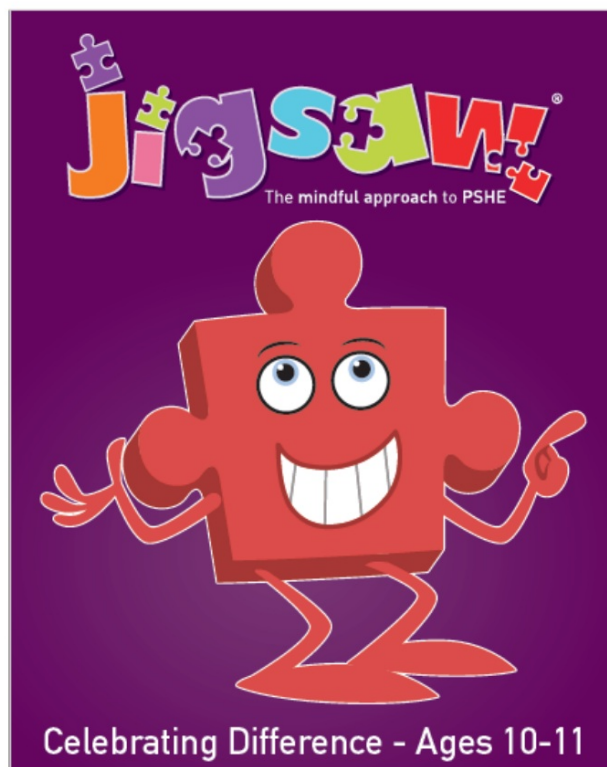


Friday 3rd December



Calm Me!



Decide whether you think these statements are bullying or not bullying.

1. Ismail spits into a glass of water and says he will make Ahmed drink it.
2. Anna keeps telling other girls in their group not to 'like' any of Marie's posts and to ignore her in school.
3. Jemma has a disability which means she can't always control her movements and causes her to jerk her hands up. A group of girls always laugh at her when this happens and mimic her actions.
4. Maddie and Amy won't let Jasmin play with them because they have fallen out.
5. Jake and Ryan have had an argument. Jake kicks Ryan's coat across the corridor and calls Ryan gay.
6. Jodie tells Marcus each day that if he doesn't give her his dinner money, she will get her group to beat him up.

A definition for Bullying

1. It doesn't just happen once: it goes on over time and happens again and again
2. It is deliberate: hurting someone on purpose, not accidentally
3. It is unfair: the person doing the bullying is older, stronger and more powerful (or there are more of them) and even if the bully is enjoying it, the person being bullied is not.

Using the scenario cards on the next page - decide whether they are bullying or not bullying.

Write a sentence explaining what's the difference between direct and indirect bullying?

1. Tomika is always teased by group of girls on the way to and from school who say she is dirty because she has a dark tone to her skin.

2. Jaxon has been outed on the internet by Liam. Liam found out that Jaxon has been fostered and has told everyone in their social-media group even though Jaxon asked him not to.

3. Olivia has taken several pictures of Tammy at the prom and keeps sharing them on her mobile phone. She has asked her friendship group to comment on Tammy's clothes and appearance and make jokes about her. Tammy can see all the messages and emoticons.

4. Aditya has a birthmark on her back. At swimming lessons other children say it's disgusting and won't go near her in the water.

5. There is a photo of a boy in Mackenzie's school being shared by some children on their mobiles. Someone has added a filter that says 'LOSER'. Mackenzie forwards the photo to her best friend and adds 'LOL' (Laugh Out Loud) as a comment with a laughing emoji. There are lots of similar comments from other children in the thread.

6. Jordan keeps threatening Frank that if he doesn't join his gang they will beat him up.



1. What might be the reasons for the person/people using bullying behaviours?
2. How did these behaviours make the recipient of them feel and what could they do to manage these feelings e.g. calming techniques, talking to someone.
3. How could the recipient deal with/manage the situation?

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Consider these questions