

ARCH Day: Don't be a bully!

Silent Start: Bullying

We think we have heard it all before and that we don't need to discuss bullying. But recent figures from the BBC show that around 30% of young people said they had experienced bullying. Notably, the NHS website suggests that 46% of people experience bullying in their lives, and a Guardian survey of 36 countries, placed Britain in the top 4 for being the worst affected.

Bullying needs to be at the forefront of our minds because when we look deeper, there are negative effects for both the victim and the bully themselves. These effects can be short term or long term, and in the worst case, it could be final. Bullying can affect your quality of life, your education and your employment. We will be finding out more in this ARCH session.

What percentage of young people in the UK have experienced bullying?

What percentage of people in the UK have experienced bullying?

How does bullying in Britain compare with other countries?

Why do you think this is?

How can a person's life be affected by bullying?

Use your
ARCH Day
book to
complete the
starter.



Challenge: Due to access to devices, online bullying has increased. What percentage rise do you think has occurred over the past 5 years?

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What percentage of young people in the UK have experienced bullying?

30% of young people have experienced bullying. That said, some surveys have higher results.

What percentage of people in the UK have experienced bullying?

According to the NHS website, around 46% of adults in the UK have experienced bullying.

How does bullying in Britain compare with other countries?

When compared with 36 other countries, a Guardian survey showed Britain was the 4th worst for bullying.

Why do you think this is?

Discuss - what are your thoughts?



How can a person's life be affected by bullying?

Your quality of life, education and employment can be impacted (we will explore this further).

The impact of Bullying...

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 done in a number of ways including in person and increasingly, online.



<https://www.youtube.com/watch?v=Hr2Dk0QQ3Sw>

Play up to 3.50

Over the next few slides, we will explore different scenarios.

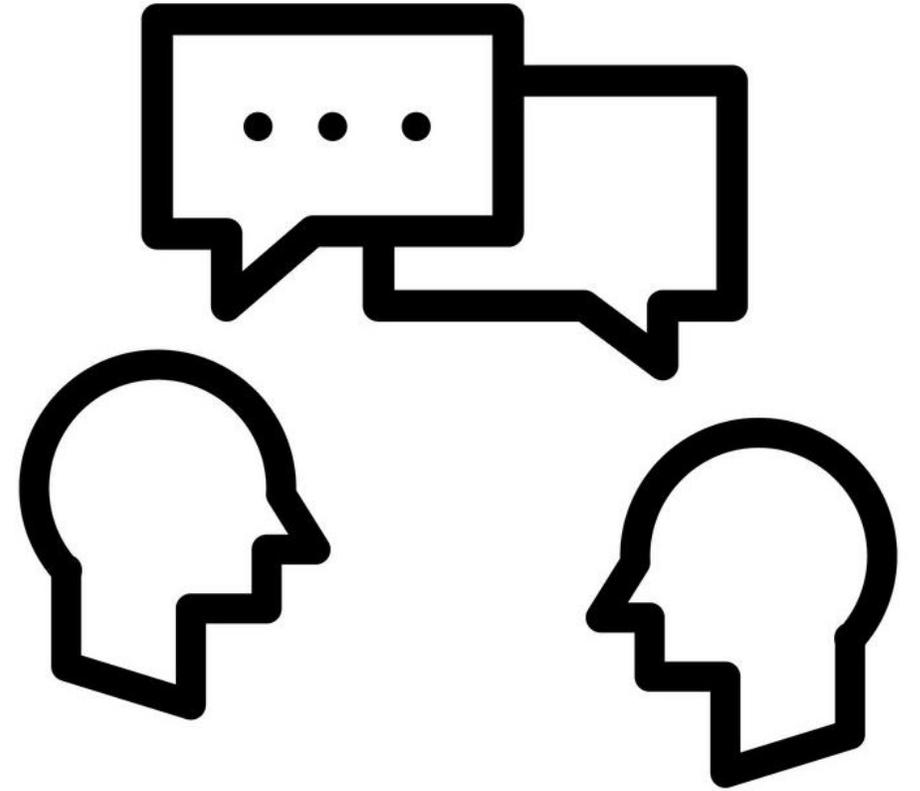
Consider what you would do and be ready to explain your choices.

