

Bullying

Please note, this is a sensitive topic that impacts many people. If you find that this has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team.

Safeguarding support options

Ways to access support if you are worried for yourself or someone else:

- Call us on 07808 050273 or email safeguarding@qa.com
- Complete a **Safeguarding Self-Referral Form** if the concern relates to you.
- Complete a **Safeguarding Referral Form** if you are worried about someone else.



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Bullying

What is bullying?

Bullying is unwanted, aggressive behaviour amongst children, young people and adults that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, over time. Those who are bullied and who bully others may have [serious, lasting problems](#).

During the cycle of bullying there is:

- **An Imbalance of Power:** Those who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- **Repetition:** Bullying behaviours happen more than once or have the potential to happen more than once.

What is cyberbullying?

Cyberbullying is the use of mobile phones and other electronic devices that has access to, instant messaging, e-mail, chat rooms or social networking sites such as Facebook and Twitter, to harass threaten or intimidate someone.

Types of bullying:

There are three main types of bullying:

Verbal bullying is saying or writing mean things. Verbal bullying includes:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Threatening to cause harm

Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumours about someone
- Embarrassing someone in public

Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Making mean or rude hand gestures

Who to contact and how can they help?

- National Bullying Helpline - Helpline: 0300 323 0169 - Telephone: 0845 225 5787. We are open from 9am to 5pm Monday to Friday
- If you are reporting an incident to the police or if you are reporting a cyberbullying incident, keep a record of the date and time of the calls, emails, or texts – do not delete any messages you receive.
- Call 999 if someone is in immediate danger.
- [Bullying in the Workplace | Bullying advice for employees](#)
- [Bullying at school | Bullying advice for parents and children](#)
- [Help and Advice for Children affected by bullying](#)

Activity – Video



Questions:

1. What type of bullying did the two individuals experience?
2. Use this time to reflect on how bullying can make an individual feel.
3. Where can you seek help if this is happening to you or someone you know?

