

Building Kindness: Understanding Bullying and Creating Better Schools

Let's talk about what bullying is...

Bullying is when a group of people misuse power whether physical strength, social status or psychological influence to harm, intimidate, or control another person who is unable to effectively defend themselves.

It is a repeated intentional behaviour in which an individual harms you.

It can come in many different forms including:

- **Physical bullying**
- **Verbal bullying**
- **Social bullying**
- **Cyber-bullying**

Within schools, children experience all different types of bullying.

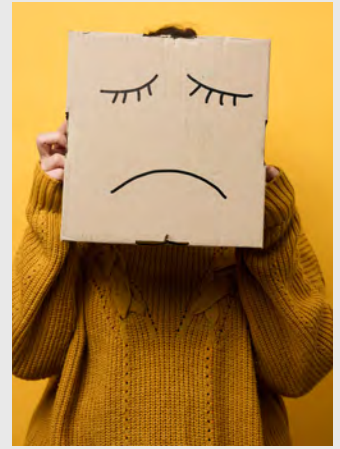
For example, approximately 18% to over 20% of young people in the UK experience physical bullying at school.

Also, with the rise of social media and smartphones, cyber-bullying has also become a problem. Cyber-bullying is bullying that occurs online through digital devices, social media, apps, or gaming. It involves repeated, intentional, and harmful behaviour designed to scare, anger, or shame victims – such as sharing embarrassing, private information, spreading rumours, or impersonating others. It can cause severe distress, mental health issues, and, in some cases, crosses into criminal, threatening behaviour.

The effects of bullying

Bullying causes bad mental health including depression, anxiety and low self esteem. When bullying is constant, students may not want to go to school, which can affect studies and their development.

That's why it's so important to ensure bullying doesn't occur.



How can we prevent bullying?

Across WPT, there are many initiatives to help prevent bullying such as anti bullying ambassadors in secondary schools and in primary schools they have mental health ambassadors who work with organisations such as with me in mind.



When questioned about preventing bullying, Mrs Sullivan, PSHE teacher at Clifton Community School, said: **"At our school we have anti-bullying ambassadors who help with creating a safe space within classrooms and break times. We have high expectations within our classrooms to prevent bullying from starting and there are consequences for those who break the rules."**



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Our Top Tips to Prevent Bullying

We discussed and researched different ways that different people think we can tackle bullying. We have combined the research and student opinions, and decided on what we thought were some of the best tips to help to prevent bullying:

- **Tell a trusted adult and don't keep it a secret.**
- **Form a good friendship group .**
- **Be kind to yourself.**
- **Remember it's not your fault.**
- **Block and report online bullying straight away.**
- **Try and stay positive by playing music or focusing on hobbies, practising small daily gratitude, surround yourself with positive people and always tell someone how you feel.**

Bullying can have drastic effects on students' wellbeing, learning and daily life. So, it's something that needs to be tackled when it starts to the student doesn't suffer too many detrimental effects

On the whole, our Trust has robust anti-bullying policies in place to stop it from happening; however, as people have access to the internet and the continued rise in social media usage by young people, cyber-bullying is becoming more prevalent. By following our top tips, young people can try to avoid bullying escalating, and build good mental health and wellbeing.

With Me In Mind

With Me in Mind is a mental health support team, based in South Yorkshire & Lincolnshire, that supports children and young people aged 5 to 19.

WMIM help schools with interventions for mild to moderate mental health needs.



NSPCC

The NSPCC provides a range of resources for teachers, parents and students to help not just with bullying but also with children's mental health and well being.



antibullyingpro.com

Antibullyingpro.com is from The Diana Award is an online resource and support centre for young people, parents/carers and educators to access information activities and ideas to prevent and tackle bullying behaviour, and provide support for those experiencing it.