There is a section on your ARCH sheet to makes notes.

Scenario A

A new student started at your school this week, and he is having trouble fitting in. Some of your friends have been laughing behind his back.

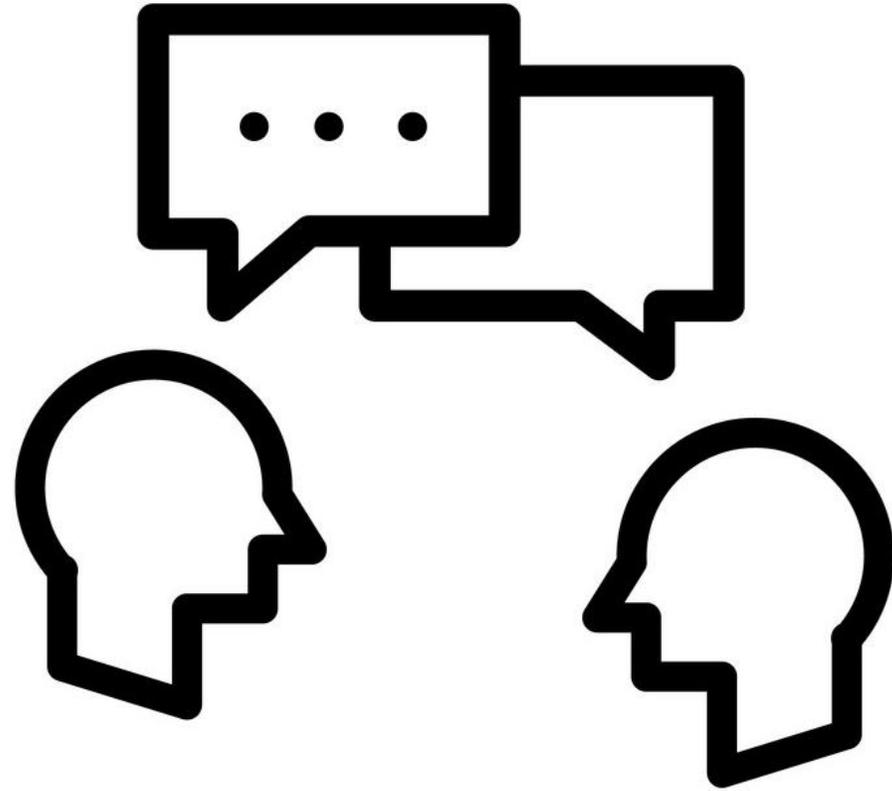
What would you do?



Scenario B

Someone shoves you and wants to fight you. You want to stick up for yourself, but you don't want to get into a fight.

