

Types of Bullying

LEARNING OUTCOMES

Knowledge, Skills
& Action



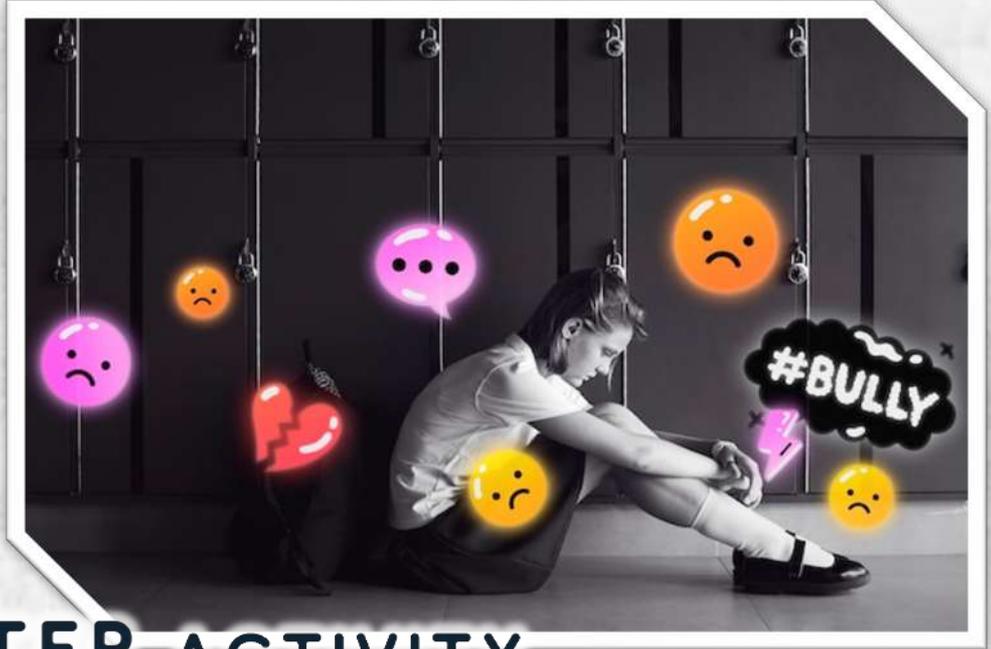
To define bullying and cyberbullying and explain the impact they can have

To explore appropriate ways of responding to discriminating, hurtful or intimidating behaviour

To know where to seek support and advice on bullying and cyberbullying

NEW VOCABULARY

Banter, Teasing, Bullying, Cyberbullying, Assertive Responsibility, Empathetic



STARTER ACTIVITY

“If everyone cared” – What is the meaning behind the lyrics to this song?

What types of bullying can you think of?



3 Minutes

GROUND RULES



PARENT COPY FOR INFO

Be open and honest
No Personal Comments
Discussions must be about
'general situations'



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

You don't have to say
things about yourself if
you don't want to

Be Non-Judgemental
No put-downs. Challenge
the opinion, not the
person

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



There are **no stupid questions**
It's OK to get things wrong



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



Types of Bullying

ASSESSMENT FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT		CONFIDENT				VERY CONFIDENT			
	1	2	3	4	5	6	7	8	9	10
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I can describe the impact that bullying and cyber has on people										
I can define and explain different types of bullying										
I can evaluate the way I treat other people										



Complete a baseline assessment of where you think you are at for this lesson
(Discuss or complete sheet)

2 Minutes



I'm not confident at all on this topic

A little confident

Confident

Very confident

I am super confident on this topic

Your friend just posted...



PARENT COPY FOR IT

Task

1. What would your first action be after reading this?
2. What other words would you use to describe your friend's emotions?
3. Why do you think your friend has posted this?
4. How would you support your friend?
5. Would you provide the same support if it wasn't your friend?
6. Would you involve other people such as family or friends?

Feeling so
upset 😭 😭
😭 ... why
won't people
just leave
me alone?

Which of these, if any, do you think some students might be concerned about in school?

