

Term 3: Development of Self**Bullying**

V – **Bullying** – when someone **frightens or threatens to hurt another person**, especially someone smaller or weaker than them.

Someone who **hurts you over and over** again even after you tell them to stop is called a **bully**.

Bullying comes in many different forms:

- **Physical bullying**  
hitting; tripping; kicking; punching
- **Verbal bullying**  
calling someone names; teasing them; putting them down; labelling someone because of their status
- **Psychological bullying**  
threatening; stalking; making gestures
- **Social bullying**  
ignoring someone; spreading rumours
- **Sexual bullying**  
picking on someone because of their sexual orientation; unwanted and inappropriate touching of your body
- **Cyberbullying**  
insulting someone on the internet or social networks; spreading rumours online; sending cruel and threatening messages to people

Why some people bully

There are many reasons why people become bullies or decide to bully others. This does not make it right or excusable to bully other people.

- To become **popular**
- To get **attention** and make other people afraid of them
- They **have been bullied** or abused before
- They have **not been taught to tolerate and appreciate** people who are different to them
- They may have **family problems**
- It makes them **feel important**

All human beings have the potential to be bully or harass or discriminate against other people.

Term 3: Development of Self**ACTIVITY 9.2 pg. 66 (from Platinum)**

Do the following quiz to see if you are been a bully or not. Be as Truthful as possible as this will help you see what to fix.

(Parents can also do this quiz and see if you have also been a bully, just exchange the works child with person)

Circle YES or NO for each of the questions

1. If you see someone left out, do you ask him or her to play with you or join you?	YES	NO
2. If you see a child getting picked on, do you try to help him or her?	YES	NO
3. Do you stay away from children who say bad things about others?	YES	NO
4. When you feel sad and angry, do you think of helpful ways to feel better?	YES	NO
5. Do you help other children get along?	YES	NO
6. Do you feel angry most of the time?	YES	NO
7. When you feel angry to you hit or hurt others?	YES	NO
8. Do you tease or threaten other children?	YES	NO
9. Do you make up bad stories about other children?	YES	NO
10. Do other children think you are mean?	YES	NO

If you answered YES to the first 5 questions it shows that you try to be thoughtful and kind to others.

If you have answered YES to the last 5 questions, then you do not show respect to others. You need to decide to change, and you can ask an adult to help or get professional help from CHILDLINE (0800 055 555)

**READING SKILLS****Fighting to feel better** (Study & Master pg. 141-142)

Troy has a hard time at home. His father died when he was a baby, leaving his older brother, Shaun, to rule the house. And boy, he is a **tyrant**. Even Troy's mom is terrified of Shaun and so she never argues with anything he says or does. She is too scared **to stand up for** Troy or protect him. So Shaun just does whatever he likes.

Shaun has a selection of ugly names for Troy: rat, short-squirt, dweeb, oxygen-thief and others that definitely can't be written here. If Troy does well at anything, Shaun says he's just **pathetic**. Troy is Shaun's favourite target when he is drunk. He finds Troy and beats him with a belt or stick. No one ever tries to stop him.



This year, Troy has started acting badly at school. He has targeted a few of the younger kids and seems to be **addicted** to bullying them. He just can't stop himself. He calls them names whenever he walks past them and at least once a week he finds an opportunity to beat up one of the boys. Afterwards, he **swears** them to secrecy by threatening to kill them if they tell anyone. For some reason, he feels much better for a while after he has been violent. He feels much calmer and in control. But then his anger builds up and he finds himself doing it again and again.

In all other ways, Troy seems like a very sweet kid and the teachers would never suspect him of anything. He is liked by most of the kids in his class but doesn't have any very close friends. There are no adults in his life that he trusts enough to talk to. So, although he knows it is wrong, he'll probably carry on bullying the smaller boys until he's caught.

**Activity:**

1. What is bullying? (1)
2. What kind of bullying is Troy doing? (1)
3. What are the problems Troy is dealing with at home? (1)
4. How long have these problems been going on? (1)
5. Why do you think Troy started bullying others? (1)
6. Why do you think he only targets younger boys? (1)
7. How does bullying make him feel? (1)
8. Suggest a better way for Troy to deal with his problems? (1)
9. What do you think should happen to people who are bullies at school? Why? (2)

**TOTAL: 10**