

# POWER FOR GOOD

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#ANTIBULLYINGWEEK





What does the word 'bullying' mean to you?



# What is bullying?

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

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# 4 Key Criteria

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- Is it intentional?
- Is it hurtful?
- Is it repetitive?
- Is there an imbalance of power?



## Do you think bullying happens a lot?

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- A survey of over 11,000 secondary pupils in England and Wales reported that **11%** said they had been bullied a lot and **33%** sometimes.
  - Of those bullied, **88%** reported it happening in school, also **31%** out of school, **15%** in cyberspace, **13%** on a mobile phone, and **15%** on the journey to/from school.
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Do you think bullying happens a lot?

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## In the workplace...

- 73% said the bullying was verbal including threats whereas 60% felt the bullying was social including being excluded, ignored and isolated.
  - 66% of respondents witnessed bullying at work with 43% stating they were bullied by their line manager, 38% bullied by a colleague and 20% bullied by SMT or CEO
  - 35% of bullying went on for more than a year
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# Why does bullying happen?

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Bullying can happen for lots of reasons. Sometimes it happens because someone is **jealous** of another person.

Sometimes it is a result of **prejudice**. Prejudice can take many forms, including:

- Sexual/sexist
- Homophobic
- Targeted at race and/or faith
- Disablist



A lot of bullying happens because of **differences** – perceived or real.

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## What are the effects of bullying?

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- **Low self-esteem**
- **Overeating, anorexia**
- **Depression**
- **Lower grades**
- **Difficulty in forming personal relationships**



## Is this bullying?

Jack creates a fake social-media profile in Aaron's name.

Over the next few weeks, Jack uses the account to spread rumours about Aaron.

## Is this bullying?

Amy is jealous of her friend Jasmine, who has recently become friends with a popular group of girls. Jasmine spreads a rumour that Amy has a crush on one of the girls. She also tells people that Amy smells.



# When is it NOT bullying?

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- Not liking someone
- Accidentally bumping into someone
- A single act of telling a joke about someone
- Arguments
- Expression of unpleasant thoughts or feelings regarding others
- Isolated acts of unkind behaviour

- How do we deal with bullying in our school?
  - What should you do if you see someone being bullied or suspect that bullying is taking place?
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## How can we stop bullying and unkind behaviour?

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- Think about how you like being treated by others
  - Think about how you can make other people feel like that too
  - Think about how unkind words and actions make you feel
  - If you do/say something wrong, say sorry
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