

Parents Evening Presentation

# BULLYING

internet  
matters.org

In association with

 ANTI-BULLYING  
ALLIANCE

# Agenda

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What is bullying?

2

How common is bullying?

3

Spotting the signs

4

Our schools approach & how you can help

5

Final thoughts

# What is bullying?

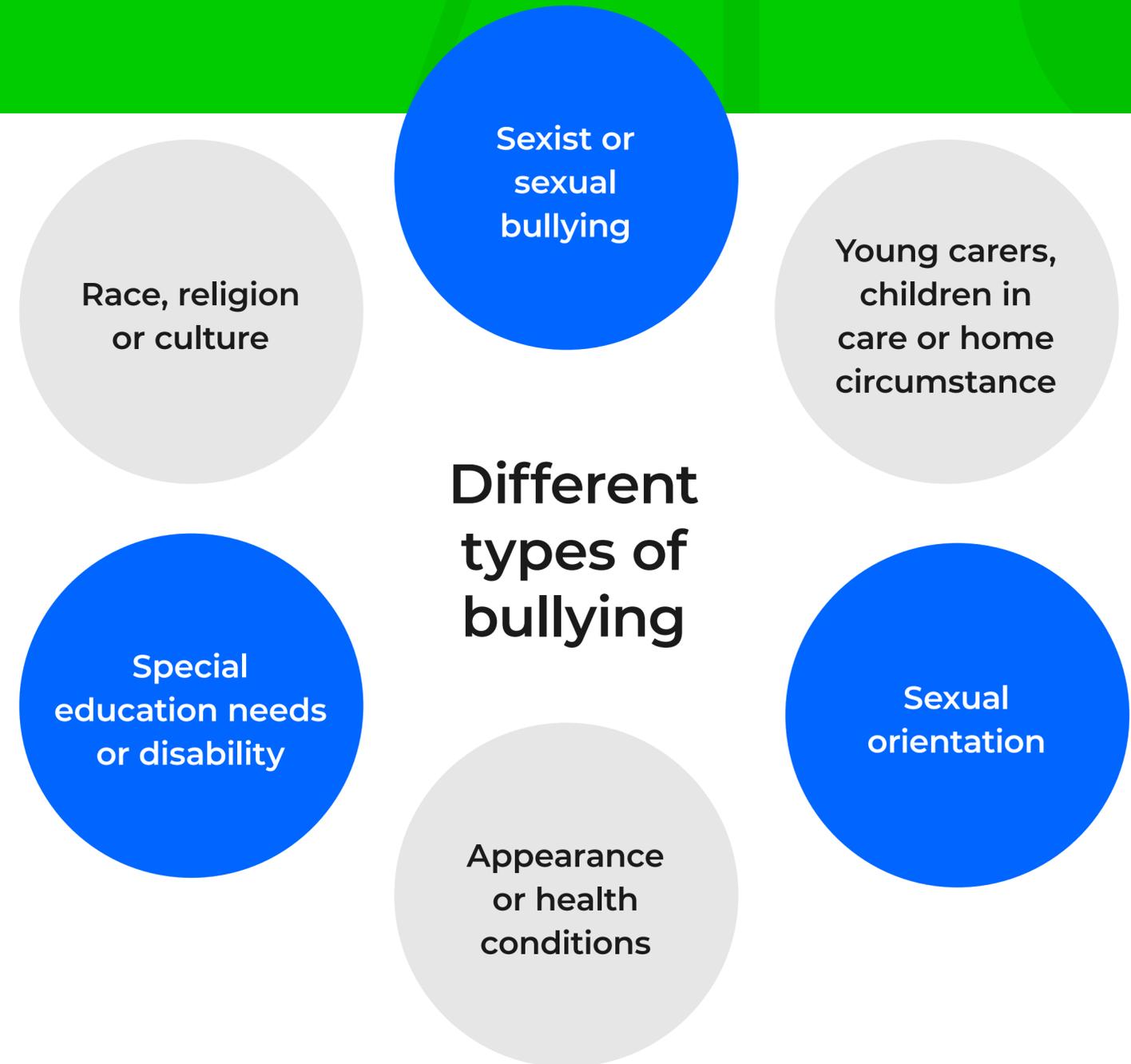
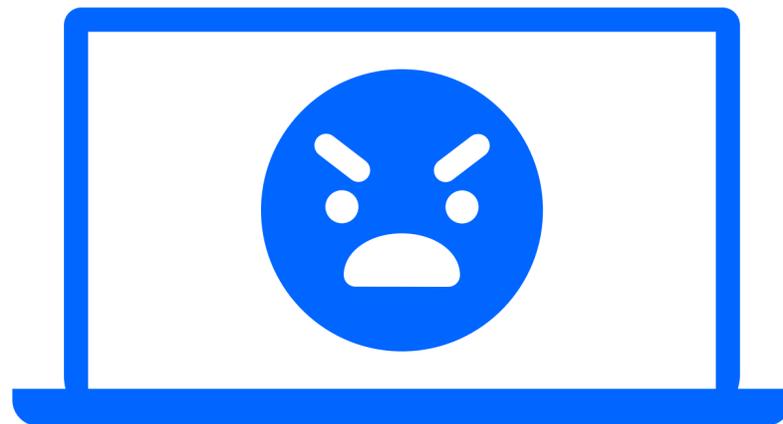


