



Discussion Prompts

We don't want to over complicate the messages and I'm sure you have many resources you have and will use in the future on ways to discuss bullying with young people. All that we would like you to do during 'Anti Bullying Week' is to have a discussion about the main questions below and see how much understanding the young people you look after have about bullying.

What is Bullying?

Bullying is when a child or group of children make fun of or hurt another child. Bullying can happen anywhere, in school, at the park or even in your own home. Usually bullying happens when adults aren't around.

Children can bully in lots of different ways:

- Name calling.
- Leaving people out of games or taking friends away.
- Making someone do something they don't want to do.
- Taking, hiding or stealing things like school bags or money.
- Making fun of someone for doing well in school or for not doing so well.
- Forcing a child to play rough games or play fight when they don't want to.
- Telling stories that aren't true about someone.
- Making fun of the clothes someone wears, the bike they ride or the school bag they have.
- Hitting, kicking, hair pulling, punching, spitting, poking.
- Making up things to get someone into trouble with their teacher or someone else.
- Calling people names because they look or sound different.
- Making fun of someone's family.
- Making faces or actions to scare someone or make them feel uncomfortable.
- Sending unkind text messages, notes, e-mails or drawing cruel pictures.
- Posting horrible or mean comments or photos of you on Social Media.
- Commenting on your posts or pictures saying nasty things.

If these things happen to you a lot then you are being bullied. You will need to talk to someone about it.

If you are doing these things to another child, this is bullying. You need to talk to someone about it and try to think of ways you can stop. Bullying is hurtful and unfair.



Why Do Some Children Bully?

- Sometimes children bully because they feel jealous.
- Maybe they are being bullied at home or by someone else and they think it is okay to bully.
- They think that making people laugh at others makes them popular and they want to show off.
- They feel bad inside and want to make other people feel bad.
- Maybe they feel small and think that by hurting others they will feel big.
- Something has happened at home that makes them angry so they take it out on someone else.
- They don't understand how other people think or feel.
- They don't realise that bullying is wrong and hurtful.
- They've started bullying and don't know how to change even though they know it's wrong.
- Maybe things are happening in school or at home and they feel like things are out of their control. When they bully someone else they feel good because it is something or someone they can control.
- They don't know how to solve problems in a respectful and fair way.

There is a difference between 'teasing' and 'taunting'. Teasing is harmless fun, like when two friends joke about something and both people laugh. It stops if someone becomes upset about it. Taunting is when one person says something on purpose to hurt another person's feelings or to make them cry. It keeps happening even when the other person says they don't like it. Taunting is bullying.

No matter what the reasons are for bullying, it is always wrong and unfair. It is never okay to bully or be bullied!

I Am Being Bullied. What Can I Do?

- **Tell someone** – your parents, social worker, teacher, therapist, care staff or another trusted adult. When you talk about the problem, you will find there are lots of people who will want to help. Remember, talking about bullying is not telling tales.
- Try to avoid the bully when you are alone.
- Try to be brave and don't react to the bully.
- If you can, tell the bully to stop.
- Keep a diary or record the bullying.
- If the person bullying you won't let you into a group, tell an adult about it. Maybe you can find another group to join or try to make new friends outside of the group.



I Am Being Bullied. What Can I Do? (cont.)

- You could try to join a club or start a new hobby as a way to make new friends and have some fun.
- Be Cyber-Savvy - Don't ever give your name, age, address or contact details to ANYONE online without your parents' permission. If you are being bullied online, delete or block that person, you can ask an adult for help with this, but you probably know more about computers than they do!

Remember, it's not your fault! Bullying is wrong and you are right to look for help. If you don't look for help, the bullying will keep happening. It will be much easier to stop the bullying if you have an adult to help you and someone to talk to about the problem.

It is important that you feel safe, happy and that you are having fun in school or at a group activity.

What Should I Do if I See Someone Else Being Bullied?

If you see someone being bullied and don't do anything to help, then you are helping with the bullying. You might feel afraid but there are lots of things you can do to help.

- Tell someone – your parents, social worker, teacher, therapist, care staff or another trusted adult. Adults will want to keep you and other children safe. They will try to think of ways to solve the problem straight away. Adults who work with children know a lot about bullying and will be glad that you have told them what is happening.
- If the person who has been bullying wants to play with you, explain that you will only play fair.
- Your school will probably have a programme about bullying. This programme will help all of the children in your class to learn about bullying and how to be safe.
- It is helpful if you remember what has been happening, who has been bullying and where.
- Remember, talking about bullying is not telling tales.



Maybe You Are Doing the Bullying

Now that you have learned a little, maybe you realise that you have been bullying. This is a problem because:

- You might lose friends.
- Some people feel scared of you. Even your friends may be frightened but won't say.
- There are lots of nice things about you but sometimes people don't get to see these things, instead they are seeing you hurting others.
- People might start to call you names like 'the bully' – this will probably hurt your feelings.

Hurting other people's feelings or physically hurting others is wrong. If you stand beside someone who is bullying or laugh when he or she hurts someone, then you are taking part in the bullying.

What Can I Do to Stop Bullying Others?

- Tell someone – your parents, social worker, teacher, therapist, care staff or another trusted adult who care about you a lot and they will need to know if there is a problem. Once you start to talk about it, they can help you.
- Think about why you have been bullying.
 - Do you have a problem that makes you feel angry or scared?
 - Is someone else bullying you?
- Think about how the other person feels.
- Think of ways you can stop. Make a list of your own ideas.
- Set a goal each day like 'Today I won't call anyone names'. Be proud when you do this.
- Apologise to whoever you have upset. They may feel too hurt to listen at first. That's why you need to show you are sorry by stopping the bullying.
- Think about making new friends in a new group. A new hobby will be fun and a fresh start for you.

**You Have Learned that Bullying is Wrong.
Well Done For Making a Change.**