

# Bullying

Can happen anywhere

Behaviour that is repeated

Intends to hurt someone emotionally or physically

(Family Lives, 2019)



(Carmen, 2015)

Often aimed at certain people because of their:

- ♦ Age, (Espelage, 2014)
  - ♦ Gender,
  - ♦ Race,
  - ♦ Religion,
  - ♦ Appearance, (Adams et al, 2008)
  - ♦ Disability, (Cook et al, 2011)
  - ♦ Sexual orientation,
  - ♦ Socio-economic status.
- (Young Minds, 2021)

Name calling /  
Teasing  
Swearing  
Threats of harm  
Insults  
(Family Lives, 2019)

Harassment  
Uploading false  
information and  
pictures  
(denigration)  
Hacking profiles  
to spread false  
information

(Family Lives, 2021) [2]



(Pikisuperstar, 2020) [2]

Excluding  
Spreading false  
rumours  
(Family Lives, 2019)

Hitting  
Shoving  
Stealing  
Stalking  
(Family Lives, 2019)

## Bullying and Mental Health

It can cause people to feel

- ♦ Isolated and lonely
- ♦ Anxious and depressed
- ♦ Worthless
- ♦ Lacking confidence and self esteem (Korioth, 2016)
- ♦ Angry and more frustrated than normal

(Young Minds, 2021)

(Pikisuperstar, 2020) [1]



Which can lead people to

- ♦ Hurt themselves (self-harm) and become suicidal (Korioth, 2016)
- ♦ Starve themselves or overeat (anorexia or bulimia)
- ♦ Abuse substances

(Family Lives, 2021) [1]

As a result, you may :

- ♦ Find it difficult to concentrate at school,
- ♦ Struggle to manage relationships (ABA, 2017)



(Freepik, 2020) [1]

## Cyberbullying

Cyberbullying can follow you home and can happen 24 hours a day, 7 days a week

Bradshaw (2016) that 4 in 10 young people between 5 and 15 years owned a smartphone, this has likely risen in recent years



(Freepik, 2020) [2]

What to do if you are being bullied

Do not ignore it!

Tell someone you trust like a

Parent

Teacher or Teaching Assistant

The pastoral team at school - Cyfle

To tell someone at school during the school closure that you are being bullied, e-mail your Head of Year, a Teacher, TA or someone from Cyfle by using their full name before @[REDACTED].org.uk

(School A, 2019)

Our Anti-Bullying Policy says:

There is a **ZERO-TOLERANCE** approach to bullying across school

All bullying incidents will be dealt with effectively and sensitively

There are safe spaces provided – Cyfle and Noddfa, to talk about how you feel if you're having a hard day and to spend some time to unwind

## Restorative Practice



(Shine, 2020)

If you are comfortable with it, conferencing is used to resolve the issue with the person bullying you

➤ You will both be given the opportunity to say how you feel

➤ You will make a contract with a member of staff and the other individual to agree how you will treat each other in the future

➤ If this is not followed, it will be reviewed by a member of staff and sanctions will be considered (Restorative Justice 4 Schools, 2015)

