



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

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