Physical Bullying

Psychological Stress & Anxiety

Cyberbullying

Being In Trouble

Getting Good Exam Results

Fitting In With Friends

Not at all concerned

Very concerned

PARENT COPY FOR INFO

Key Term Definitions

With a partner come up with a definition for the following key term

BULLYING

DEFINITION

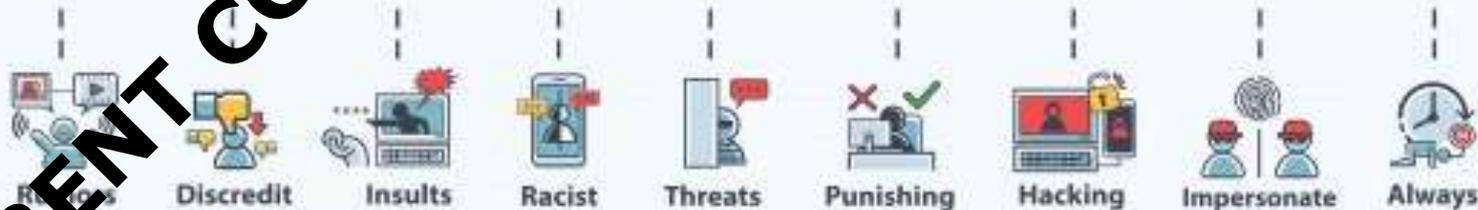
Definition
[Click to Reveal]

Task

Do you agree with this definition?
Can you think of anything to add?



CYBER BULLYING



“Any type of bullying that happens through a digital medium”

“Using ICT to make deliberate, repeated and hostile actions. This behaviour is by individuals or groups. It is intended to harm other individuals or groups.”

Cyberbullying can include:

- Blocking or excluding for no reason
- Posting private or embarrassing photos
- Sending nasty messages
- Creating fake profiles



Did you know?

71% of young people admit that being a victim of online bullying is a worry for them.

HUMILIATE BAIT BAIT
TORMENT FRAME TEASE
 INTIMIDATE BAIT
 ATTACK BAIT
 DOMINATE RIDICULE
TEASE SHAME
 SHAME DEFAEME EMBARRASS
 HARASS TORMENT
 DERIDE MOCK
SHUN PICK UP
 STRONG ATTACK

PICK ON
 DEFAEME TRACK
 INSULT
 EMBARRASS
SHUN
 A DICK
 DERIDE
TAUNT
 INTIMIDATE
 EMBARRASS MOCK
 STRONG-ARM

DERIDE INSULT
 BEAT
 TORTURE
SHAME
TRICK
 SHUT OUT
 HARASS
 PERSECUTE
MOCK
TAUNT
 DEFAEME
 OPPRESS
 RIDICULE
 TORMENT
 INTIMIDATE
 BROWBEAT
 PICK ON
 BEAT UP
RIDICULE SHUN BAIT
ATTACK SHUN SHUN BAIT HUMILIATE BAIT

PERSECUTE
 ASSAULT
 HUMILIATE
 SLANDER
TEASE
 PUT DOWN
 DOMINATE
BAIT
 ASSAULT BAIT TORTURE TRICK
SHUT OUT TEASE
PUT DOWN SHUN BAIT STRONG-ARM

BAIT SLANDER BAIT
BROWBEAT PICK ON
 PUT DOWN SHUT OUT
TEASE
SHUN BAIT TRICK BAIT
TRICK TORTURE BAIT RIDICULE
SHAME BAIT
 MOCK INSULT OPPRESS
SLANDER MOCK TEASE ASSAULT
TORTURE
 OPPRESS
 INSULT BAIT ENHARASS

Inability
 Abandonment
 Insignificance
 Rejection Failure
Inadequacy Deficiency
 Exclusion Disconnection Vulnerability
 Insignificance Disrespect
 Disrespect Powerlessness
 Vulnerability Exclusion
Inability Inability Scarcity
 Inadequacy Inability
 Insufficiency Impotence
 Injury Insignificance
 Frailty Frailty
 Helplessness Disgrace
 Insignificance Infirmity
 Infirmity Disrespect
 Injury Disconnection
 Defectiveness Humiliation
 Humiliation Powerlessness
 Disorder Disgrace
 Exposure Weakness
 Instability Injury
 Impotence Abandonment
Vulnerability Exposure Failure Infirmity Abandonment
 Scarcity Infirmity Rejection

Task

Can you explain the meaning of some of these words to your partner? How do they link to bullying?



Amazing.org - Teasing



Teasing: Not Just Harmless Fun

Task: Pick one or two coloured hats and answer all the related questions



2 Minutes



What facts do I know? What else do I need to know? What do I want to know?

How do I feel about this? What don't I like about this? What do I like about this?

Can something be done? New ideas? What are the solutions/suggestions?

What thinking is needed? Next steps? Where are we now?

What is wrong? Is it safe? Can it be done?