## References

- Aceves, M. J., Hinshaw, S. P., Mendoza-Denton, R., and Page-Gould, E. (2009). *Seek help from teachers or fight back? Student perceptions of teachers' actions during conflicts and responses to peer victimization*. *Journal of Youth and Adolescence*, 145, 784–789.
- Adams, R. E., and Bukowski, W. M. (2008). *Peer victimization as a predictor of depression and body mass index in obese and non-obese adolescents*. *Journal of Child Psychology and Psychiatry*, 49, 858–866.
- Anti-Bullying Alliance (ABA) (2017) *All About Bullying: Mental Health*. National Children's Bureau Copyright. Available at : <https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/mental-health> Accessed 04/12/2020
- Bradshaw, J. (2016) *The Well-Being of Children in the UK* (4th Edition), London: Policy Press
- Bronfenbrenner, U. (1977). *Toward an experimental ecology of human development*. *American Psychologist*, 32, 513–531.
- Carmen (2015) *Girl Saying Go Away*. Available at : <https://thebilingualteacherstore.com/i-am-a-bullied-teacher/girl-saying-go-away/> Accessed 05/01/2021
- Cook, C. R., Williams, K. R., Guerra, N. G., Kim, T. E., and Sadek, S. (2010). *Predictors of bullying and victimization in childhood and adolescence: A meta-analytic investigation*. *School Psychology Quarterly*, 25, 65–83.
- Espelage, Dorothy. (2014). *Ecological Theory: Preventing Youth Bullying, Aggression, and Victimization*. *Theory Into Practice*. 53. 257-264.
- Espelage, D. L., Holt, M. K., & Henkel, R. R. (2003). *Examination of peer-group contextual effects on aggression during early adolescence*. *Child Development*, 74, 205–220.
- Family Lives (2021) [1] *Bullying and your Mental Health*. Available at : <https://www.bullying.co.uk/advice-for-young-people/bullying-and-your-mental-health/> 06/01/2021
- Family Lives (2021) [2] *What is Cyberbullying?* Available at : <https://www.bullying.co.uk/cyberbullying/what-is-cyberbullying/> Accessed 05/01/2021
- Family Lives (2019) *What is Bullying?* Available at : <https://www.bullying.co.uk/general-advice/what-is-bullying/> Accessed
- Freepik (2020) [1] *Cyber bullying illustration design Free Vector*. Available at : [https://www.freepik.com/free-vector/cyber-bullying-illustration-design\\_9099555.htm](https://www.freepik.com/free-vector/cyber-bullying-illustration-design_9099555.htm) Accessed 06/01/2021
- Freepik (2020) [2] *Stop bullying concept Premium Vector*. Available at : [https://www.freepik.com/premium-vector/stop-bullying-concept\\_8850045.htm](https://www.freepik.com/premium-vector/stop-bullying-concept_8850045.htm) Accessed 06/01/2021
- Hong, J. S., and Eamon, M. K. (2011). *Students' perceptions of unsafe schools: An ecological systems analysis*. *Journal of Child and Family Studies*, 20, 863–872.
- Kennedy, E. (2010) National Institute of Child Health and Development (NICHD): *Taking a Stand Against Bullying*. Available at : <https://www.nichd.nih.gov/newsroom/resources/spotlight/092110-taking-stand-against-bullying> Accessed 21/12/2020
- Korioth, T. (2016) *Signs of Bullying: Important Questions for Parents to Ask*. Available at : <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Bullies-Beat-Down-Self-Esteem.aspx> 18/12/2020
- Lee, C. H. (2009). *Personal and interpersonal correlates of bullying behaviors among Korean middle school students*. *Journal of Interpersonal Violence*, 25, 152–176.
- Official For National Statistics (ONS) (2020). *Online Bullying in England and Wales: year ending March 2020: Estimates of the prevalence and nature of online bullying among children using data from the 10-15 year olds' Crime Survey for England and Wales*. Available at : <https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/onlinebullyinginenglandandwales/yearendingmar2020> Accessed 02/01/2021
- Pikisuperstar (2020)[1] *Bullying concept Free Vector*. Freepik Licence. Available at : [https://www.freepik.com/free-vector/bullying-concept\\_9158833.htm#page=1&query=bullying&position=24](https://www.freepik.com/free-vector/bullying-concept_9158833.htm#page=1&query=bullying&position=24) Accessed 07/01/2021
- Pikisuperstar (2020)[2] *Types of bullying discrimination concept Free Vector*. Freepik Licence. Available at : [https://www.freepik.com/free-vector/types-bullying-discrimination-concept\\_8846352.htm](https://www.freepik.com/free-vector/types-bullying-discrimination-concept_8846352.htm) Accessed 07/01/2021
- Restorative Justice 4 Schools (2015) *What are Restorative Approaches and How Does Restorative Justice Conferencing Work?* Available at : [http://www.restorativejustice4schools.co.uk/wp/?page\\_id=26](http://www.restorativejustice4schools.co.uk/wp/?page_id=26) Accessed 08/01/2021
- School A (2019) *Anti-Bullying Policy*. Location omitted to protect anonymity of the school.
- Shine, R. (2020) Shutterstock\_1326794885. New Ways Ministry. Available at : [https://www.newwaysministry.org/2020/09/13/harm-needs-and-responsibility-why-restorative-justice-is-good-news-for-lgbtq-catholics/shutterstock\\_1326794885/](https://www.newwaysministry.org/2020/09/13/harm-needs-and-responsibility-why-restorative-justice-is-good-news-for-lgbtq-catholics/shutterstock_1326794885/) Accessed 07/01/2021
- Smokowski, P. R., & Kopasz, K. H. (2005). *Bullying in school: An overview of types, effects, family characteristics, and intervention strategies*. *Children and Schools*, 27, 101–109.
- Young Minds (2021) *Bullying*. Available at : <https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/> Accessed 06/01/2021

Welsh Government (2019) Challenging Bullying. Rights, respect, equality: *Statutory guidance for governing bodies of maintained schools*. Crown Copyright. Available at : <https://gov.wales/sites/default/files/publications/2019-11/rights-respect-equality-statutory-guidance-for-governing-bodies-of-maintained-schools.pdf> Accessed 15/12/2020

Welsh Government (WG) (2020) *Curriculum For Wales: Health and Well-being*. Available at : <https://hwb.gov.wales/curriculum-for-wales/health-and-well-being> Accessed 14/12/2020