

BULLYING PRESENTATION

**St. Ciaran's
Transition Year**



BULLYING

DEFINITION

- *“Bullying is repeated aggression, verbal, psychological or physical, conducted by an individual or group against another”*

-Department of Education ‘Guidelines on Countering Bullying Behaviour in Primary and Post-Primary Schools (Dublin:1993)



ABOUT BULLYING

- Young people usually are bullied by one teenager or a small group
- Common locations: playground, classroom, lunchroom, halls, bathrooms, school bus, locker rooms
- Bullying happens within school / outside of school



DIRECT BULLYING

- Hitting, kicking, shoving, spitting
- Taunting, teasing, racial remarks, verbal harassment
- Obscene language
- Threatening, obscene gestures



INDIRECT BULLYING

- Getting another person to bully someone for you
- Spreading rumours
- Deliberately excluding someone from a group or activity
- Cyber-bullying
- Text bullying



BULLYING CAN BE.....

- Physical
- Verbal
- Cyber/Text
- Exclusion
- Intimidation

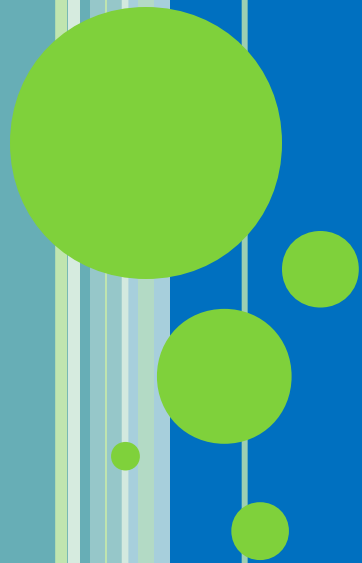


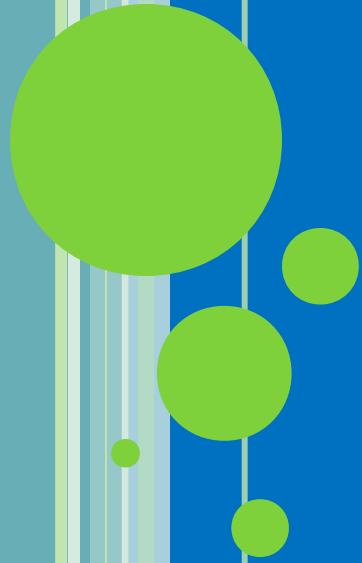
PHYSICAL BULLYING



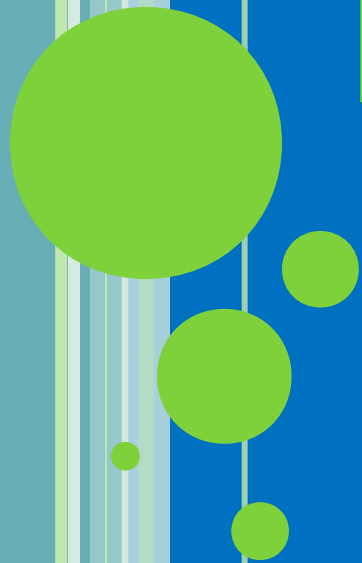


VERBAL BULLYING





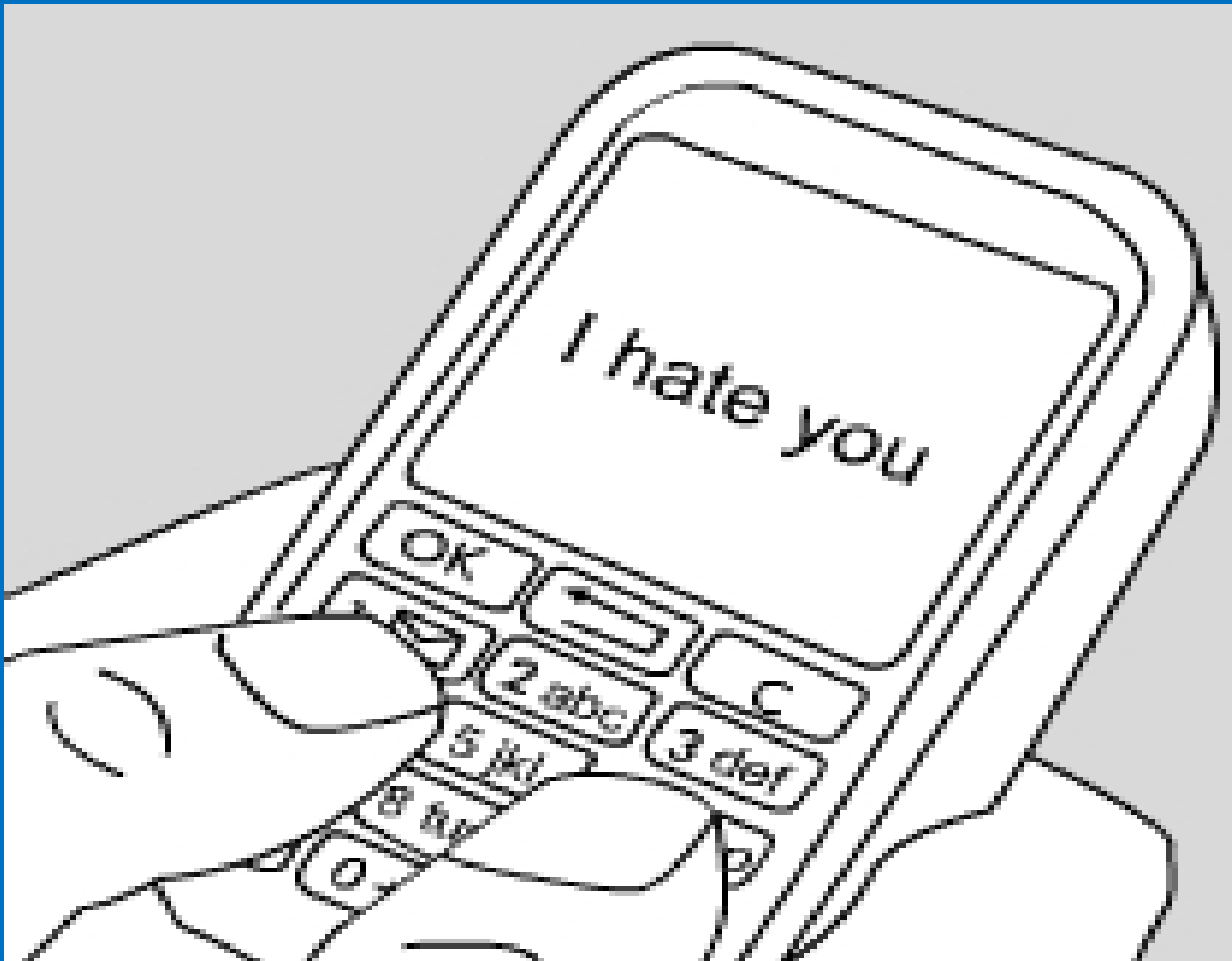
CYBER BULLYING



(A) On Computer



(B) Text Bullying



Option 1 - Prevention

- Only give your mobile phone number or email address to reliable friends who will not pass them on to others
- Only give your social networking details (e.g. pages/spaces on FACEBOOK etc.) to reliable friends who will not pass them on
- Keep your social networking pages/spaces secure so you control who gets access to them
- Do not make photographs of you available to others by phone or computer