INFORMATION

FEELINGS

CREATIVITY

THINKING

JUDGEMENT

Quick Quiz Conflict and Bullying

IDENTIFY THE TYPE OF BULLYING

A



B



C



D



E



F



Quick Quiz Conflict and Bullying

IDENTIFY THE TYPE OF BULLYING

A

Workplace
Bullying

B

Excluding
Someone /
Indirect Bullying

C

Physical
Bullying

D

Homophobic
Bullying

E

Cyberbullying

F

Verbal
Bullying

Quick Quiz Conflict and Bullying

TRUE OR FALSE

A

Every seven seconds, someone in Britain is being bullied

B

A girl cannot bully a boy

C

Most people who bully have been bullied themselves

D

Online bullying is just banter and is harmless

E

Eminem, Tom Cruise and Ed Sheeran were bullied at some point during their childhood

F

Only children and young adults can be bullied

G

Siblings (brothers and sisters) cannot bully each other

H

Bullying can make you feel depressed, shy, isolated, insecure and even suicidal

PARENT COPY FOR IN



STOP
BULLYING

Tasks

Create a wall of ideas of what someone can do if they are being bullied.
(Bring your ideas to the board on post-it-notes)

HOW?

WHAT?

WHERE?

WHO?

WHY?

FIRST

SECOND

PAIR & SHARE

THOUGHTS & FEELINGS

DID?

MIGHT?

COULD?

CAN? / WILL?

IS? DOES?



Using the grid above to help you come up with three questions about the image

2 Minutes



Quick Quiz Conflict and Bullying

HOW TO DEAL WITH BULLYING

A



B



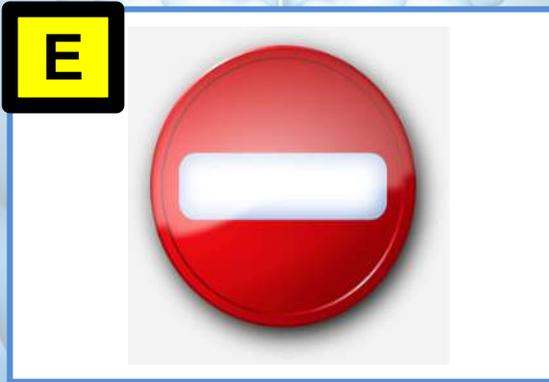
C



D



E



F



BE ASSERTIVE

TELL THEM TO STOP

TALK ABOUT THE ISSUE

SEEK ADULT HELP

STICK WITH FRIENDS

BE RESILIENT

Quick Quiz Conflict and Bullying

HOW TO DEAL WITH BULLYING

A

BE RESILIENT

B

STICK WITH FRIENDS

C

SEEK ADULT HELP

D

TALK ABOUT THE ISSUE

E

TELL THEM TO STOP

F

BE ASSERTIVE

BE ASSERTIVE

TELL THEM TO STOP

TALK ABOUT THE ISSUE

SEEK ADULT HELP

STICK WITH FRIENDS

BE RESILIENT

When do I need to accept responsibility and apologise?

- We all make mistakes at times; it is better in the long term to accept your mistakes and to apologise and take positive action to rectify these mistakes if necessary.
- It can be hard to accept when we have done something wrong and it can take a lot of strength and courage to say sorry, but it is most often the right thing to do.
- You and the other person will both feel better this way, although, this can take time depending on the severity of the situation.

Did you know?

Being empathetic (understanding how others are feeling) is an important emotional skill to develop. It creates an understanding between people, without criticism, advice, or judgement which will help create deep, meaningful trust.



For example, it could be that you broke a valuable item of another person or overreacted in a situation. In which case the right thing to do would be to apologise, and where appropriate, offer to replace or repair the item and explain why you overreacted or what feelings came up when the argument occurred.

What Do You Think?



“Sticks and stone may break my bones, but words can never hurt me”

Talking Points



- I think that ...
- I don't think... is right because...
- My opinion is...
- I would argue the same because...
- I disagree with... because...
- Building on what... said. I think...
- An alternate way of looking at this is...
- I sort of agree, however....
- I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

