



Bullying

Please note, this is a sensitive topic that impacts many people. If you find that this has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team at safeguarding@qa.com



Bullying

What is bullying?

Bullying is unwanted, aggressive behaviour among school aged children that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

To be considered bullying, the behaviour must be aggressive and include:

- **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- **Repetition:** Bullying behaviours happen more than once or have the potential to happen more than once.

What is cyberbullying?

Cyberbullying is the use of cell phones, instant messaging, e-mail, chat rooms or social networking sites such as Facebook and Twitter to harass, threaten or intimidate someone. Cyberbullying is often done by children, who have increasingly early access to these technologies.

Types of bullying:

There are three main types of bullying:

Verbal bullying is saying or writing mean things. Verbal bullying includes:

- *Teasing*
- *Name-calling*
- *Inappropriate sexual comments*
- *Threatening to cause harm*

Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

- *Leaving someone out on purpose*
- *Telling other children not to be friends with someone*
- *Spreading rumours about someone*
- *Embarrassing someone in public*

Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- *Hitting/kicking/pinching*
- *Spitting*
- *Tripping/pushing*
- *Making mean or rude hand gestures*



Who to contact and how can they help?

- National Bullying Helpline - Helpline: 0300 323 0169 - Telephone: 0845 225 5787. We are open from 9am to 5pm Monday to Friday
- If you are reporting an incident to the police or if you are reporting a cyberbullying incident, keep a record of the date and time of the calls, emails, or texts – do not delete any messages you receive.
- Call 999 if someone is in immediate danger.
- Visit [Bullying at school: Reporting bullying - GOV.UK \(www.gov.uk\)](http://www.gov.uk) for more information.

Activity - Video



Please watch the above two videos. This will provide you with further awareness and context to this learning. Questions related to this can be found below. If watching this video has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team at safeguarding@qa.com

Questions:

1. What type of bullying did Nadiya experience?
2. Use this time to reflect on how bullying can make an individual feel.
3. How do you report an incident of bullying if you witness it?