



# Bullying

We need to understand the difference between bullying and everyday disagreements.

# What are everyday disagreements?

- Two children wanting to play with the same football
- Arguing over which TV programme to watch
- Pushing in when lining up
- A hard tackle in football which hurts the other player

At the end of the day you make up and are still friends.

# What is bullying?

- **Bullying happens when someone sets out to hurt another person.**
- **They make their victim feel scared and unhappy.**
- **Bullying usually happens again and again with one or more people bullying the same person.**

# Physical bullying

This is when a bully attacks someone by punching, kicking, hitting or pushing them.

- It can also include spoiling or stealing someone's belongings.
- The bully may 'accidentally' trip someone up or bang into them.

# Verbal bullying

This happens when a bully uses words to hurt or frighten you.

- Name calling
- Threatening
- Copying what you say in a funny voice
- Making you look silly in front of others

# Silent bullying

This happens when a bully makes you feel bad but doesn't say anything.

- Sending horrible notes to others
- Spreading rumours about you

# What are the effects of bullying?

## How does a bully feel?

- strong
- clever
- sad
- angry
- sorry
- mean
- jealous
- ashamed
- lonely

## How does the victim feel?

- angry, cross
- weak
- scared, terrified
- hurt
- lonely, no friends
- why me?
- upset
- sad

# Who gets bullied?

## Children who are different:

- very clever at school or find school work hard
- different skin colour
- wear glasses
- are overweight
- have a different accent
- wear braces on their teeth
- younger or smaller
- who find it hard to stick up for themselves
- anybody



# What about the bullies?

There are lots of reasons why people become bullies and it is usually a sign that they are not happy people.

- They may be unhappy at home
- Feel different themselves
- Don't know how to make friends

# bully free school



We can  
listen to  
each  
other

We do not  
call people  
names

We do not  
take other  
peoples  
things

We  
respect  
one  
another

We can  
talk to  
people we  
trust