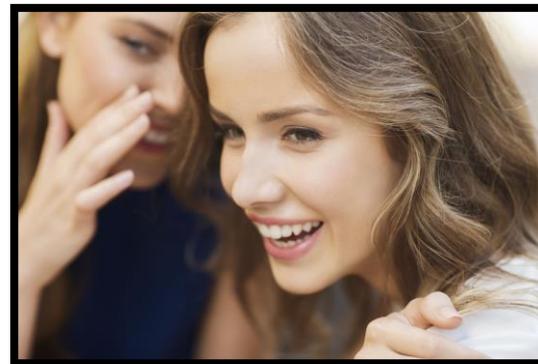
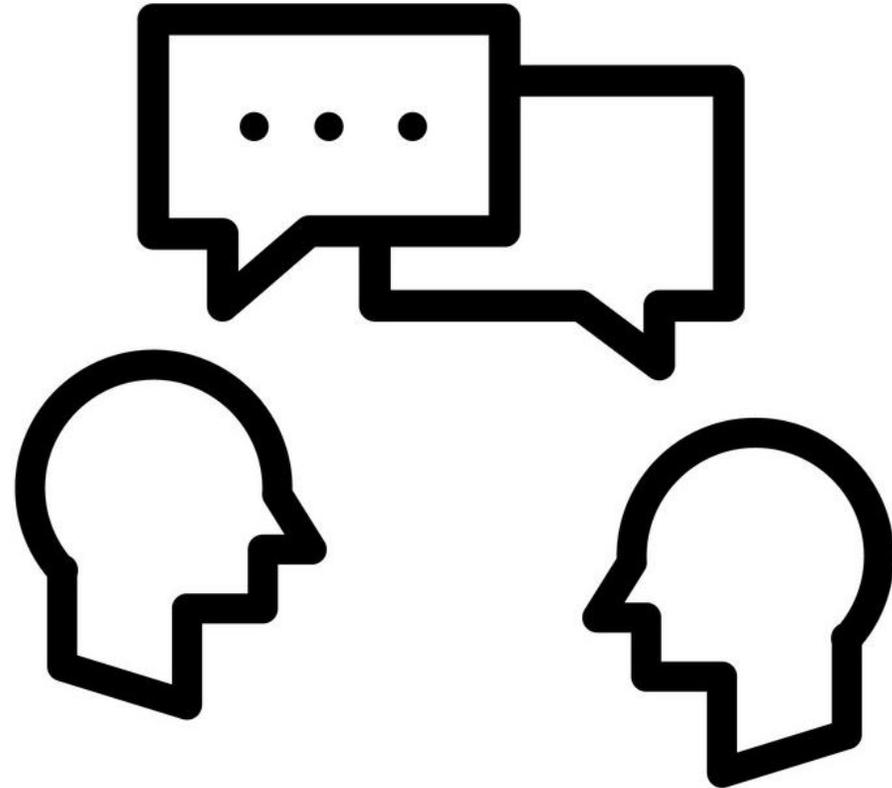
What would you do?



Scenario C

You hear that someone you thought was a friend has been spreading a cruel and untrue rumour about you.

