

What is bullying?

At St. Ebbe's, we define bullying as:

‘The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face-to-face and online.’

Discuss?

How does
bullying link to
this picture?



4 Types of BULLYING

PHYSICAL Bullying

Hitting, kicking,
pinching

Spitting

Tripping/pushing

Taking or breaking
someone's things

Making mean or rude
hand gestures

VERBAL Bullying

Name calling

Insults

Teasing

Intimidation

Homophobic or
racist remarks

Inappropriate sexual
comments

Taunting

Threatening to cause
harm

SOCIAL Bullying

Lying & spreading
rumours

Leaving someone out
on purpose

Telling others not to be
friends with someone

Embarrassing
someone in public

Damaging someone's
social reputation or
relationships

CYBER Bullying

Posting/sending
hurtful texts emails or
posts, images or
videos

Making online threats
Imitating others online
or using their log-in

Deliberately excluding
others online

Spreading nasty
gossip or rumours

Bullying and our Core Values: Curiosity, Courage and Connection

We are **curious** about other people, their interests, beliefs and how they are feeling. We have the **courage** to stand up for others. We understand that we feel safer when our **connections** with others are strong.



Bullying someone
can take away
someone's
personality or
what makes them
unique. Year 5



We need to be careful how we use our power. If you are good with words, use them to be kind. Year 5



It is never OK to hurt another person or to make them feel ashamed of who they are.
Year 3



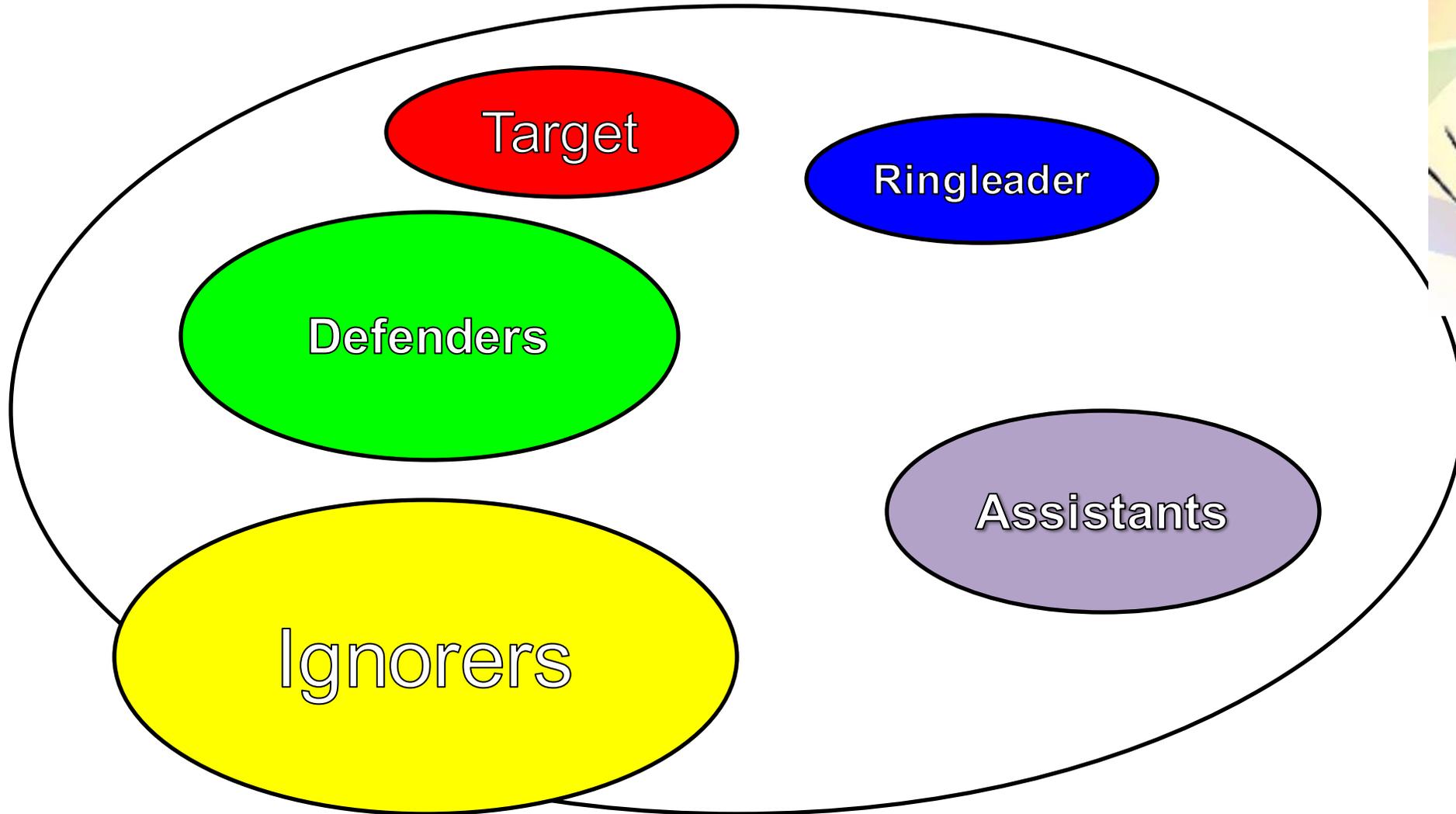
Children's education should help them fully develop their personalities, talents and abilities. It should teach them to understand their own rights, and to respect other people's rights, cultures and differences. It should help them to live peacefully and protect the environment.

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Being yourself is one of your Human Rights

We have the **courage** to defend others



Definition

Target: person being excluded/bullied

Ringleader: person/people leading

Assistants: encourage ringleader, sometimes join in/watch laugh

Defenders: do something about it

Ignorers: know it's going on, stay away, ignore it

Connection

Being a Defender
will make your light
shine brighter
because you have
helped another
person. Year 6





If you are being bullied:

You **MUST**

- Tell a friend,
- Tell grown up at school
- Tell a grown up at home



If you are being bullied:

Grown ups at school will:

- Keep you safe
- Listen to your worries and take them seriously
- Find out what has been going on
- Put a plan in place to help
- Work with your parents to help you



If you bully someone

Grown-ups at school will:

- Talk to you to find out what has been going on
- Listen to your worries and take them seriously
- Help you take responsibility for your mistakes
- Teach you to be kind
- Work with your parents to help you
- Arrange for you to play or learn separately from your class if you don't stop bullying

Telling someone will
not make it worse



It goes against our Core Values

It's not the way we do things at
St. Ebbe's



We are connected