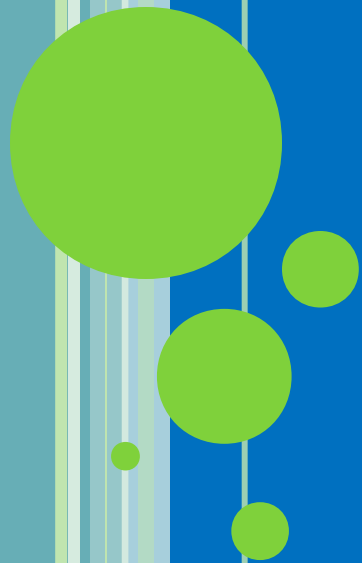


Option 2 - If Necessary

- Keep any offensive message as evidence - Printout/Save messages
- Don't be upset - get on with your life
- Tell someone what is happening
- Report to the Gardaí if it continues
- ***The source of texts and computer based messages can be traced by the authorities even if the source is private!***



EXCLUSION





INTIMIDATION





PHYSICAL SYMPTOMS

- Fainting
- Vomiting
- Hyperventilation
- Headaches
- Stomach aches
- Sleeping difficulties



HEALTH CONSEQUENCES FOR VICTIMS

	<u>Bullied</u>	<u>Not bullied</u>
Headache	16%	6%
Sleep problems	42%	23%
Abdominal pain	17%	9%
Feeling tense	20%	9%
Anxiety	28%	10%
Feeling unhappy	23%	5%
Depression scale		
moderate indication	49%	16%
strong indication	16%	2%



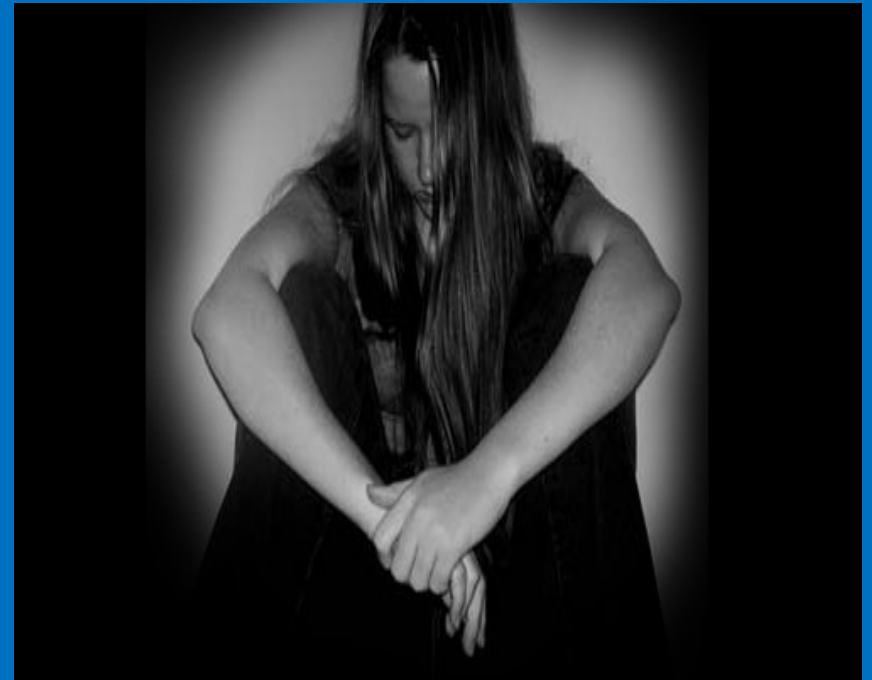
VICTIMS

- Skip school
- Anxious and insecure
- Fewer friends.
- Suffer from low self-esteem
- Negative self-image



SERIOUS EFFECTS

- Depression
- Loneliness
- Lack of trust in adult life
- Attempted suicide
- Completed suicide



WHAT CAN YOU DO?

- Stay calm
- Say Stop
- Walk away
- Tell Someone
- Keep telling until someone listens
- Don't blame yourself
- Be confident



***If you don't help
stop bullying . . .***

. . . who will?



Questionnaire

1. Were you bullied this week?
2. Was anyone in the class bullied this week
3. Was anyone in the school bullied this week



Stomp Out Bullying



BULLYING

rumors

teasing

leaving
somebody
out

hitting

gossiping

threats

kicking

mean
words

name-calling

stealing

pushing

damaging
property