

VOCABULARY DOZEN!

Verbal bullying

Name calling, sarcasm, spreading rumours, threats, teasing, belittling

Physical bullying

Pushing, poking, kicking, biting, pinching etc.

Indirect bullying

Behind your back

Online bullying

Cyber bullying is posting on social media, sharing photos, sending nasty text messages etc.

Emotional bullying

Isolating others, tormenting, hiding belongings, excluding, humiliating etc.

Personal bullying

Unwanted physical contact, inappropriate touching, abusive comments.

Racist bullying

Bullying that focusses on someone's race, ethnicity or culture.

Prejudice

When people dislike other people for no actual reason.

Discrimination

When people treat others unfairly due to their age, sex (whether they are male or female) disability or race.

Bystander

Someone who sees or knows about bullying that is happening to someone else.

False friends

Where someone pretends to be your friend or is your 'friend' sometimes but actually uses their power to bully you.

Remorse

Regretting or feeling guilty about something you have done.

Whole School - Anti-Bullying

2021 Anti-bullying theme- One Kind Word

Several
Times
On
Purpose

Three key characteristics of bullying:

- 1) It is deliberately hurtful
- 2) It is repetitive
- 3) Power imbalance

Start
Telling
Other
People

- The Anti- Bullying Alliance define bullying as, "The repetitive, intentional hurting of one person or group by another person or group, where the relationship involved an imbalance of power. It can happen face to face or online."
- A child friendly definition is, "Bullying is people doing nasty or unkind things to someone. It is on purpose and more than once."
- Everyone is different from everyone else but we are all equal and deserve to be treated with respect.
- Children have the right to feel safe.
- Everyone should be confident to be themselves without fear of discrimination.
- Nobody deserves to be bullied.
- If you are experiencing bullying behaviour, speak out. Tell an adult at home, tell an adult at school or put a note in the worry box. Someone will help you.
- If you witness bullying behaviour, speak out. Tell an adult at home, tell an adult in school or put a note in the worry box. Someone will help you.