

What is bullying?

PSHE

Key Stage 2

How does being bullied make someone feel?

Think
Pair
Share

“You are rubbish at football”

- How do you think this person feels?
- Do you think this is bullying?
- Why? Why not?



What is bullying?



- The Anti-Bullying Alliance define bullying as:

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.

- Does this change your opinion on the previous conversation between the two children?

Harmful words



- We need to remember that sometimes the comments we make may not seem significant to us; however, for the individual/s affected, it can be very upsetting.
- Our words are very powerful and will affect different people in different ways.
- Comments can become more and more upsetting and considered to be bullying if accompanied by other hurtful comments over time.
- It is never ok to be intentionally unkind to others and we must always make sure to consider other people's feelings.

Yes or no?

- You are going to hear four different scenarios.
- If you think that the scenario **is** considered bullying, put your thumbs up.
- If you think that the scenario **is not** considered bullying, put your thumbs down.



Scenario 1



Millie has been teasing Nia most days at school for a few months. The teasing seemed like funny banter at first but has been getting worse and worse. Nia has been absent from school a lot recently.



Scenario 2



Marta plays football for her school's team.
Last week, at their last football match, she missed a penalty.
**One of her teammates shouted at her after she missed
and hasn't spoken to her since.**



Scenario 3



Robert noticed that Kye had nobody to sit with at lunch.
He decided to sit next to him and discovered that they have
lots in common – they even support the same football team!



Scenario 4



Daniel joined a new school last week. He has had some trouble fitting in and **lots of people have been mocking him and laughing at him behind his back.** Sami's friends were joining in, but Sami didn't agree with it.



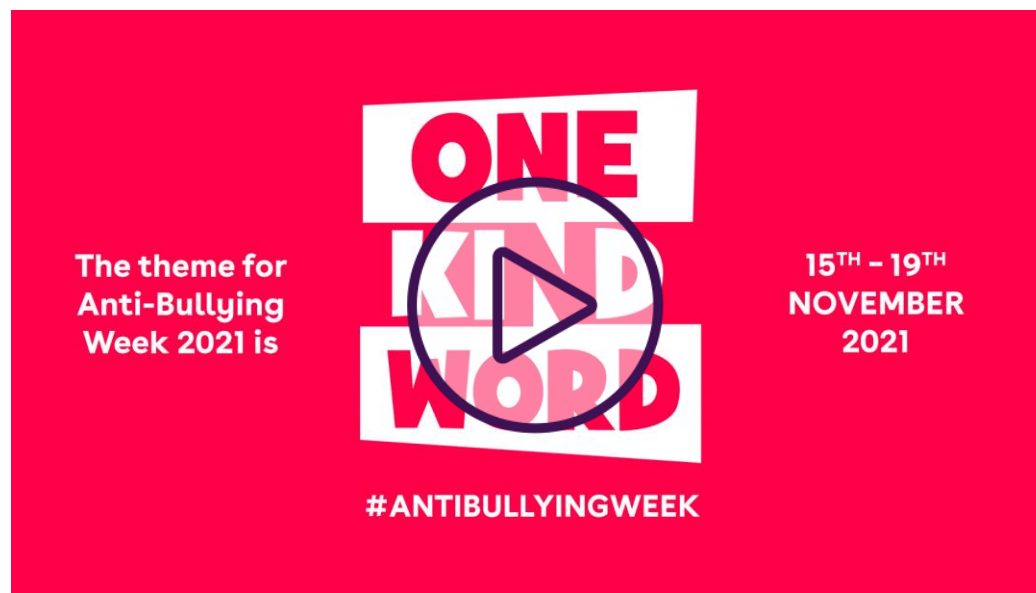
What to do if you are being bullied:

- Do not retaliate.
- Surround yourself with people who make you feel happy.
- Talk to a trusted adult.



One Kind Word

The theme for Anti-Bullying Week this year is...



What does it mean to be kind?



Kindness

- When we treat others with kindness, we are being respectful and showing them that we care.
- Unkind behaviours can hurt others and make them feel like they do not matter.
- Kind words and actions can make a persons day better.
- Remember to also be yourself.

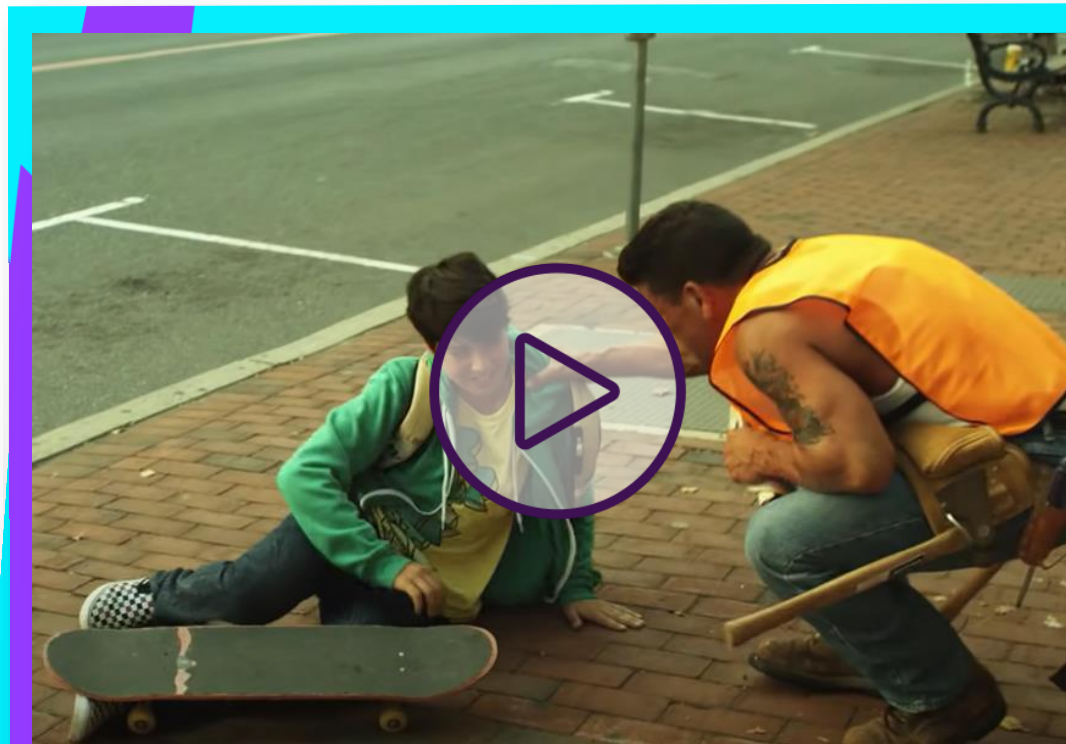


**How can we show
kindness to others?**



Spread kindness!

Kindness fuels kindness. It can be a 'chain reaction'.



**What will you do to start a ripple
effect of kindness?**

Think about how you can show people
kindness in school and at home this week.

**ONE
KIND
WORD**