

Anti-Bullying Programme



Anti-Bullying Programme





This Programme Covers...

We Will Be Exploring The Topic Of Bullying In Six Units.

The Lessons Will Give You Ideas On :

1. *How Can You Protect Yourself.*
2. *Helping Other Students.*
3. *Supporting One Another As A Group.*





Rules Of The Lessons

- No **Names** Are To Be Mentioned When Discussing Bullying In Class.
- No **Accusations**.





Is It Bullying?



Classroom Guidance

A Complete Resource For Student & Teacher

Bullying Is Also Hard To Defend Yourself From

30 Sec



In This Unit You Will Learn

1. What Bullying Is.
2. About Anti-Bullying Policy.
3. How The Schools Deals With Bullying.
4. Who To Tell.



Bullying Is...

“Repeated Aggression, Verbal, Psychological Or Physical, Conducted By An Individual Or Group Against Others”.

- *It Is Very Important That We All Understand What We Mean By Bullying*



Bullying Is...

- Handout
- Fill In The Information From The Following Slides.





Bullying Is Hard: It Can Be...

Hurtful

Aggressive

Repeated

Deliberate



1. The Effects Of The Victim



Effects Include:

- Distress
- Loss Of Confidence
- Upset
- Fear
- Worry
- Anger



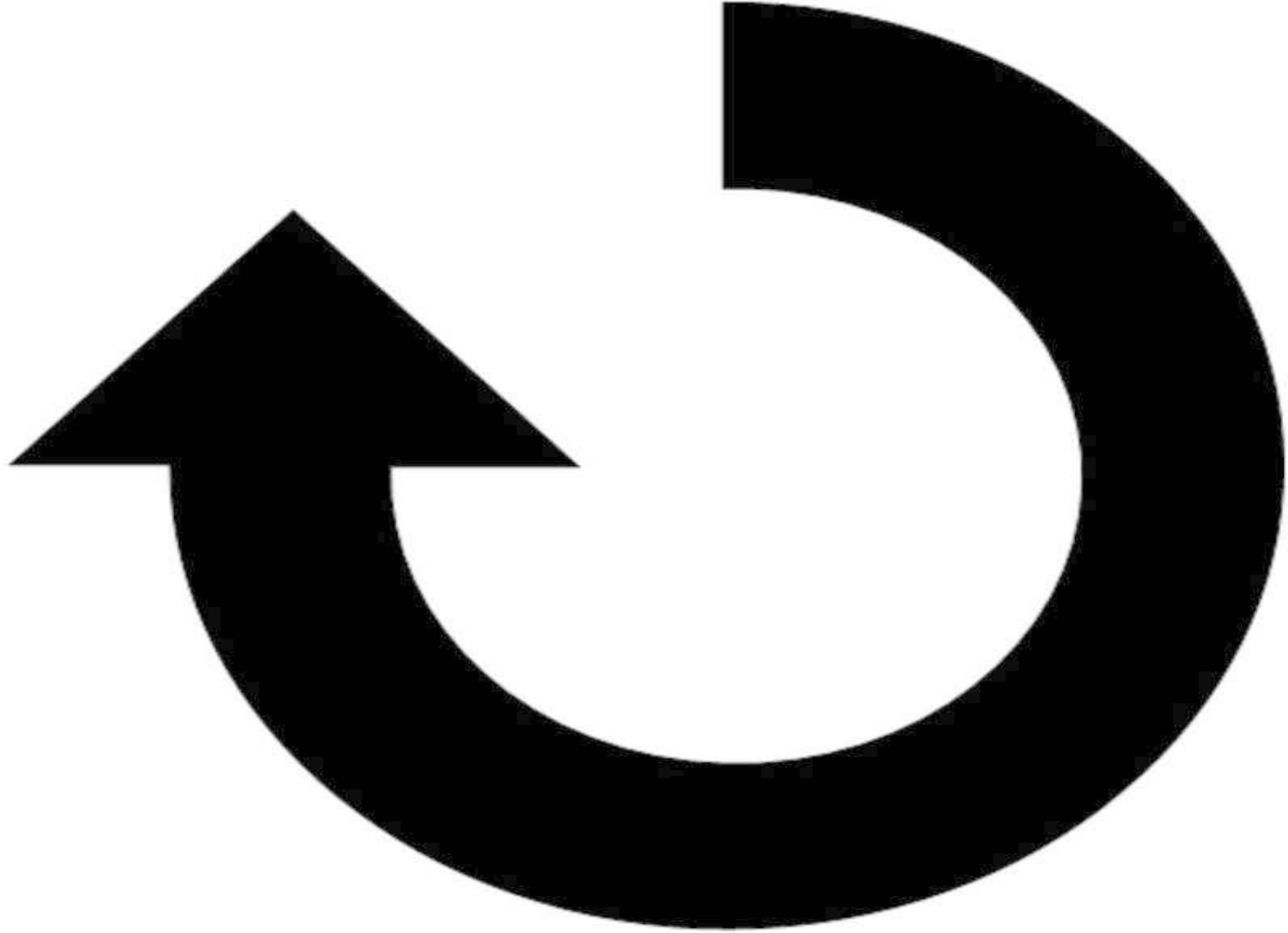
2. Aggression Is Involved

It Can Be One Or A Combination Of :

1. Physical Aggression
2. Verbal Aggression
3. Psychological Aggression



3. The Behaviour Is Repeated



It May Be Once Off But It Is Usually **Repeated**.



4. The Behaviour Is Often Planned

It Can Happen At The Same Time Or In The Same Place



5. It's Hard For The Victim To Defend Themselves

The Victim Has No Way Of Fighting Back.



6. Individual Or Group Bullying

Bullying Behaviour Can Be Done Privately Or For An Audience.



7. There Is An Imbalance Of Power

One Person Is Physically Or Psychologically Stronger.



8. The Bullying Behaviour Is Usually Unprovoked

The Victim Doesn't Deserve
To Be Bullied.



Is It Bullying?

Go to “Is it Bullying?” page

On Your Own, Complete The Table Below By Ticking The Boxes.

Then We Will Discuss It.



Group Discussion

- Was The Behaviour Hurtful? H
- Was The Behaviour Aggressive? A
- Was The Behaviour Repeated? R
- Was The Behaviour Deliberate? D

How Would You Know If Behaviour Was Deliberate Or Not?
Is It Always Easy To Decide?





Anti-Bullying Policy

The School Has An Anti-Bullying Policy To Make It:

- *Safe*
- *A Friendly Place*

If You Report A Bullying Incident, It Should Be Dealt With In The Following Way:



Anti-Bullying Policy

1.2 & 3

1. First Report Of Bullying Behaviour:

- Any Teacher Can Give A Verbal Warning

3. Third Or Serious Incident Of Bullying:

- Principal Gets Involved, With Serious School Sanctions From School.

2. Second Report Of Bullying Behaviour:

- Year Head Informs Principal & Both Sets Of Parents, With Sanctions From School.



Report Bullying

What Is The Best Way To Report A Bullying Incident?

- **Tell** A Teacher, Senior Student Or Any Adult You Trust In The School.
- Teacher, Senior Student Or Adult Will Tell The Anti-Bullying Coordinator.

The Students Involved Will Be Spoken To.



Summing Up

**WRONG
WAY**

- ***Bullying Behaviour Is Not Acceptable
And It Is Wrong.***
- ***If You Are Being Bullied Tell A Teacher
Or Another Adult.***



We Learned...

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2. About The Anti-Bullying Policy.
3. How The School Deals With Bullying.
4. Who To Tell.