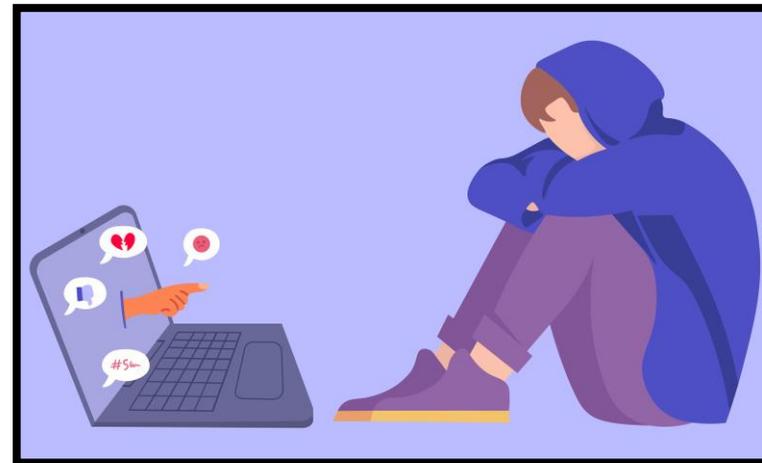
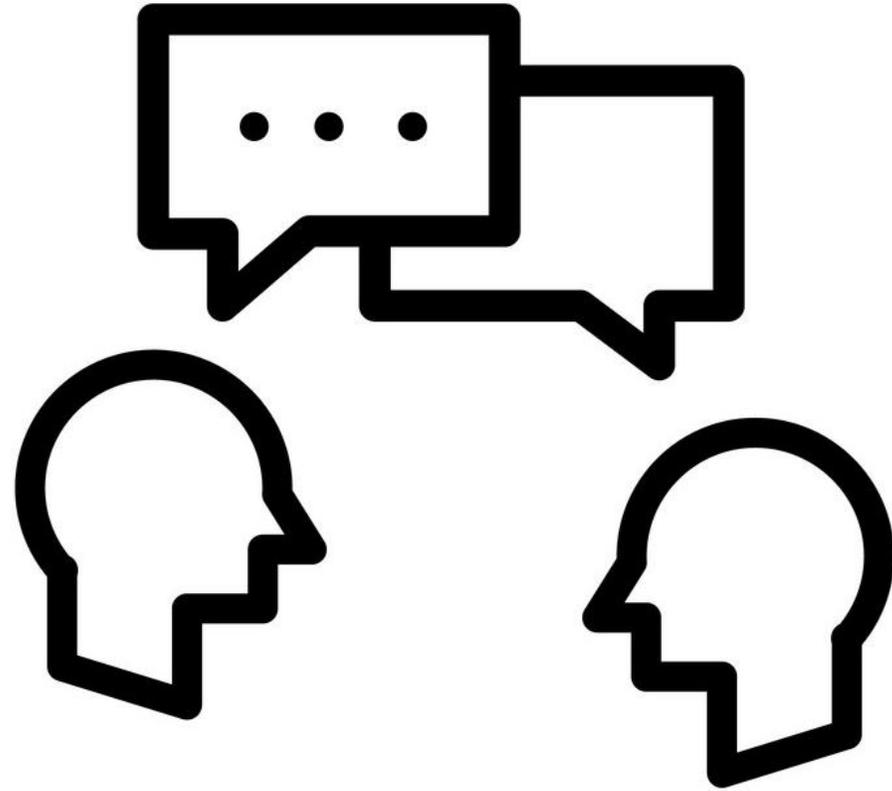
What would you do?



Scenario D

Someone at school
has been bullying you
online on social
media and text.

What would you do?



What other examples of bullying have you seen or experienced?

What advice would you offer?



Consequences

Depending on the outcomes of the situations discussed, there could be different consequences for victims, and also bullies. Use the posters around the room to fill in the consequences section of your ARCH booklet.

1) When you read the poster, you will have to decide if it is about the bully or the victim.

2) Rank your consequences from 'bad' (1) to 'severe' (4).

Be ready to explain why you chose this rank.

Challenge: List and rank 2 of your own consequences.

Silent Start: Bullying

Video task
List ways that being bullied makes a person feel.

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How does bullying in Britain compare with other countries?

Why do you think this is?

How can a person's life be affected by bullying?

Scenario A-
Consequences for victims.

Scenario B-
Consequences for Bullies

Scenario C-
Consequences for victims.

Scenario D-
Consequences for Bullies

Knowledge check

Consequences for victims.

Consequences for Bullies

Each poster will be brought up on the screen and we will add the information/ make corrections.

We will discuss each of the consequences as a group.

A breach of the 'right to an education.'

According to the UNDHR, we all have the right to an education. Sadly, due to bullying, many students struggle to come in to school. Sometimes it might even lead to them not attending at all. A recent NSPCC survey said that in 2017, 16,000 students were out of school due to bullying.



Who is this a consequence for?

Knowledge check

Consequences for victims.

Many victims miss out on their 'right to education' (UNDHR) due to fear of being bullied.

Consequences for Bullies

Increased mental health issues.

In 2019 the Government's annual report showed poor mental health for those being bullied. Of those bullied, 33% said that they had suicidal thoughts, while 41% were left feeling anxious.

Mental health issues caused in younger people often prevailed in adulthood.



Who is this a consequence for?

Knowledge check

Consequences for victims.

Many victims miss out on their 'right to education' (UNDHR) due to fear of being bullied.

Those who are bullied have poor mental health including anxiety and suicidal thoughts.

Consequences for Bullies

A digital disaster!

Bullies may not know, but every text, post or social media interaction builds an unerasable digital profile.