- Repetitive
- Intentional
- Power imbalance

# Bullying is...

The **repetitive, intentional** hurting of one person or group by another person or group, where the relationship involves an imbalance of **power**. Bullying can be **physical, verbal** or **psychological**.

It can happen **face-to-face** or **online**



# Bullying can be...



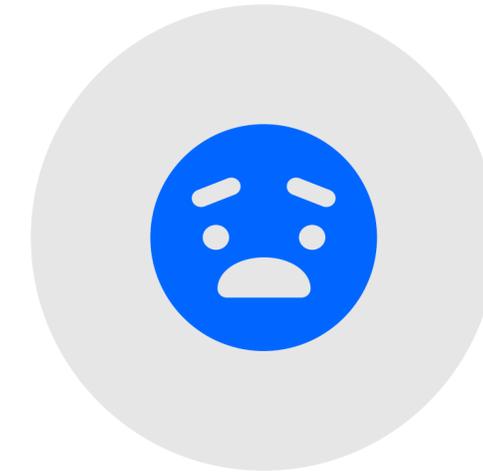
## Physical

Pushing, poking, kicking, hitting, biting, pinching, etc.



## Verbal

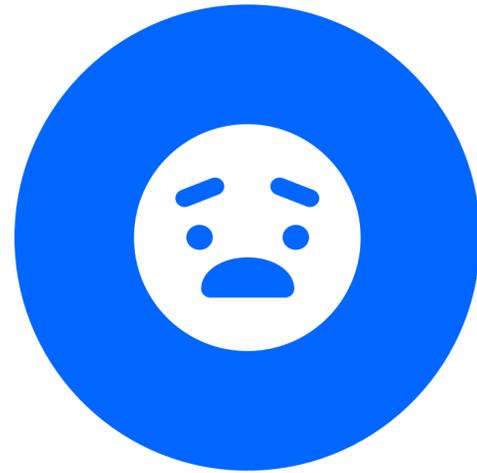
Name calling, sarcasm, spreading rumours, threats, teasing, belittling



## Emotional

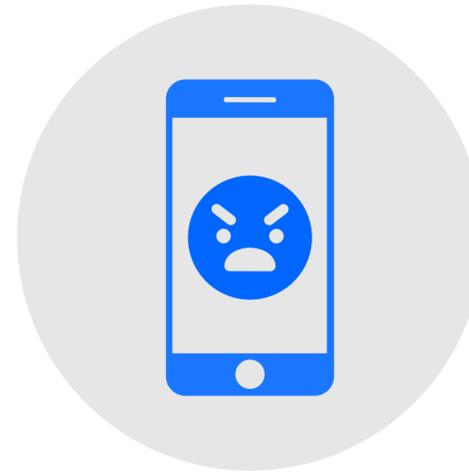
Isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion

# Bullying can be...



## Sexual

Unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films, etc.



