

# How To Tell



*Classroom Guidance*

A Complete Resource For Student & Teacher

# Don't Be a Bystander

2 min



# Recap

## You Learned

- What A Bystander Is.
- The Role Of A Bystander.
- Ways That Bystanders Can Help Stop Bullying Behaviour.





# Today You Will Learn

- The Advantages Of Telling About Bullying And The Reasons For Telling.
- How To Tell Safely.
- What Happens In Your School When You Tell About Bullying.
- To Complete A Questionnaire On How To Tell About Bullying.



# Telling To Be Safe

*It Is Important That You See The **Difference** Between*

Telling About Bullying Behaviour To Be Safe



Rather Then : -



Telling Tales To Get Someone In Trouble



# Why Tell?

Why Don't People Tell Anyone  
About The Bullying Until It Gets  
Out Of Hand?





# Answers

- Fear Of Retaliation
- Shame That He Couldn't Manage.
- Sadness That He Had No Friends.
- Belief That Perhaps He Had Brought It On Himself.



# More Answers

- Feelings Of Helplessness.
- Belief That No-One Could Help.
- Fear Of It Being Dealt With In Public By Teachers (Making It Worse).





# Discussion

- If You Were Patricia, Would You Tell?
- Why / Why Not?
- What Are The Advantages Of Telling About Bullying?



# Discussion (Cont..)

- *Discuss The Problems Associated With Telling.*

For Example :

- \* Being Called A “Rat”
- \* Being Jeered.
- \* Being Excluded.
- \* Putting Yourself At Risk Of Being Bullied.





# Research Tells Us...

- The Vast Majority Of Young People Do Not Tell A Teacher If They Are Being Bullied.
- If They Don't Tell It **Will** Continue And May Even Get Worse, As It Happened To Patrick.





# How To Tell About Bullying

discuss the following suggestions.

## Who to Tell?

The first step is to *tell* someone.

If you tell a friend they may understand and give you support. But the most important thing is to *tell an adult* you can trust, such as a Parent or Teacher.

Research has shown that it almost always takes an adult to get it sorted.

# Advice For Telling

## I'm Too Afraid To Tell!

Admitting that you are being bullied is never easy. You may be ashamed that you are not able to stand up for yourself, or you may feel that it is your own fault for being bullied. The main reason people don't want to tell is because they are afraid that the bullying will get worse because they have "ratted". Bullies know this, and rely on people being frightened.

*Secrecy is what allows the bullying to continue.*

# Advice For Telling

## Telling Safely

“Ratting” means telling tales to get others into trouble. People who “rat” feel they have got revenge on another person and are pleased that the person feels bad. Telling about bullying is not telling tales. It is telling to keep safe. A person who tells about bullying is doing everyone a great favour because telling will help stop people suffering at the hands of a bully.



# Advice For Telling

## Telling at Home

Ask a parent to telephone the school, write a letter or speak to a teacher. You may write a letter yourself and post it to a trusted teacher. You may get a friend to tell on your behalf.

# Advice For Telling

## Telling at School

Your school may have a system for telling teachers without anybody else knowing, e.g. an anti-bullying box or regular questionnaires. There may be certain teachers you can go to quietly or you may be able to tell a Senior Student. You could slip a note into a homework copy and hand it up to a teacher, or ask for help in a questionnaire.

# How Can I Tell About Bullying?

- Complete The Following Questions:
  - *List The Names Of Some People Who Can Support You If You're Being Bullied.*
  - *Write Down How Telling Someone Will Help You.*
  - *Explain What Happens When People Don't Tell.*
  - *Give Two Reasons Why People Are Afraid To Tell.*





# How Can I Tell About Bullying?

- *How Can Your Parents Get The School To Help Protect You?*
- *How Can You Tell A Teacher Without Everyone Knowing Your Business?*
- *Which Teacher Would You Go To For Help?*
- *How Can Senior Students In Your School Help?*



# What Happens When I Tell In My School?

- Under The School's Anti-Bullying Policy, The Following Steps (Covered On The Next Three Slides) Will Be Taken When A Student Reports Bullying:



# First Incident

Action Taken By	Procedure	Support /Sanction May Include
<b>Subject</b> <b>Teacher</b> <b>or</b> <b>Any Teacher</b>	<ul style="list-style-type: none"> <li>• Verbal Warning.</li> <li>• Record kept.</li> <li>• Teacher will follow up.</li> </ul>	<ul style="list-style-type: none"> <li>• Verbal warning.</li> <li>• Warned to stop, &amp; apology.</li> </ul>



# Second Incident

Action Taken By	Procedure	Support &/Or Sanction May Include
Year Head	<ul style="list-style-type: none"> <li>• Principal/ Deputy informed.</li> <li>• Both sets of Parents informed.</li> </ul>	<ul style="list-style-type: none"> <li>• Parents/Guardians sign written agreement re: future behaviour.</li> <li>• Speak with Counsellor.</li> <li>• Sanction from school.</li> </ul>

# Persistent Bullying

Action taken by	Procedure	Support and/or sanction may include
<ul style="list-style-type: none"> <li>• Principal or Deputy and/or</li> <li>• Care Team and/or</li> <li>• Board of Management</li> </ul>	<ul style="list-style-type: none"> <li>• Parents &amp; student meet with Principal / Deputy Principal.</li> <li>• Feedback to Year Head.</li> <li>• Record kept.</li> </ul>	<ul style="list-style-type: none"> <li>• Detention or Suspension</li> <li>• Parents are met.</li> <li>• Counselling offered</li> <li>• Referral to child psychologist/ Garda Juvenile Liaison Officer.</li> <li>• Other support agencies e.g. re anger management</li> <li>• The future of the student in the school may be considered.</li> </ul>

# We Have Learned

- The Reasons For Telling.
- The Advantages/Disadvantages Of Telling.
- About Advice For Telling.
- What Happens In Our School When We Tell.
- How Telling Helps.



# Remember!

Young People Always Need Adult Help To Sort Out Bullying. If You Don't Get Help By Telling A Parent Or Teacher, It Will Just Get Worse. If You Don't Get Help At First Keep Telling Until You Do Get Help.

