

BULLYING TEACHER'S RESOURCE PACK



- 3 ENTREPRENEURSHIP
- EMPLOYABILITY
- EDUCATION

PLAYFUL PROJECT-BASED LEARNING | TERM 3 LIFE SKILLS PROJECT FOR SBA



ARTICLE ON BULLYING

Very challenging and tricky to address

After the recorded bullying incident of Lufuno Mavhunga took a fatal turn, many tragic past stories started to surface and the spotlight has turned back on the issue of bullying in schools and the devastation it causes.

Parent 24 brought together four local professionals to discuss the issue and provide advice and insights, so parents, teachers, and schools could get a full picture of the challenges faced.

The panelists opened up about the heart-breaking experiences they have witnessed and spoke about how changes can and are being made to prevent future tragedies. One panelist revealed that the statistics state that 56% of children at school have experienced bullying and 90% of bullies grow up to become perpetrators.

Adding to that problem is the fact that pupils are not open about their experiences - “its very challenging and tricky to address,” said one educator.

One of the panelists expressed the effect that bullying has on the child’s education and their mental health, often due to them developing unhealthy coping strategies to protect themselves.

They emphasized the importance of discussing the issue of bullying with your children and encouraged everyone to be an advocate for change daily, by speaking up to injustice.

(Edited article by Nasi Hako and Elizabeth Mamacos, Parent 24 27 April 201.

PICTURES ON BULLYING





How to improve social skills to protect themselves against bullying

- Build self esteem
- Foster friendships
- Teach assertiveness
- Instil respectfulness
- Cultivate resilience
- Model empathy
- Practice problem solving

Ways to stop bullying

- Avoid the bully
- Report the bully
- Stand up for yourself
- Don't bully back
- Confront the bully

3 STEPS TO STOP A BULLY!

STOP 
WALK 
TALK 

1. **STOP**= tell the bully to stop.
(if that doesn't work...)
2. **WALK**= quietly walk away.
(if that doesn't work...)
3. **TALK**=tell an adult you can trust.

Steps to stop harassment & bullying



What is bullying?

Bullying is repeated aggressive behaviour against someone else for no apparent reason. Sometimes a group of learners isolate one learner in particular to display their power. Bullying can be physical, verbal, relational, in-person or online. Bullies are often relentless, bullying over and over again for long periods of time. You may live in constant fear of where and when the bully will strike next.

Types of bullying

Physical bullying – includes hitting, kicking, or pushing you (or even just threatening to do so), as well as stealing, hiding, or ruining your things, and embarrassing you.

Verbal bullying – includes name-calling, teasing, taunting, insulting, or otherwise verbally abusing you, e.g. “Coronavirus! Coronavirus!” **Relationship bullying** – includes refusing to talk to you, leaving you out of groups or activities, spreading lies about you, making you do things you don’t want to do.

Cyberbullying

Technology means that bullying is no longer limited to the school playground. It can happen anywhere: via smartphones, emails, texts, and social media, 24 hours a day, with hundreds of people seeing you as a victim.

Reasons for bullying

Bullies tend to pick on people who are “different” or don’t fit in with the mainstream. Maybe you dress or act differently, or maybe your race, or religion, or the way you look sets you apart. It may simply be that you’re new to the school or neighbourhood and haven’t made friends yet.

Other reasons why kids bully:

- To make themselves popular or to gain attention
- Because they’re being bullied themselves.
- Because they’re jealous of you.
- To escape their own problems.
- To look tough or feel powerful.

Where to find help

1. Go to people you trust for encouragement and support: a parent, teacher, counsellor, or other trusted adult or even your buddy-guard. It doesn’t mean that you’re weak or there’s something wrong with you. Share what you are going through. It can make a huge difference in the way you feel, even if things do not change.

2. Boost your confidence. Exercise is a great way to boost your self-esteem and reduce stress. Go for a run or take a kick boxing class to work off your anger in a healthy way. In case of cyberbullying, don’t respond to any messages or posts. Save the evidence – especially rude messages to be reported to the police and prosecuted by law.

How to get out of the bullying habit if you are the bully:

1. Stop labelling yourself as a bully. It isn’t productive and will not benefit you. You may be bullying another person, but that does not mean you are a bully.

2. It is a behaviour and not your identity. Bullying is a learned behaviour and is often used as a coping mechanism for a stressful situation.

3. Once you know why you are bullying someone, find a way to solve the problem. Speak to an adult who you trust.

4. Pulling somebody else down will never, ever take you any higher.

Summarised from the following online sources: <https://www.helpguide.org/articles/abuse/bullying-and-cyberbullying.htm> <https://www.stopbullying.gov/bullying/what-is-bullying> <https://us.ditchthelabel.org/how-to-stop-bullying-others/>