## Online/Cyber

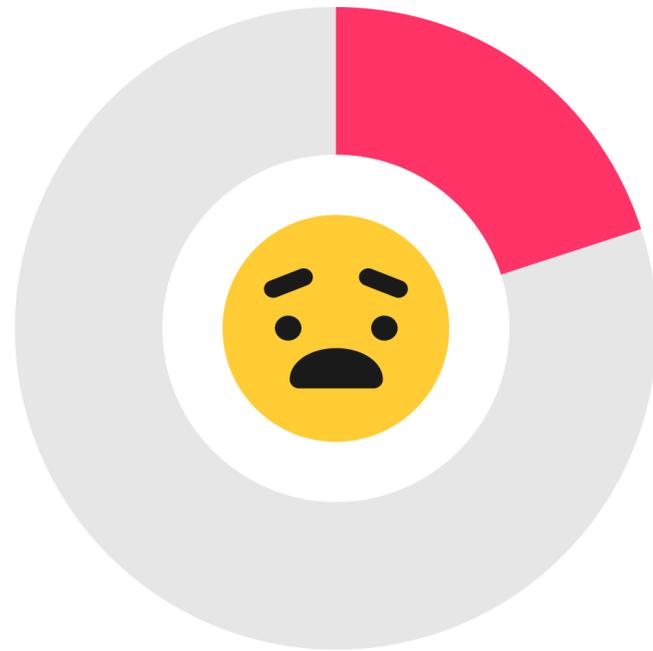
Posting on social media, sharing photos, sending nasty text messages, social exclusion