The result of this is that cyberbullies risk missing out on employment because employers don't want to hire individuals who are bullies.



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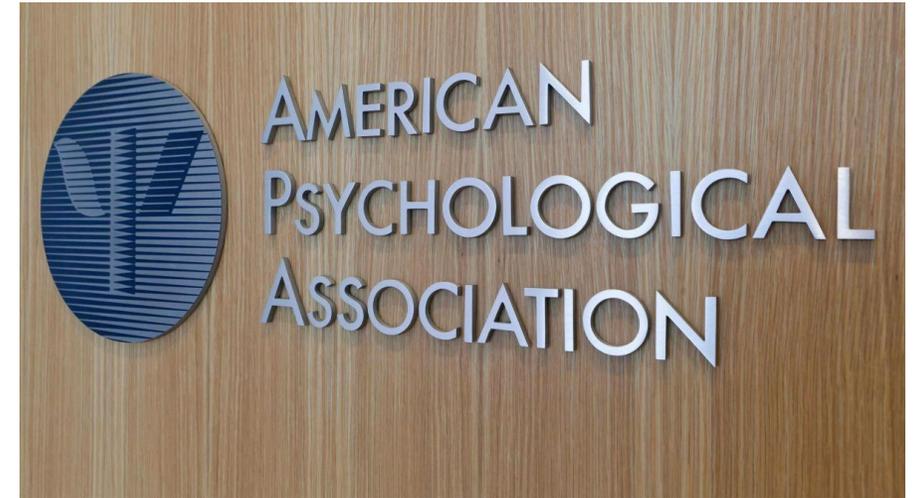
A digital footprint showing bullying reduced the chance of employment.

Depression/ poor mental health

You may have heard that bullies suffer too. It's true! Being involved in bullying behaviour has negative effects for the individual doing the bullying.

The American Psychological Association (APA) notes that bullies often have or develop chronic depression, anxiety disorders, poor general health, substance abuse, difficulties making real and lasting friendships as well as exhibiting long term self-destructive behaviour.

It is clearly not in the interest of anyone to be a bully.



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Consequences for Bullies

A digital footprint showing bullying reduced the chance of employment.

Being a bully causes the bully to have poor mental health ranging from anxiety to trust issues which prevent meaningful relationships.

Limitation of future opportunities.

Many people who featured in a recent NSPCC survey noted a lack of confidence. This impacted their applications for jobs and courses to support their future.

In effect, bullying which caused self-doubt took away from their future potential and caused them to opt for lower paid jobs with less responsibility.



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Guilty by association.

If you 'stand by' and watch bullying happen, it means you are 'guilty by association'. If you are filming, encouraging or even doing nothing, you are both allowing and (by proxy) supporting bullying.

The result will be a guilty conscience and potentially, a record of bullying. Again, the knock-on effect could damage chances of employment (as it indicates weakness of character).



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By watching bullying take place or supporting from the sidelines you are 'guilty by association' which indicates a weakness of character unattractive to potential friends and employers.

Damage to relationships

Being bullied can make it hard to trust people, especially when other people don't support you or you feel let down. This can lead to a difficulty forming strong, healthy relationships.

Friendships and romantic relationships can be tarnished as a result.



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Conviction!

While bullying is not something that is criminal, there are certain instances where bullying can escalate to committing criminal activity.

The ABA (Anti-Bullying Alliance) includes bullying that involves violence or assault; theft; harassment and intimidation over a period of time including calling someone names or threatening them, making abusive phone calls, and sending abusive emails or text messages (one incident is not normally enough to get a conviction); and anything involving **hate crimes (which target protected characteristics)**.

This would appear in a criminal background check which could prohibit you doing some jobs/ careers.



Protected Characteristics



Age



Sex



Disability



Ethnicity



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When bullying escalates, some actions can gain a criminal record (e.g. hate crimes). These will come up in a criminal background check.

Why I bully you:

Spoken Word



During the
video: consider
why people
bully others.

