

# ANTI BULLYING PRESENTATION

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14/11/2023



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# What is bullying?

Think, pair, share



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 stronger and more powerful

(They might be older, bigger, or there may be more of them, and even if they are enjoying it, the person they are bullying is not).



Sarah and Ben are playing football.



Jesse asks to join in but Ben says,  
“No, we’ve already picked our teams,  
you can’t play.”

Jesse then grabs the ball and runs away,  
spoiling their game.

Think about

Is it bullying?

If not, how could it become bullying?



Better if ...

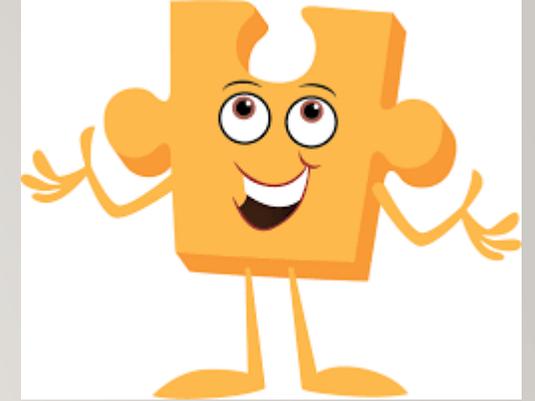
**Ben** – *Say in a more friendly way, e.g.) You can be a sub or ref.*

**Sarah** – *Could have called Ben out and showed friendship to Jesse.*

**Jesse** – *Could have called Ben out for being unfriendly or explained to Ben how his words made him feel or found some friendlier children to play with.*



# 'Solve it together' Technique



Step 1 Solve it together code

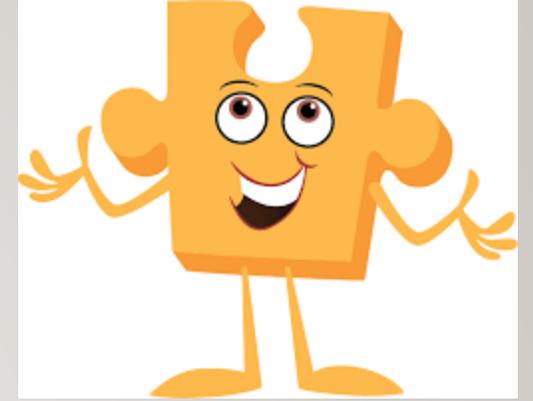
Step 2 Hearing both sides of the problem

Step 3 Sharing feelings

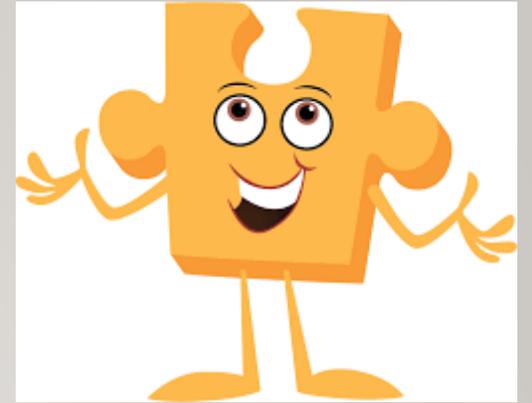
Step 4 Finding solutions

Step 5 The agreement

Step 1 Solve it together code  
Each person needs to agree to:



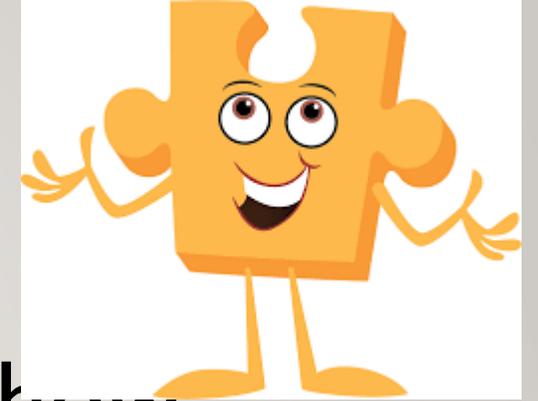
- Respect each other
- Take turns to speak
- Be honest
- Involve an adult if it is serious
- Want to solve the problem



## Step 2 Hearing both sides of the problem

Each person gets a chance to say what he/she thinks has happened.

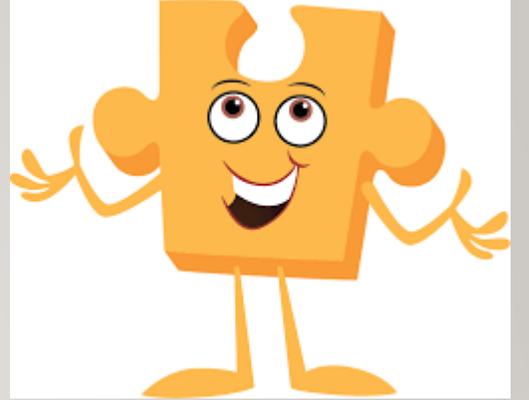
## Step 3 Sharing feelings



Each person has the chance to say how he/she feels about the situation.

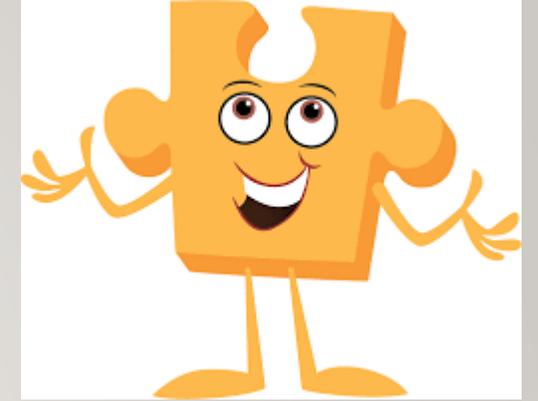
Then each person has a chance to say how he/she thinks the other person might be feeling.

## Step 4 Finding solutions



The people think of what they can do to solve the situation or to make the situation better for them both.

## Step 5 The agreement



They choose the solution and shake hands.

Lilly is always calling Lee names. She waits for him at playtime and after school, taunting him and saying mean things about his family and his clothes. Lee doesn't understand why she is so mean to him.



Think about

Is it bullying?

If not, how could it become bullying?



# How we prevent bullying at St Peter's

- ✓ Learn about and celebrate our differences
- ✓ Follow the 'St Peter's Way' and uphold our Christian values
- ✓ Speak up if we see or experience any bullying
- ✓ Be an Upstander – learn strategies to increase our confidence, resilience and assertiveness

# Outcomes

Person who has been bullied – Given support

Bystanders – Raise understanding of how to be an  
Upstander

Person who has shown bullying behaviours – Support  
them to change their behaviours and understand that  
bullying is never ok. Set consequences.



Thank you for listening to our  
presentation.



# -Anti bullying policy

**Appendix 1: Solve it Together Technique.**

**Appendix 2: Suggested questions to investigate the incident**

**Appendix 3: Bullying Report Form**

**Appendix 4: Support for the different roles involved (Thrive approach)**