## Indirect

Can include the exploitation of individuals

# How common is bullying?

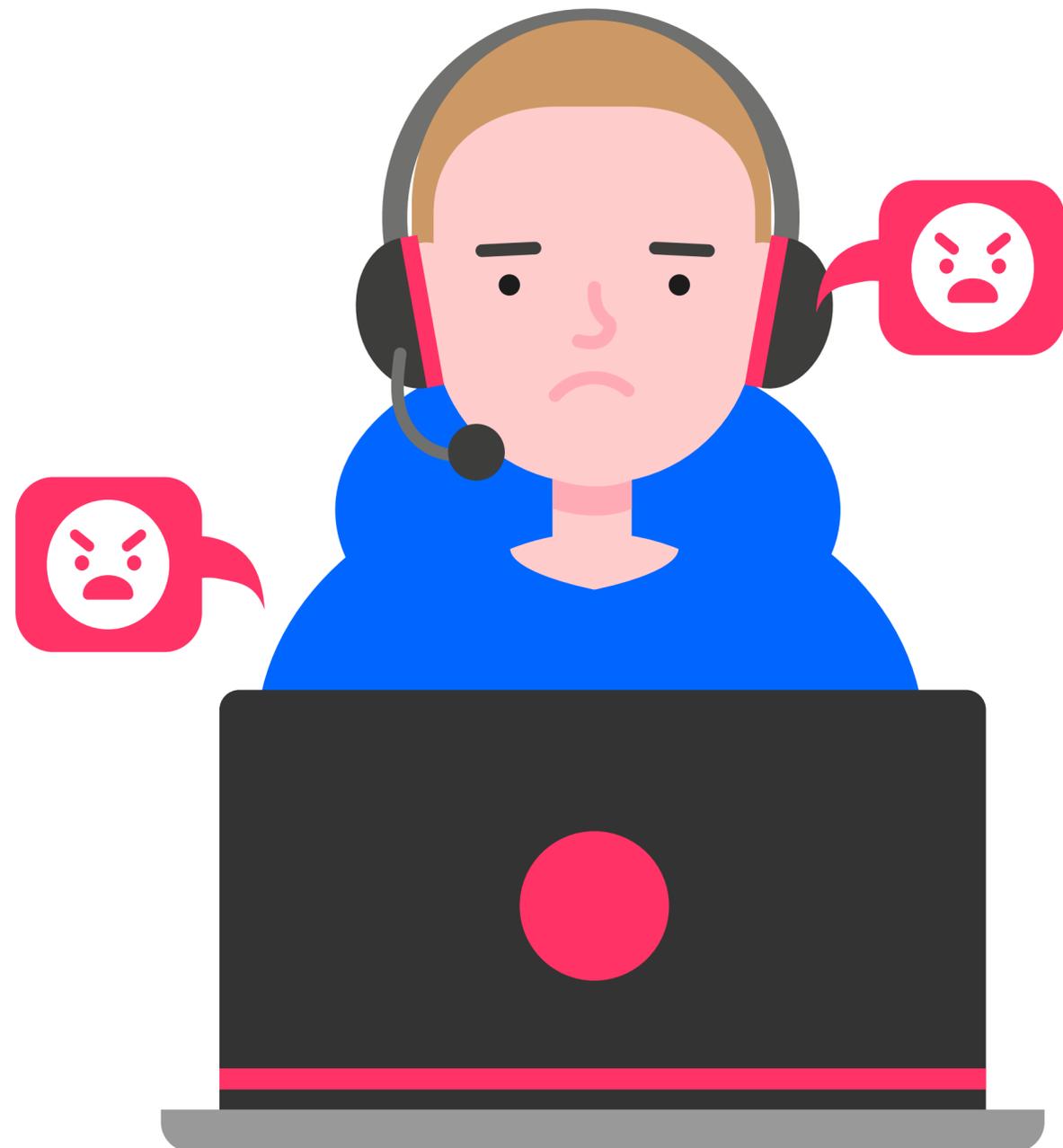


**20% of 10-15 year olds**  
have been bullied online



**True or False?**

# How common is bullying?



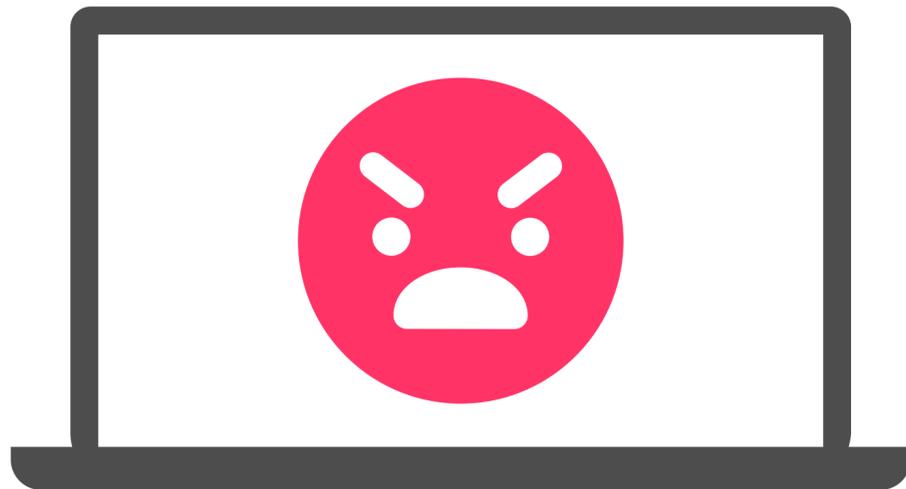
**TRUE**

**38%** of children **aged 8-15** who report bullying say it is through online games

(Ofcom 2021)

