

Bullying

Pink Shirt Day

SUPERPOWER



What is Bullying?

(3 major elements)

Bullying is **mean**, **cruel**,
or **hurtful** behaviours
that:

- Are **repeated**, or have the potential to be repeated
- Create an **imbalance** of power



What are the four main types of bullying?

(Think, pair, share)

4 Main Types of Bullying

- Verbal – saying or writing hurtful things
 - Teasing
 - Name calling



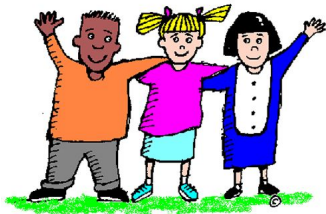
- Physical – hurting a person's body or possessions
 - Hitting/kicking
 - Taking or breaking someone's things



4 Main Types of Bullying



- Social – hurting someone's reputation or relationships
 - Leaving someone out on purpose
 - Spreading rumors about someone



- Cyber – posting or sending hurtful photos/messages
 - Taking embarrassing pictures of someone and sharing them online
 - Creating online polls to rate people in demeaning or hurtful ways

Why do we bully others?

(Partner A - intentionally example

Partner B - unintentionally example)

Intentionally

- Make ourselves feel better(temporary)
- To hurt others
- Inappropriate competition
- Peer pressure

Unintentionally

- Difficulty expressing emotion
- Lack of knowledge or info (ignorance)
- Difference in home environments

How to Resolve Bullying

1. Calmly speak to the bully about their actions
 - ★ Bullying can be unintentional
2. If nothing changes, tell a trusted adult about your situation

Are there any situations where we would skip to step 2?

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Strategies to Stop Bullying

For all types of bullying:

- Calmly confront the bully
- Walk away and take the person being bullied with you
- Tell an adult if someone is/may be harmed
- Be **assertive**, not aggressive

Verbal Bullying	Social Bullying	Physical Bullying	Cyber Bullying
<ul style="list-style-type: none">• Calmly tell bully to “stop it”	<ul style="list-style-type: none">• Encourage group to do a different activity	<ul style="list-style-type: none">• Tell an adult• Never put yourself in harms way	<ul style="list-style-type: none">• Report to social media site

Do's of resolving bullying

- Use assertive strategies (previous slide)
- Ask for help when needed

Don'ts of resolving bullying

- Join in with the bully
- Do nothing at all
- Be aggressive towards the bully

Telling Vs. Tattling

Telling Vs. Tattling

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- Telling
 - Reporting
 - Saying something to help yourself or others from getting hurt
- Tattling
 - Snitching
 - Say something to get others in trouble

Examples:

- Someone wants to keep themselves or others safe, by seeking help from an adult.
- Someone wants to get someone else in trouble or avoid blame.
- Someone threatens to tell on another in order to control of a peer.
- An adult is needed to help solve the problem.