

## **APPENDIX - What is bullying?**

Bullying is the use of aggression with the intention of hurting another person, whether on social media by text, in person, by phone or on-line or by any other means. The three key bullying behaviours are:

- It does not just happen once; it is ongoing over time.
- It is deliberate and intentional - it is not accidentally hurting someone.
- It is unfair/there is an unequal power balance (imbalance of power). The person/people doing the bullying is/are stronger, or there are more of them or they have 'influence' (higher status or power).

Bullying can take many forms:

- Emotional: being unfriendly, excluding, tormenting (eg, hiding kid or threatening gestures).
- Physical: pushing, kicking, hitting, punching or any use of violence.
- Racist: racial taunts, graffiti and /or gestures.
- Sexual: unwanted physical contact or abusive comments.
- Homophobic because of, or focussing on the issue of sexuality.
- Verbal: name-calling, sarcasm, spreading rumours and teasing.
- Cyber: bullying behaviour online or via electronic communications (email and text, social media, etc). Misuse of associated technology, such as camera and video facilities.

### **Why is it important to respond to bullying?**

Bullying hurts and no one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Bullying is often a call for help by the person showing bullying behaviours. They need help both to learn different ways of behaving and to understand the reason that it is unacceptable. It is often symptomatic of other issues which they may need help with. Therefore promptly informing an appropriate person about these behaviours helps everyone.

### **Signs and symptoms of bullying:**

A child's behaviour may offer indications or signs that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- Is frightened of being left alone with other children.
- Changes their usual routine.
- Suddenly doesn't wish to attend training or events.
- Becomes withdrawn, anxious or lacking in confidence.
- Has a cut or bruises that cannot adequately be explained.
- Attempts or threatens to run away.
- Cries themselves to sleep or has nightmares.
- Feels ill in the mornings.
- Begins to perform poorly without good reason.
- Comes home with clothes torn or belongings damaged.
- Has possessions suddenly start go missing.
- Asks for money or starts stealing money (e.g. to give to the bully).
- Continually 'loses' money.
- Become aggressive, disruptive or unreasonable.
- Is bullying other children or siblings.
- Stops eating.
- Is frightened to say what is wrong.