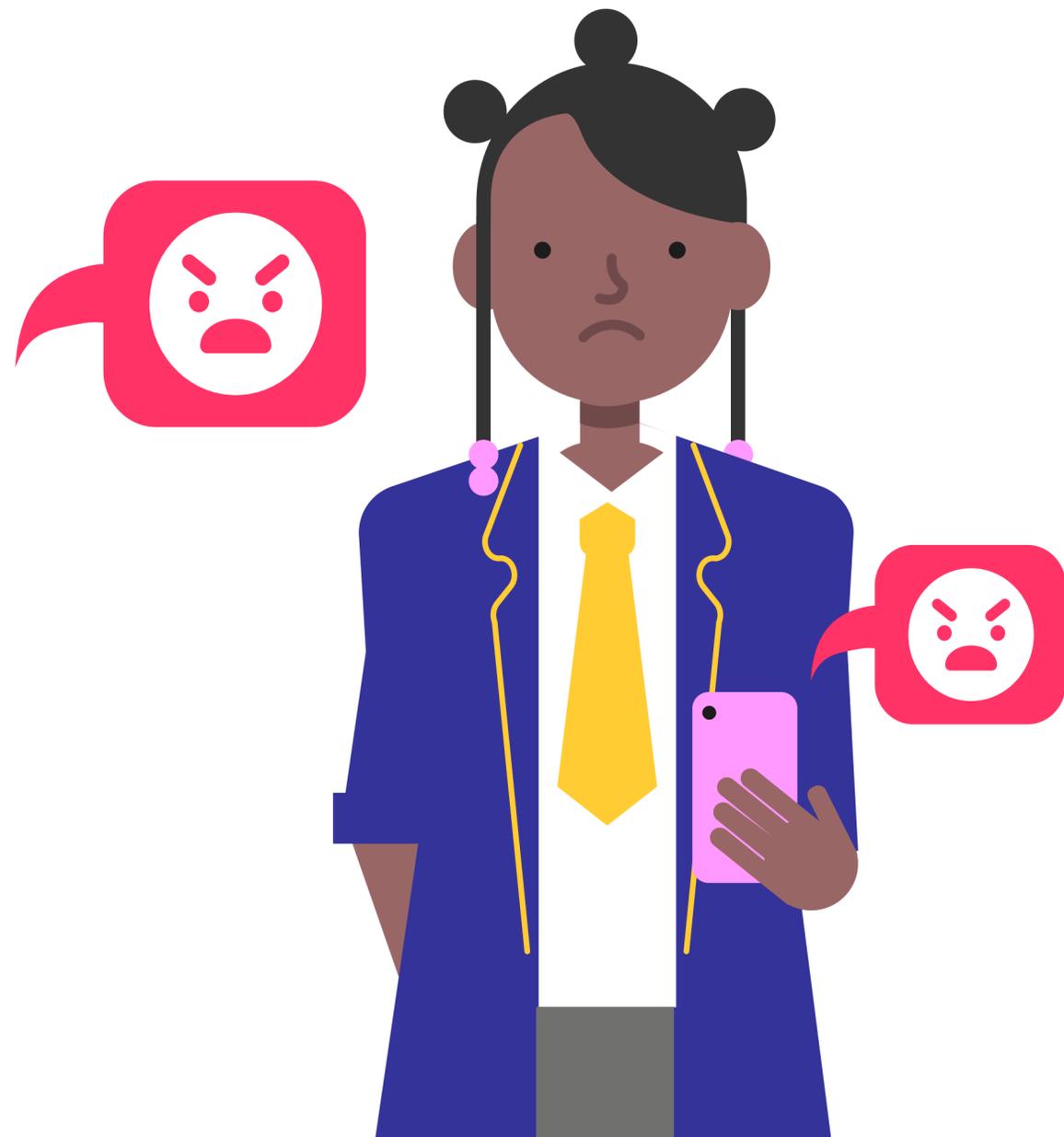
# How common is bullying?

Children are **five times more likely** to be bullied online than at school



**True or False?**

# How common is bullying?



**FALSE**

Children are **five times more likely** to be bullied at school than online. But children bullied at school are often also bullied online.

# How common is bullying?

16,000

11-15 year olds are **absent from school** at any one time due to bullying



True or False?

# How common is bullying?

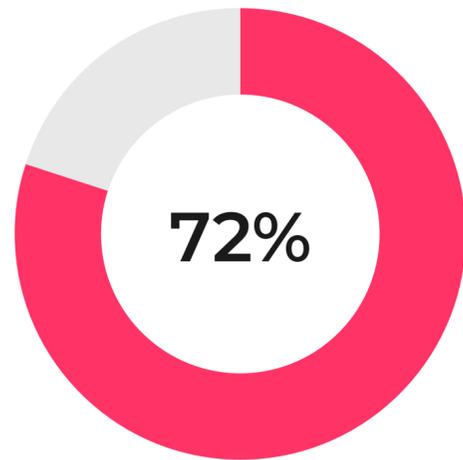


## TRUE

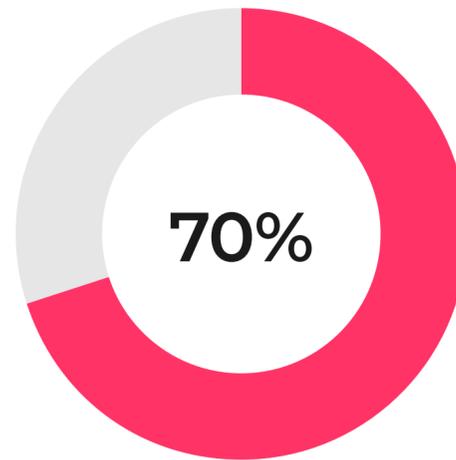
Research from Red Balloon Learning Centre and National Centre for Social Research showed this to be the case

