

BULLYING STAGE 4



Gossip



Rumors



Insults



Lies



Threats



Punishing



Cyber bullying



Racist

What Is Bullying?

Whether you are at school or at home, there will be people around you who act in different ways. Some people act in lovely ways and make you feel good about yourself. Other people might act in ways that make you feel bad about yourself. You might have acted in this way to somebody else before. Everybody makes mistakes, but it is important to learn from them and try not to repeat them.

If somebody is making another person feel bad on a regular basis, then it is likely to be bullying. Bullying is when somebody is mean to a certain person or group of people and usually repeated. If somebody is mean once, it is isn't nice, but it isn't always bullying.

Is it important to recognise that bullying can take many forms.

Verbal bullying is when a person says things that are hurtful. These might be about somebody's appearance or their personality or their home life, for instance. This would also include name-calling.

If somebody is excluding somebody else from activities, then this is called social bullying. The victim might not be allowed to play games during break time, or they might be pushed away from their friends.

Threatening behaviour can be both physical and mental. The threat of being hurt can have a significant impact on somebody's mental health. If it turns to actual physical harm, then this is called physical bullying. Physical bullying might also involve taking things away from the victim, such as their money or toys or damaging their property.

Cyberbullying is a more recent type of bullying that happens over digital devices. This might be a phone, a computer or a tablet. Cyberbullying can take the form of other types of bullying, such as threatening behaviour or social bullying.



What about “banter”?

Lots of people might say that the mean things they have said or done are “banter” or just a joke. The important thing to remember is that the victim’s feelings are more important than your joke. If somebody has told you that something you have said or done has upset them, then it is important that you listen and don’t repeat it. If you do repeat it when you know that it will upset them, then this is verbal bullying. It doesn’t matter whether you think that the victim should be upset or not. It is their right to ask you not to do it again.

What if I’ve bullied somebody before?

It is important to remember that bullying is an action. It is not who a person is. If you know you have been mean to somebody before, you can begin to make up for this by not doing it again. Likewise, if somebody has been mean to you and recognised that, then they need to be given the chance to be better. Things that have happened in the past cannot always be forgotten or forgiven, but making better choices in the future is important.

RETRIEVAL FOCUS

1. How can people make you feel good about yourself according to the text?
2. Give an example from the text of a type of bullying.
3. Which type of bullying might include other types?
4. True or false: Banter is always okay
5. True or false: Somebody who has bullied before should be given a chance to change.

VIPERS QUESTIONS

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|----------|---|
| S | Summarise the difference between being mean and bullying behaviour. |
| V | Which word in the text refers to somebody who has been bullied? |
| V | Find and copy a word from the text that means “in the same way”. |
| I | How do you think somebody might feel if they were a victim of social bullying? |
| S | Why might it be considered bullying if you continue with a joke when you know it upsets somebody? |