

BASIC GUIDE: BULLYING

LEARN TO RECOGNISE **BULLYING** IN YOUR SCHOOL OR
COMMUNITY AND **TAKE ACTION** TO MAKE IT STOP



Schools should be a happy place where all young people can focus on their education. However, bullying is common and can lead to some people dropping out of school. This leaflet provides some information and answers to questions you may have about the effects of bullying and what it means to be different and accept diversity.

WHAT IS BULLYING?

Bullying is unwanted aggressive behaviour that focuses on making a person feel bad, isolated or ashamed.

Bullying can take many forms:

*** PHYSICAL**

This is the most obvious form of bullying and happens when a bully kicks, punches or physically harms a person in another way.

*** VERBAL**

When a person uses language to tease, gossip, spread rumours or say hurtful things to, or about, another person.

*** EMOTIONAL**

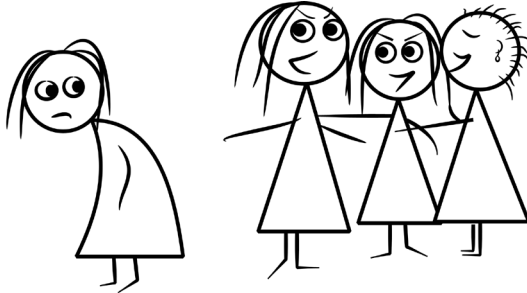
This is less obvious than verbal bullying but often a bully tries to use other people to make someone feel isolated or alone.

*** CYBER**

This newer form of bullying occurs where a bully uses text messages, social media like Facebook, Whatsapp, Twitter, Instagram or other social media platforms to send hurtful messages or humiliate another person.

WHY MIGHT SOMEONE BE BULLIED...?

- They belong to a different racial group.
- They have different religious or cultural beliefs.
- They have no or few friends.
- They may be intelligent, creative and determined.
- They are lesbian, gay, bisexual, transgender or intersex.
- They are good at what they do.
- They have a disability.
- They are well liked.
- They have particular physical characteristics.



WHY MIGHT SOMEONE BULLY?

- They themselves are frustrated, angry or hurt.
- They are having difficulty at home or in class.
- They have learned bullying from others or are copying their friends.
- They have been bullied themselves.

WITNESSING BULLYING?

“It’s none of my business—I should just ignore it and walk away—right?”

No! We can all help. Imagine if it was *you* being bullied – getting laughed at or pushed around? It doesn’t take a lot to help – the least you can do is not join in as this sends a clear message to the bully that their behaviour is not funny, but wrong.

You can show your support in other ways too – talk to a teacher, parent or another adult who can help make the bullying stop.

I AM BEING BULLIED - WHAT SHOULD I DO?

Know that you are not alone. Don’t keep your feelings inside – share them with an adult that you trust.

Talking to someone about what is going on will help you feel better and less alone and they will be able to help you to make a plan to stop the bullying.

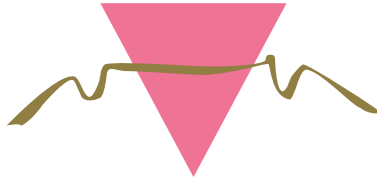


QUIZ: NO WAY OR DEFINITELY TRUE?

1. Most bullying takes place on the way to/from school.
2. If you see bullying, you can help stop it.
3. Some people deserve to be bullied.
4. Bullying is just a normal part of growing up.
5. 1 in 6 teenagers in South Africa have been cyber bullied at some point.

- (1) No way – Most bullying (2-3 times as much) happens in school rather than on the way to/from school; generally bullying during school hours occurs where there is limited or no adult supervision, including lunchtime, breaks and between classes.
- (2) Definitely true – Most teenagers who see bullying want to help put an end to it. How? Speak out, stand together, tell someone.
- (3) No way – There is never a reason to bully anybody. Everyone deserves to be treated with respect and consideration.
- (4) No way – Bullying is not normal. Being gossiped about, getting beaten up, being called names, being excluded from social situations and being sent abusive text messages is not normal.
- (5) Definitely true – 16 % of teenagers have been threatened or insulted via cellphones, e-mail or social media sites.

ANSWERS



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