

Vocabulary	
bully	someone who hurts another person more than once.
cyber-bullying	is any form of bullying which takes place online or via smart phones and tablets.
direct bullying	occurs directly between the bully and the targeted victim. The victim knows he/she is being bullied.
indirect bullying	when one person, or a group of people, try to ruin your reputation by spreading rumours and gossip behind your back. Indirect bullying tends to be verbal and can be very difficult to prove.
banter	the playful and friendly exchange of teasing remarks.

In this PSHE Unit, we shall consider what bullying is, teach you what to do if you feel like you are being bullied or if someone else is being bullied



What is bullying?

A bully is someone who **hurts** another person **more than once**, by using behaviour which is meant to **scare, hurt or upset** that person.

At our school, we use the word '**STOP**' to identify bullying:

Several
Times
On
Purpose

It is important to remember that **single problems** and **falling out with friends** are **not bullying**.

Bullying is behaviour which is **repeated** on purpose and is meant to **upset** someone.

Key Learning

- What is bullying? (including cyberbullying)
- To recognise the importance of seeking support if feeling lonely or excluded
- To identify positive strategies that may help to resolve disputes in friendships
- To recognise if a friendship (online or offline) is making you feel unsafe or uncomfortable
- To recognise the impact of bullying and the consequences of hurtful behaviour
- To discuss whether banter can turn into bullying?
- To recognise that our own behaviour can affect other people

Key Questions:

What is bullying?

What is banter?

Who can I turn to for support?