



Parent Workshop

What is Bullying?

Bullying is any ongoing physical or Verbal mistreatment where there is: an imbalance of power and the victim (target) is exposed repeatedly to negative actions on the part of one or more other students.

Bullying can be:

DIRECT

Face to face

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graph TD; A[Face to face] --> B[Verbal]; A --> C[Physical]; A --> D[Psychological];
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Verbal

Insults, putdowns,
teasing, harassment

Physical

Shoves, pushes,
hitting, assault

Psychological

Rolling eyes, dirty looks, uttering threats

Bullying can be:

INDIRECT

Behind someone's back

Exclusion

Leaving out
Shunning

Relational Aggression

Telling people not to be friends
with a victim

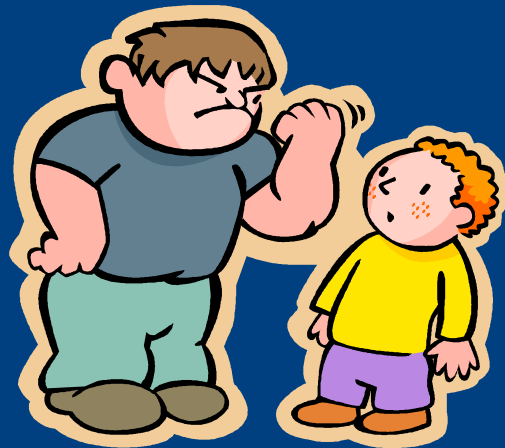
Gossip

Lowering people's opinion
About the victim

What is Bullying?

It involves a power imbalance between

Bully and Victim: Number, Size, Status,
Role, Culture, Ethnicity.



The Bullying Circle

Bully

Starts the bullying and takes an active part

Followers

Takes an active part, but does not start the bullying

Supporters

Supports the bullying but does not take an active part

Passive Supporters (Possible Bully)

Likes the bullying but does not display open support

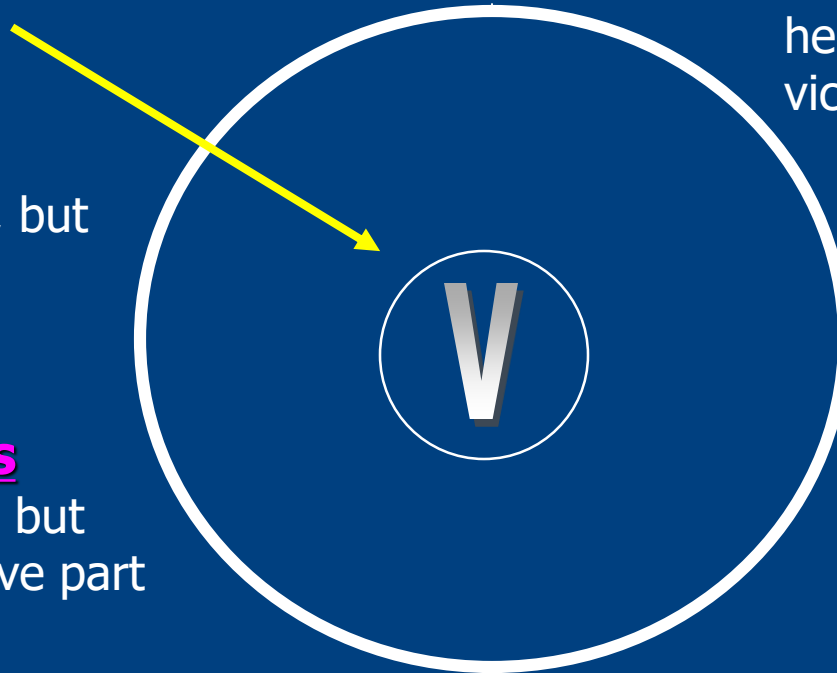
Defender of the Victim

Dislikes the bullying and helps or tries to help the victim

Possible Defender

Dislikes the bullying and thinks he ought to help but doesn't

Disengaged Onlooker



How do we define Bullying?

For a behaviour to be considered bullying, it must be defined as repeated, not necessarily by the same person.

It must be confirmed as frequent abuse toward the target. It is not always continuous.

What is difference between bullying/teasing/taunting?

Teasing is what normally happens between friends (reciprocal in nature). It can best be defined as statements or actions carried out in a lighthearted manner to poke fun/teasing each other back and forth to make both parties laugh with no intention to harm. If the line is crossed, the behaviour always stops if either party objects or becomes upset.

What is difference between bullying/teasing/taunting?

Taunting on the other hand is always one-sided and represents an imbalance of power that is intended to harm by demeaning, ridiculing or dominating the individual. It would normally involves laughter directed **at** someone not with them. Usually with a sarcastic tone of voice involving cruel comments or humiliation and often exhibiting aggressive body language like shaking of the head, smirking or rolling of the eyes. This behaviour could continue way after the target objects to the behaviour and this point that if this is continuous it can be defined as 'bullying'.

How can you recognise a bully ?

- They call other children names
- Laugh at other children when they talk about them
- Lack empathy
- Hostile/aggressive attitude
- Easily angered
- Don't take responsibility for their action /blaming others when confronted about their behaviour

How can you recognise a victim?

- Regular illnesses
- Scars/cuts/bruises
- Reluctance to attend school/school buses/places of social interaction
- Sudden change in behaviour
- Not interested in the usual things they did before
- Withdrawn personality
- Crying at every little thing
- Anxiety
- Low self-esteem

How can I help?

As a parent/carer strive to be a positive role model

Talk with and listen to your child regularly about school, interests etc

Listen to and share in their conversations about friends, school etc

Model treating others with respect, kindness and dignity

Be careful what you say or write about other people in your child's presence