

What Is Bullying?



Aim

- I can identify what bullying is.

Success Criteria

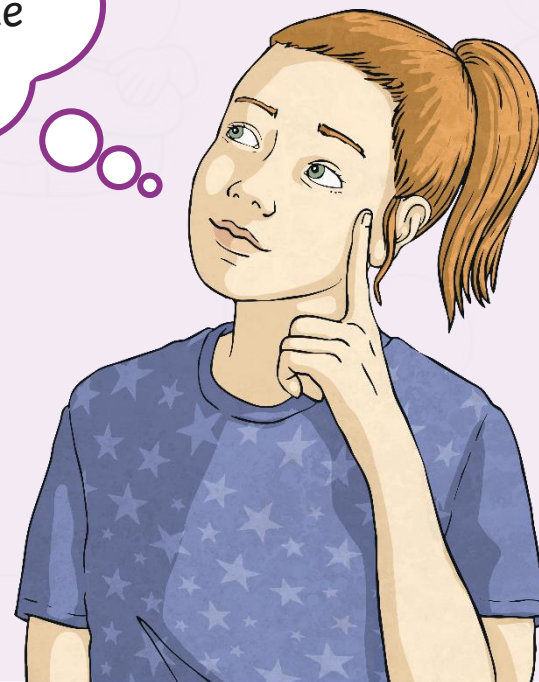
- I can identify different ways people can be bullied.
- I can describe the impact that bullying can have on the victim and the bully.
- I know strategies to respond to bullying.

The Big Questions



What are the different ways that people can be bullied?

How can this affect the people involved?



Reconnecting

What Is Bullying?

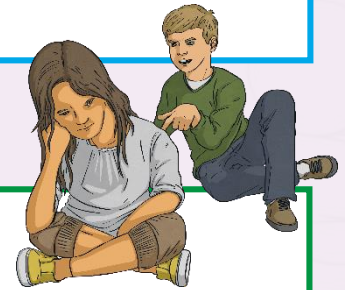


What is bullying?

Bullying is unwanted behaviour which hurts someone else, either physically or emotionally. The behaviour is repeated or has the potential to be repeated. It involves a real or a perceived power imbalance (where someone else has power over you or you feel they have power over you).

What is the difference between teasing and bullying?

The key difference between teasing and bullying is that teasing is done with an intention to make a relationship with someone else better, in a fun way. It can be done in an affectionate way to show or create closeness between two people.



Teasing can, however, also be used as a form of bullying. This can be when the person being teased is upset by it, when the person teasing is not saying it as a joke, when the teasing occurs regularly or when the person who is teasing is deliberately trying to upset the other person.

What Is Bullying?



In pairs, look at the Bullying Scenario Cards and discuss whether each scenario is a bullying scenario or a teasing scenario and how you know this.

LKS2 VIPs Bullying Scenario Cards

Remember: Bullying is done with the intention of hurting someone. Teasing is a playful form of communicating. However, teasing can become bullying if it is done repetitively in a hurtful way.

Josie is sat at a table with Josh. Caitlin walks over and says, 'Oooh, Josie, you've got a boyfriend.' Josie, Josh and Caitlin smile and laugh.

LKS2 VIPs Bullying Scenario Cards

Remember: Bullying is done with the intention of hurting someone. Teasing is a playful form of communicating. However, teasing can become bullying if it is done repetitively in a hurtful way.

Joe is in the same class as Francesca. Whenever Francesca tries to sit on a chair, Joe pulls it away from her so she falls over. Francesca cries each time but Joe carries on doing it.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study

LKS2 VIPs Bullying Scenario Cards

Remember: Bullying is done with the intention of hurting someone. Teasing is a playful form of communicating. However, teasing can become bullying if it is done repetitively in a hurtful way.

Poppy is getting changed for PE. Her hair gets all ruffled when she changes her top. Her friend, Maisie, says, 'Wow, your hair looks great!' and then bursts out laughing. Poppy laughs too and pretends to flick her hair from side to side.

LKS2 VIPs Bullying Scenario Cards

Remember: Bullying is done with the intention of hurting someone. Teasing is a playful form of communicating. However, teasing can become bullying if it is done repetitively in a hurtful way.

Mike has trousers on that are a bit too short. Every day a boy in the year above, Charlie, laughs at his trousers and tells him he wears baby clothes. Each day Charlie points and laughs at Mike and Mike feels very embarrassed and uncomfortable.

What Is Bullying?



Discrimination is when you judge or treat someone unfairly based on a certain characteristic, for example, their race, gender or age.

Prejudice is when you have an opinion without actually having any reasons or experience to explain that opinion. This means you have pre-judged something.

What could you do if you saw or heard someone being prejudiced or discriminating against someone?

Exploring

Types of Bullying



Verbal Bullying – This is where a bully says things to you that are unkind. This could include name calling or saying nasty things to you.

Indirect Bullying – This includes ignoring someone, spreading rumours about someone or giving someone a nasty look more than once.

Physical Bullying – This is where someone physically hurts you. This could include hitting, scratching, pushing or tripping you up. It is a criminal offence to hurt someone else physically.

