

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



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WORKSHEET 1

MY ACTION PLAN

IDENTIFY

What is going on?

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COPE AND CONTROL

What can I do and who can I talk to?

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PREVENT

What am I going to do to stop it from occurring again in the future?

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WORKSHEET 2

MY BULLY-FREE REPORT CARD

By completing the report card you will be more prepared for a bullying situation.



NAME _____ TERM _____
SCHOOL _____ YEAR LEVEL _____

I try to: (tick the box that best suits you)

| | Always | Sometimes | Not Often |
|--------------------------------------|--------------------------|--------------------------|--------------------------|
| Listen to others | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Stand tall and look confident | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Smile and have a positive outlook | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Encourage and support others | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Speak clearly when talking to others | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

How many times did you choose 'always' from the questions above?

5 times – Wow! **3–4 times** – Great! **1–2 times** – May need some more practice.

Choose a made up physical, verbal or emotional bullying situation and answer the following questions:

What type of bullying?

What happened?

What can someone do to help the person being bullied?

Who can you talk to, to help the person being bullied?

What action can you do to help or control the situation?

Describe why you are 'better' than a bully?