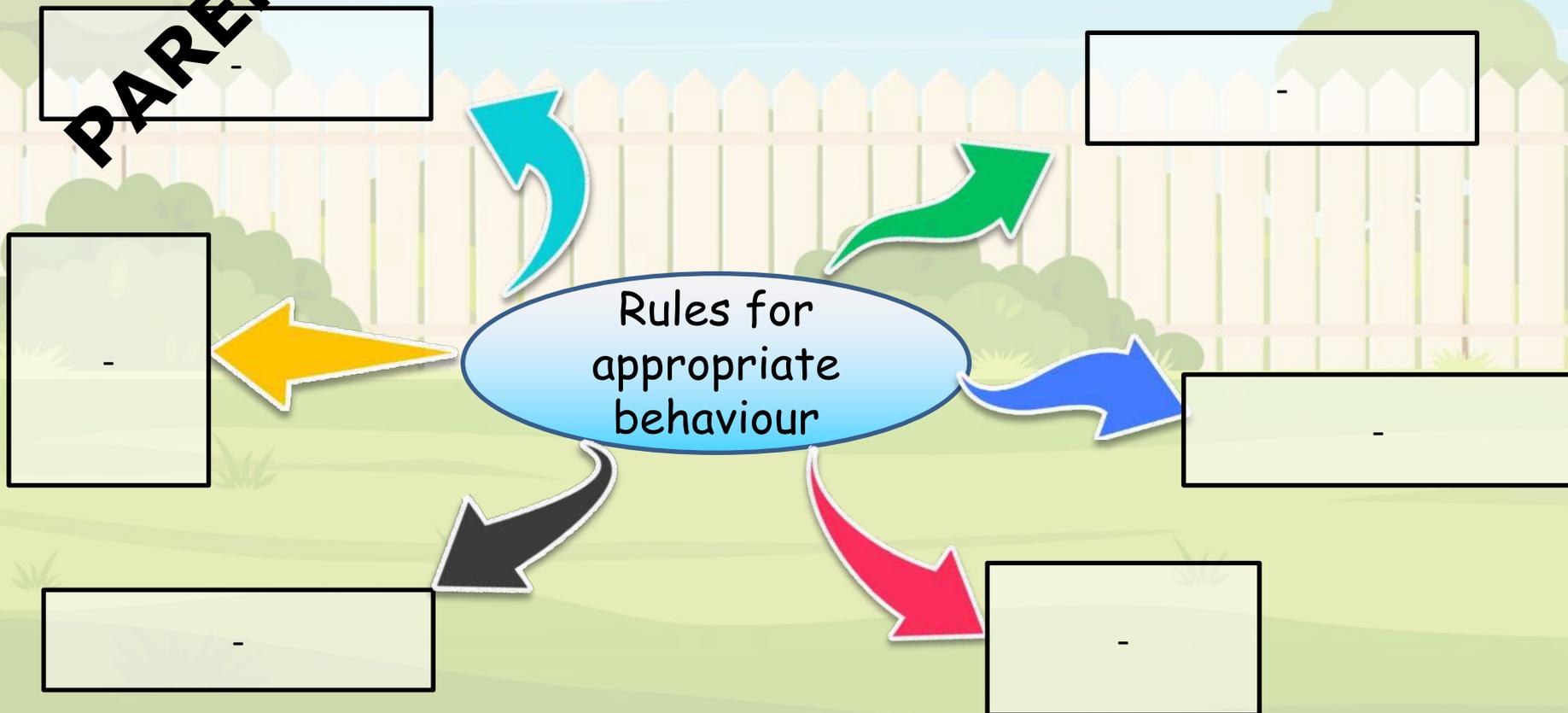
Do you have an alternative idea?

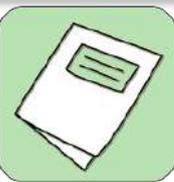


As members of society, we all have a responsibility with how we behave.
Our behaviour depends on what we believe to be right and wrong.

Task

Mind map rules which you think everyone should live by with regards to behaving well in society.





REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT FOR LEARNING

CONFIDENCE CHECKER



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(Discussion or complete sheet)

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HOMWORK SUGGESTION

Homework Explained

Design an anti-bullying placard try to include a memorable phrase of saying about why bullying is wrong.

DUE DATE

Must be submitted by...

Hand / Google
Classroom





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- Visit www.Bullying.Co.Uk (confidential, professional empathetic advice)
- Visit www.Kidscape.Org.Uk (preventing bullying, protecting lives)
- If you, or anyone you know needs support in this area, speak to a trusted adult, a teacher, form tutor or head of year.

HEALTH
& WELLBEING

SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...
now I also know...

The key words for this lesson
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...
Now I will ...

Next lesson I would like to...

A question I would like to ask
is...

I would like to learn more
about...

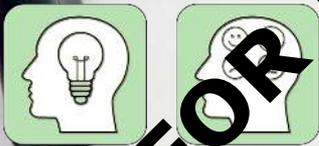
I know if I need further support
or help I could speak to... or
contact...

I now know I can support others
by...

One thing I didn't realise was...
this will help me to...

2 Minutes





REFER TO MINDFULNESS POWERPOINT

PARENT COPY FOR IN



RELAX
RELAX
RELAX

Breathe

CLOUD GAZING

Spend time with nature

Walk BAREFOOT

Open Min

MINDFULNESS

POSITIVE
THINKING

Plant

COOK

FORGIVE
FORGIVE
FORGIVE

Chat with friends
< Listen >

Take a bath

Take the dog for a walk

Time for a little
something extra?

?? Minutes