Cyberbullying – This is where someone uses technology to be repeatedly unkind to someone. This could happen through the Internet, interactive computer games, text messages or phone calls.

Role Play



How does bullying impact the person being bullied? How would they feel?

powerless

sad

lonely

empty

stressed

sick

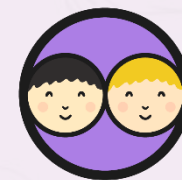
frightened

Why is it important bullying is stopped?

Everyone has the right to have a happy life. They have the right not to be bullied by another person.

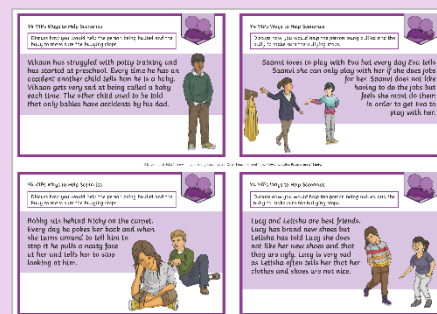
Consolidating

Ways to Help



How could you help a bully or someone being bullied?

Using the **Ways to Help Scenario Cards**, see if you can discuss with someone at home how you could help the bully and the person being bullied (the victim) in each scenario.



How have our ideas been similar to each other?

How have our ideas been different from each other?

Reflecting

The Bully



Why might someone start bullying others?

If they have been bullied themselves.

To get attention.

If they are having problems at home.

To feel powerful.

Are these good reasons to make someone else feel so sad and unhappy?

The bully themselves needs help to deal with their issues in a positive way that does not hurt or upset anyone else. This means it is important to recognise that a bully needs help and support to change their behaviour.

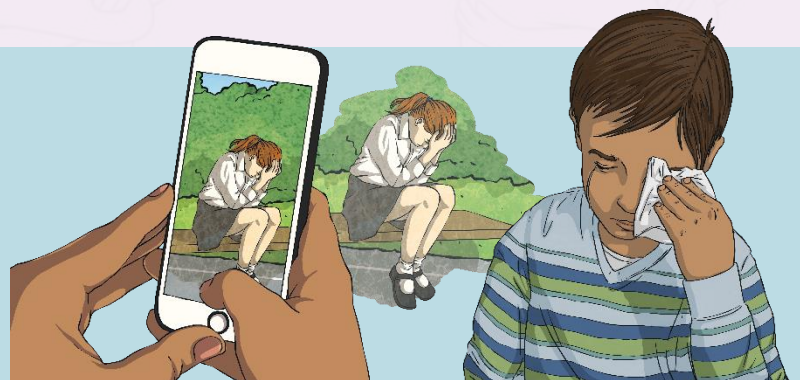
Alongside this, the person being bullied needs help and support to realise they were being bullied and to ensure it does not continue to happen.

The Bully

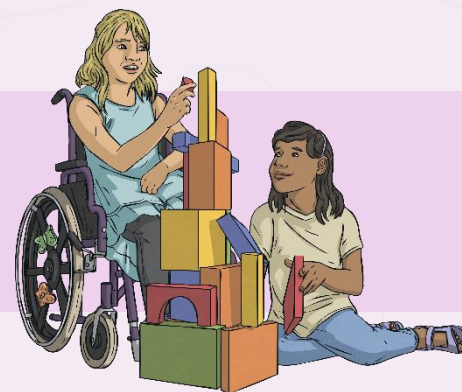


All forms of bullying, including cyberbullying, are wrong and have serious consequences and effects for all people involved.

These effects can last a long time and sometimes for the rest of someone's life. A person's mental health can be damaged for life by bullying behaviours.



Choose kindness, help people feel good and have a positive impact on people's mental health.



Say no to bullying

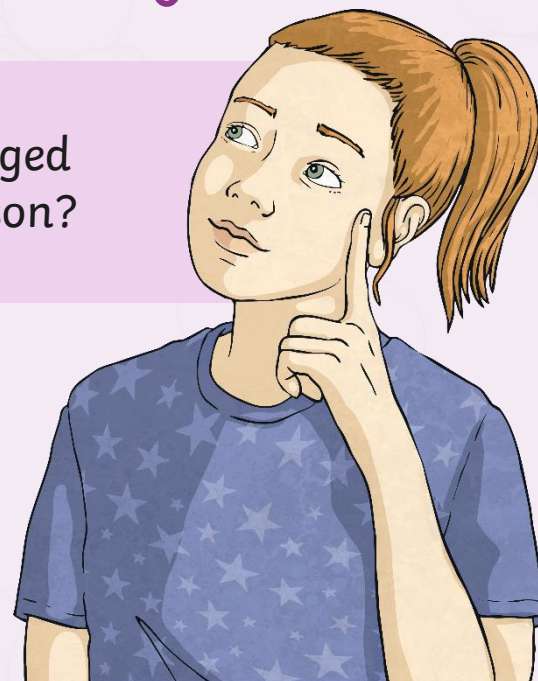
The Big Questions



What are the different ways that people can be bullied?

How can this affect the people involved?

How have your answers changed since the beginning of the lesson?



Aim

- I can identify what bullying is.

Success Criteria

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- I know strategies to respond to bullying.



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