<https://www.youtube.com/watch?v=8mmlu5IZmvE>

Task: Produce your own spoken word on bullying

Spoken word poetry needs attitude! Pack your feelings into it!

Use devices such as repetition, rhyme, alliteration and hyperbole.

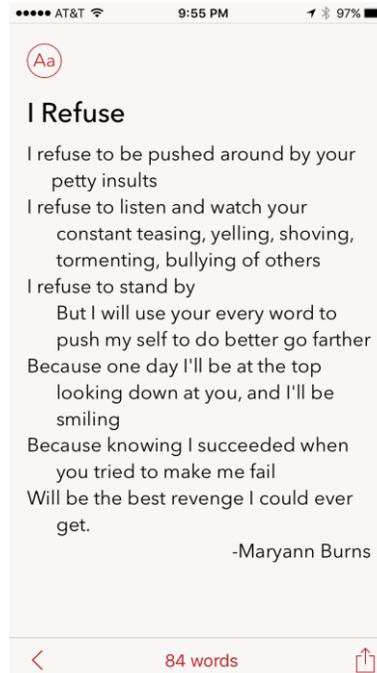
When you have a completed piece, rehearse it. This will not be completed today as spoken word is a performance. It needs practice!

Finished pieces should be sent to Ms. Wells and Mr Womack.

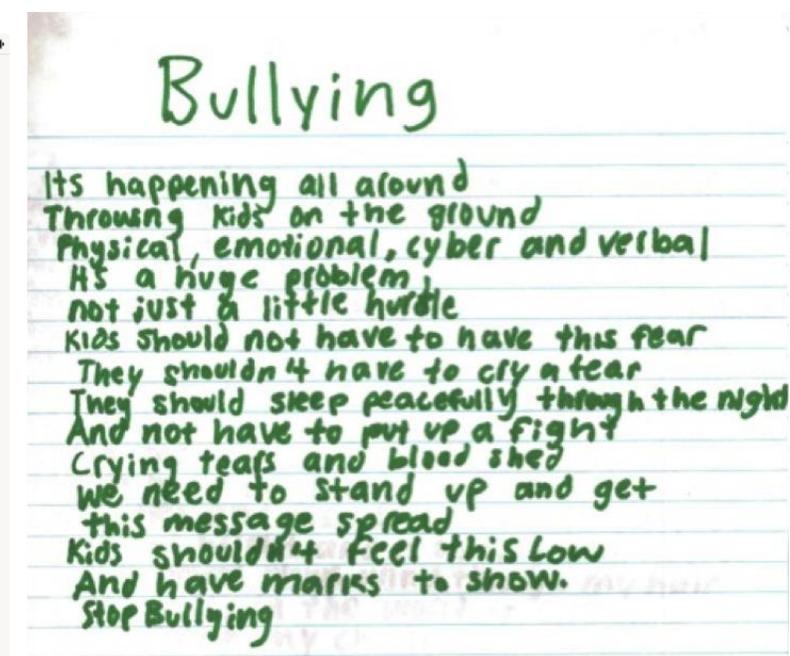
Bullying ain't nice,
It ain't cool,
Just because I am ginger,
You're so so cruel,
Are you really like this?
Have you not got anything better to do?
Or are you gonna treat me like gum
on the bottom of your shoe?
You're an idiot - you have made me cry,
But that's not the case,
Not even my home is my safe place,
I see the messages and feel like cr*p,
It's like I'm stuck in some sort of trap,
So I'm not okay,
But I will say I'm fine,
I make people happy and people fake their smiles,
I might be faking mine,
I've got love and support,
That's all I need,
Just please own up,
Please please please,
Don't be like this,
Don't be mean,
Can't say it to my face,
So you sit behind a screen,
But I'm gonna carry on with life,
Do what I wanna do,
Don't interrupt me anymore,
I'm done with you,
So I'm not gonna sit there, cry and freak out,
But without a doubt,
I'm not gonna blend in,
WHEN I WAS BORN TO STAND OUT.