# A whole school approach is important

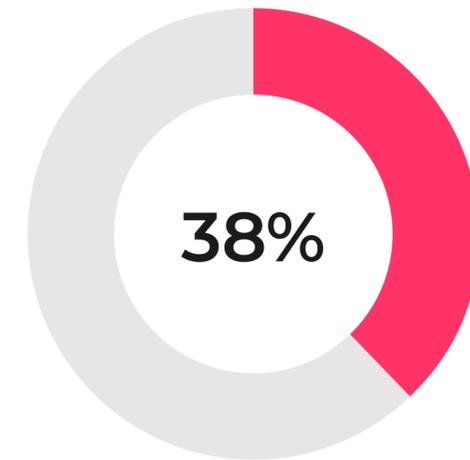
The ONS report on online bullying (10-15 year olds) found that...



of children who reported online bullying **experienced some of it during school time**



of children bullied online said it was **by someone from school**

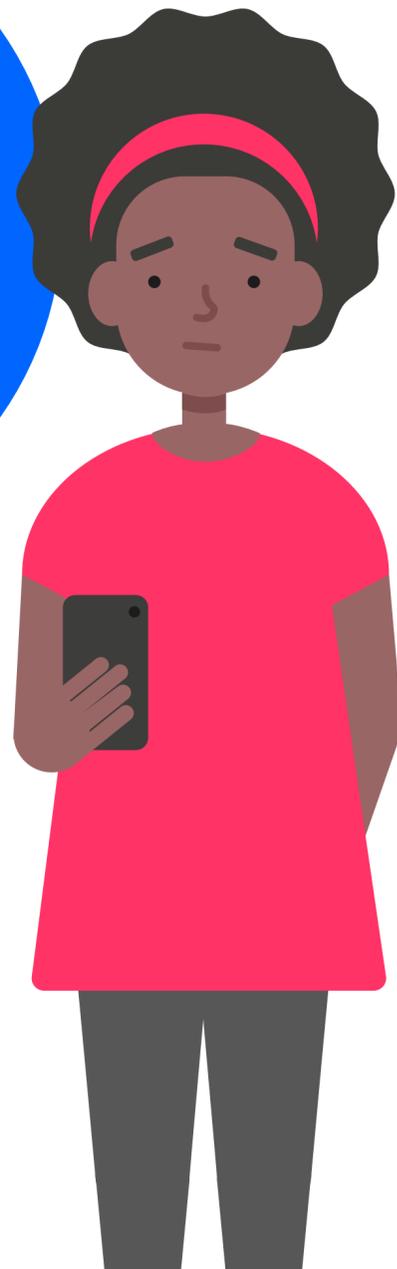


of children said they had **experienced bullying in person**

# Spotting the signs

**1 in 10**

parents are unaware  
their child has been  
bullied



# Is this bullying?

Dean's parents have split up.  
Mark tells someone on social media  
and it then spreads around the  
whole school.

## Consider:

- Repetitive
- Intentional
- Hurtful
- Imbalance of power
- Can be physical, verbal or psychological.
- Can happen face-to-face or online



Bullying



Not  
bullying



Need more  
information

# Is this bullying?

Each time Ramon walks into a class a group of pupils giggle and whisper to each other.

## Consider:

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Bullying



Not  
bullying



Need more  
information

# Is this bullying?

Tania and Susan won't let Rachel play with them.

## Consider:

- Repetitive
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Bullying



Not  
bullying



Need more  
information

# Our schools approach to bullying



A chance for you to put some of your **statistics relating to bullying** levels in your school. Do you monitor levels of bullying?

Also a chance to explain that you take cyberbullying seriously, that you want to work closely with parents to help tackle **bullying in school**.

You could also include your school's **anti-bullying policy**.

# How can you help?



Remember this is an emotionally-charged problem



Encourage them not to treat bullying as a secret – they can use you as release for their emotions; importantly keep the dialogue open



Stay calm, patient, and ask how you can help



Praise them for being brave enough to share with you



Believe them, refrain from judging or belittling and acknowledge their feelings



Think very carefully about approaching other parents

# Always report bullying to the school



Face to face



Call us



Email/Letter

# Final thoughts

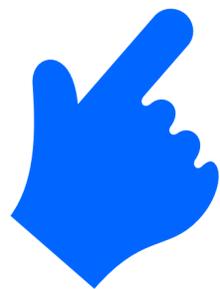
More resources to explore:

internet  
matters.org

NSPCC

 ANTI-BULLYING  
ALLIANCE

 Childnet  
International



internet  
matters.org

 ANTI-BULLYING  
ALLIANCE