

L.O.: To understand the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities.

PSHE: How can we manage risk?

What is bullying?

Bullying is repeated behaviour that makes someone else feel uncomfortable or hurts them either emotionally or physically due to their race, religion, gender, appearance, disability and much more. Bullying can take many forms including physical assault, social bullying, threatening behaviour, name calling and cyberbullying. It may make a person have lots of negative feelings inside such as anxious, upset, stressed, insecure, worried, angry, upset, excluded, frustrated, confused, alone, isolated, apprehensive etc.

Who is a bully?

A bully is someone who continues to do something deliberately with the intention of making someone else's life feel negative and may even make them feel bad about themselves. One may bully another person through gossiping, lying, threats, rumours, leaving the person out, teasing, using mean words, name calling, stealing, pushing, damaging property, kicking hitting etc.

Consequences of bullying:

Bullying have lifelong negative impacts on an individual and affect themselves and the other parts of their lives badly. It may make an individual feel scared for their safety, they may find it difficult or even no longer be able to trust others, feel lonely, have lack of friends, feel suicidal, may truant school to escape bullying, have lack of confidence, have low self esteem and much more. These effects could last for years.

Dealing with bullying:

Bullying can make an individual feel angry and hurt; it may even make the individual want to get revenge or fight back but this is not the correct way to respond or deal with it. By reacting negatively, it may make the situation worse by escalating to violence, trouble and someone getting injured. Instead it is best to speak to a trusted adult like your parent, your teacher or another adult your feeling comfortable speaking to. They may be able to tell you how to deal with it and make you feel less alone. It is also a good idea to walk away from the situation. Often, bullies may feel more powerful if they notice that their words or actions affect the individual. When they see that the individual isn't affected by their words or actions, they may eventually get bored and give up. Furthermore, it may be a good idea to make new friends so that the individual is not alone and can remove themselves from negative people.

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Task

This week you have two tasks.

Task 1: Watch this short clip <https://www.youtube.com/watch?v=nYTrlcn4rjg> and answer:

- Does this video have a message?
- Who are the mean ones? Why are they mean? Are any of the small birds worse than the others?
- Do you think the Big bird reacted good? Why? If not, what should he have done instead?
- Is there a moral to the story?
- Could we give it another title?

Task 2: Your task is to create an informative Anti bullying leaflet explaining what Bullying is and the consequences of it. Give examples of some scenarios of what bullying may look like and how to overcome it/deal with it. Include colour and illustrations to make your work eye catching. Use this guideline to help you with your leaflet:

- Large, bold heading/title
- what is your leaflet about?
- Subheadings to organise your writing
- Organise your writing into sections/paragraphs
- Eye-catching pictures
- Detailed information
- Correct tense
- Any relevant quotes
- Rhetorical questions
- Descriptive language with a broad range of vocabulary
- Short, snappy sentences or phrases
- Final reminder or summary of what your leaflet is about