Alfie's poem

newsbeat



that rhyme about sticks and stones
as if broken bones
hurt more than the names we got called
and we got called them all
so we grew up believing no one
would ever fall in love with us
that we'd be lonely forever
that we'd never meet someone
to make us feel like the sun
was something they built for us
in their tool shed
so broken heart strings bled the blues
as we tried to empty ourselves
so we would feel nothing
don't tell me that hurts less than a
broken bone



***If you ever thought
Your words brought me down
Here's the thing
They brought me higher
The only thing that went down
Was your ship and friend count
So next time you want to
Bully someone
Make sure they're weaker than
You
Before your first punch
Turns into your last***

Poster pack

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Sex



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Ethnicity



Gender Reassignment



Religion / Belief



Sexual Orientation



Marriage / Civil Partnership



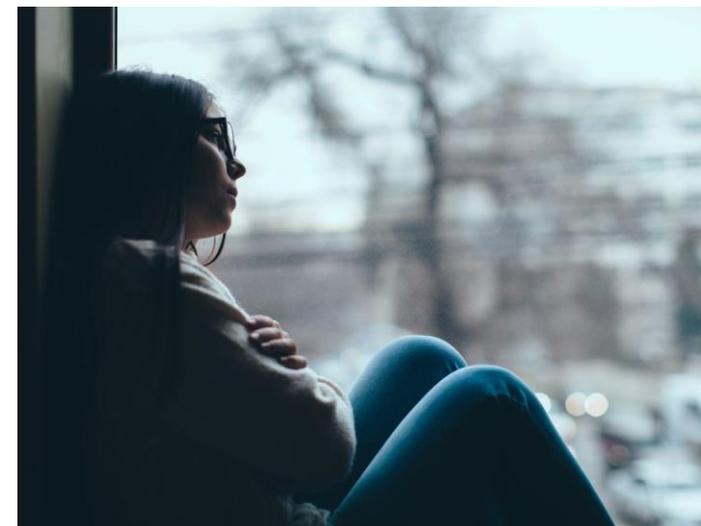
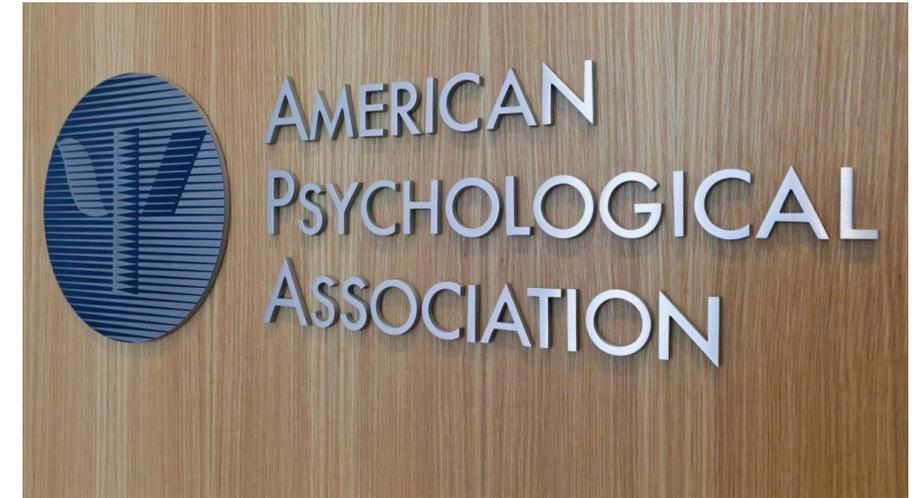
Pregnancy / Maternity

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What would you do?

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Scenario B-

Scenario C-

What percentage of young people in the UK have experienced bullying?

Scenario D-

Consequences for victims.

Consequences for Bullies

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How does bullying in Britain compare with other countries?

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