

Introduction

- ▶ WALT: discuss what bullying is and what bullying isn't
- ▶ WILF: knowing how to get along with everyone

- ▶ Try to remember the lessons from last year....
What is the definition of bullying?

Bullying is NOT being KIND!

▶ What is bullying?

Bullying is when someone:

keeps picking on you **again and again** and tries to make you feel bad

- ▶ says or does **lots** of mean things that upset you
- ▶ makes fun of you **a lot**
- ▶ tries to stop you from joining in or make others not like you
- ▶ keeps hurting you such as hitting or punching you.
- ▶ **Bullying feels awful. You feel like you can't stop it.**

Continued next slide

What is bullying ?

- ▶ Bullying can happen in person or online (sometimes called cyberbullying). It might be something other people can see or it might be hidden.
- ▶ Sometimes you might have a fight or argument with someone. If it happens once, it is not bullying even though it can be upsetting. It is also not bullying if you sometimes fight with a friend and you can sort it out.
- ▶ Spreading rumours is bullying.
- ▶ **Bullying is not okay. You have the right to feel safe.**
- ▶ If you don't feel safe, get help right now from your mum, dad, teacher, or another adult who will listen to you!

Choose KINDNESS over BULLYING

- ▶ https://youtu.be/La_Shfn3SVU
- ▶ Why is bullying unacceptable?
- ▶ Students 'think pair share' their answers.
- ▶ Who should we tell if we are being bullied?



Bullying Causes Great Harm

▶ **What is the Golden Rule? How does it relate to Bullying?**

▶ In groups, discuss and record what bullying people demonstrate:

- at school,
- at home,
- in the world

that go **AGAINST** the golden rule.

▶ Each group chooses one or two of these actions and develops a specific action plan as to what **they** could do to help the person who is bullying others.. Share with the class.



Why do some students bully others?

- ▶ Why do some people, including adults, bully others?
- ▶ Think pair share reasons
- ▶ Do you think that bullies have a high level of wellbeing?
- ▶ Do you think bullies are happy people?



No Blame for victims or bullies!

- ▶ If someone gets bullied, it's not their fault.
- ▶ The person who does the bullying is the person who is unhappy and needs help.
- ▶ If someone is being bullied, it doesn't mean they deserve it or that they are people who should be disliked.
- ▶ If someone behaves in a way that you don't like, we should find a way to respond that is fair and reasonable without bullying or being nasty to them.
- ▶ Remember the Golden Rule, even when you are being bullied!



Teachers are there to help

Discuss

- ▶ No one deserves to be bullied
- ▶ Why should we tell someone if we are being bullied?
- ▶ Unless we stand up and let an adult/someone else know the situation will not change
- ▶ Act responsibly and stand up
- ▶ Let someone know who can help!



An action Plan against Bullying!

- ▶ Look confident. Think pair share what this means
- ▶ Avoid giving someone opportunities with cyberbullying by protecting your passwords
- ▶ If you are being bullied, tell the person to stop it. Stay calm, this puts bullies off. Always ask friends for help.
- ▶ Tell a teacher or an adult.
- ▶ Reporting 'bullying' is not dobbing – it is being responsible!



What have you learnt?

- ▶ Think/Pair/share 3 key points from today's lesson.
- ▶ Tell your family these points when you go home!

Choose kindness over bullying!!

