



Anti-Bullying at Causeway Green

A Guide for Parents session 1

Aim of the sessions:

- ▶ To introduce types of bullying - session 1
- ▶ To share how children are taught about bullying - session 2
- ▶ To understand school procedures when dealing with bullying - session 3



What is bullying?

The Anti-Bullying Alliance defines bullying as:

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.

Types of Bullying

► In school children learn about the following types of bullying:

1. Physical
2. Emotional
3. Verbal
4. Cyber

Physical Bullying

- ▶ Physical bullying is using one's body and physical bodily acts to exert power over peers. Punching, kicking and other physical attacks are all types of physical bullying.

- ▶ This can be shown by:
 1. Hitting
 2. Punching
 3. Kicking
 4. Biting
 5. Pinching



Emotional Bullying

- ▶ Emotional bullying is when people act in such a way to make others feel angry and / or afraid

- ▶ Emotional bullying can happen in the following ways:
 1. Spreading rumours
 2. Excluding others
 3. Making others feel angry
 4. Making others feel afraid



Verbal Bullying

- ▶ Verbal bullying is the act of saying or writing mean or hurtful things.
- ▶ Verbal bullying examples include:
 1. Put downs
 2. Teasing
 3. Saying unkind things
 4. Inappropriate comments
 5. Threatening to cause harm



Cyber Bullying

- ▶ Cyber bullying can also be referred to as online bullying which is via social networking sites, gaming sites, chat rooms or anywhere online. Being bullied online can have a devastating impact on anyone experiencing it and it can be really hard to get it to stop.

- ▶ Examples of cyber bullying include:
 1. Posting / sending harmful messages, comments, images or videos to others or on any social media
 2. Making online threats
 3. Pretending to be other people online using their log in details



Further information

- ▶ If you would like to find out any further information then please take a look at the following websites:
- ▶ <https://www.anti-bullyingalliance.org.uk>
- ▶ <https://www.bullying.co.uk>
- ▶ You can also find further information from the school website:
- ▶ <https://causeway.sch.life>
- ▶ If you have any further questions then please feel free to contact the school using the following email:
- ▶ contact.us@causewaygreen.sandwell.sch.uk