

Bullying Overview

Definition
 "Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally." DfE
 There is also an imbalance of power.

- The people who:
- bully
 - are bullied
 - actively collude
 - passively observe (stand by)
 - could rescue (seek help/support/resist)

- Bullying behaviours - (form/method)
- verbal
 - physical
 - emotional
 - non-verbal
 - cyber

- child-child
- adult-child
- child-adult
- adult-adult

- Prejudice - (type)
- Race
 - Disability
 - Gender
 - Sexuality
 - Looked After Children
 - Young Carers
 - Difference ...

- Personal dislike
- Seems fun
- Gain kudos
- Feeling of power
- Get something they want
- Jealousy
- Avoid being bullied
- Poor parenting
- Cover up the way they feel
- Lack of empathy
- Feelings of exclusion
- Prejudice
- Ignorance

Bullying

- WHERE does it happen?
- School
 - Workplace
 - Home
 - Community
 - Bus
 - Mobile Phone
 - Internet
 - emails
 - chat rooms
 - networking sites
 - instant messaging
 - websites

- WHERE can we find out more?
- Websites DfE
 - Books Leaflets
 - Anti-Bullying Alliance
 - www.hants.gov.uk/bullying

WHAT can be done to prevent it?

- Whole school/community approach
- Explicit anti-bullying policy
- Promote - Rights, Respect, Responsibilities
- Ensure a safe environment (map safe and unsafe areas)
- Use emotional literacy resources/curriculum e.g. SEAL* PATHS**
- Quality Circle
- Circle Time with Golden Rules
- Whole school playtime policy
- Raise awareness e.g. Anti-Bullying Week
- Set up reporting systems
- Use "Safe to Learn" guidance
- Peer support systems

- Promote
- ♦ self-awareness
 - ♦ empathy
 - ♦ management of feelings
 - ♦ social skills
 - ♦ sense of belonging
 - ♦ friendships
 - ♦ celebration of similarities and differences
 - ♦ assertiveness rather than aggression
 - ♦ problem-solving approaches

WHEN it happens, what can be done?

- Tell someone
- Use FEIPS*
- Use ELSA**
- Sanctions
- Restorative approaches
 - ◊ peer mentors
 - ◊ mediation
 - ◊ Circle of Friends
 - ◊ Support Group Method
 - ◊ Method of Shared Concern
 - ◊ Restorative Justice
- Resiliency development
 - ◊ friendship skills
 - ◊ assertiveness

Jackie Batchelor, Hampshire County Council
 Anti-Bullying Good Practice Group, 2009

* Social and Emotional Aspects of Learning
 ** Promoting Alternative Thinking Strategies

* Framework for Enhanced Individual Pastoral Support
 ** Emotional Literacy Support Assistant