen at school, on the playground, at home or online. Bullying can involve teasing, talking about hurting someone, spreading rumours, leaving someone out on purpose, attacking someone or yelling at them or even picking on them for being different.

Physical, social, verbal or even cyberbullying is NEVER ok and should never be ignored! If you are being bullied, speak up!

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## What bullying is not?

- single episodes of social rejection or dislike
- single episode acts of nastiness or spite
- random acts of aggression or intimidation
- mutual arguments, disagreements or fights.

These actions can cause great distress. However, they're not examples of bullying unless someone is deliberately and repeatedly doing them.

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Where can bullying take place?

The simple answer is **anywhere**.



At school



On the park



At home or when playing out



On the Internet



On the phone



# Types of Bullying



physical



verbal



psychological

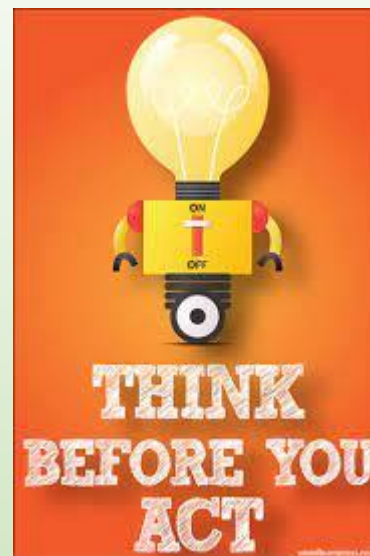


cyberbullying



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What can you do to help?



# Anti-bullying Ambassadors

## Qualities of an ambassador

An anti-bullying ambassador is someone that looks out for bullying, supports those that maybe being bullied and is a listening ear to anyone that may want to talk to someone, other than an adult, about something going on.



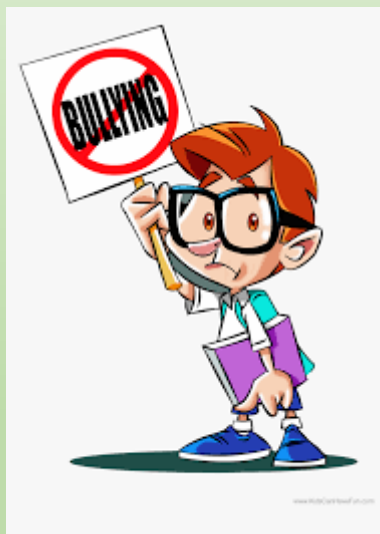


# What you will do as an Anti-bullying Ambassadors

- ❖ Raise the awareness of what bullying is.
- ❖ Tackle bullying behaviour head on.
- ❖ Work to transform our school's approach to anti-bullying.
- ❖ Create a safer, kinder school.
- ❖ Listen to others.
- ❖ Be a buddy to others.
- ❖ Organise anti-bullying campaigns and learning across school.



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## Pledge

I, \_\_\_\_\_ agree to respect others and take a stand against bullying by supporting vulnerable young people around me and reporting bullying whenever I see it.

This includes physical, verbal, cyber, racial, homophobic, religious, sexual, emotional and any other form of bullying.

I believe that everybody has the right to feel safe, included, valued, accepted and respected at all times and will try my best to achieve this as an anti-bullying ambassador.

Signed: \_\_\_\_\_

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If you would like to be an Anti-Bullying Ambassador, put your name forward. Complete the 'Qualities of an Ambassador' or 'Draw an Ideal Ambassador' activity to show your ideas.

Your class will then vote for a representative from your class.

**Be a part of making our school a no-bully zone.**

