

Bullying in all its forms

LEARNING OUTCOMES

Knowledge, Skills
& Actions



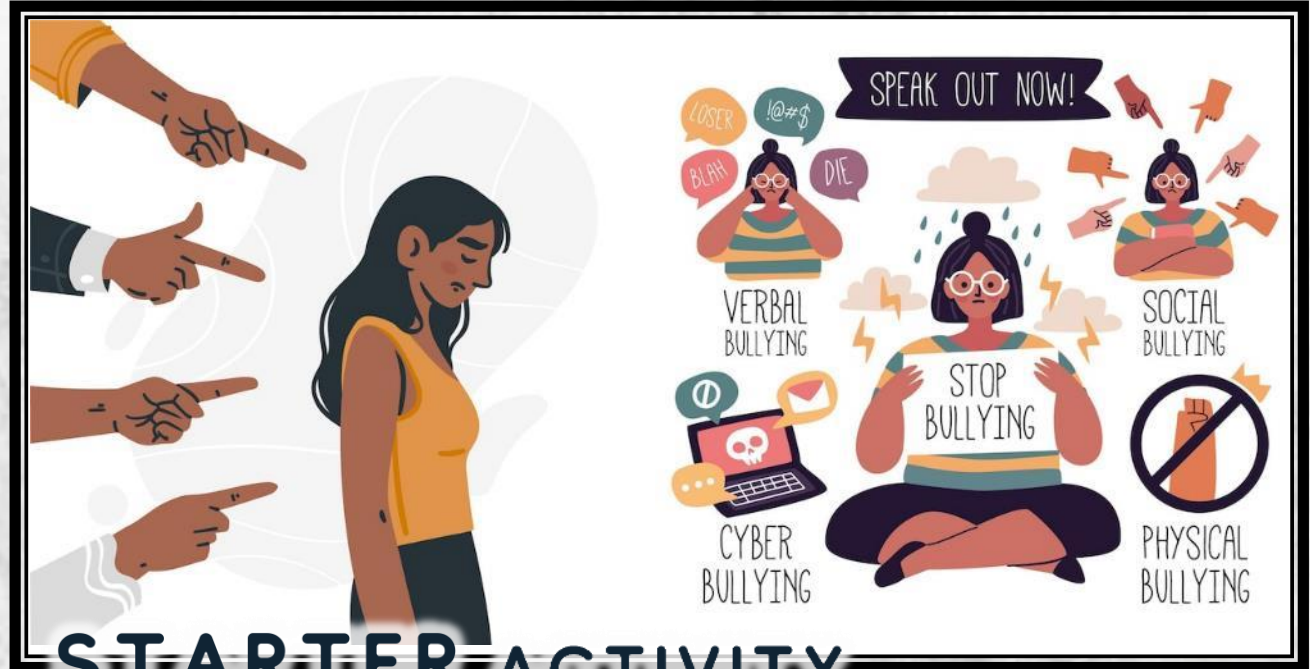
To understand the different forms of bullying and why people bully others.

To know what HBT bullying is and the impact it can have on the victim.

To evaluate what support schools and students can give to those impacted by the effects of HBT bullying.

NEW VOCABULARY

Social Bullying, Prejudice, Homophobia, Biphobia, Transphobia, Resilience, Assertiveness



STARTER ACTIVITY

Why do people choose to bully others?
Is bullying just a part of growing up?
Why does bullying still exist in schools despite it being banned?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Be Non-Judgemental

No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

There are **no stupid questions**
It's OK to get things wrong

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support







Bullying in all its forms

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT		CONFIDENT		VERY CONFIDENT
Knowledge, Skills & Actions	1  2	3  4	5  6	7  8	9  10
I can define the different forms of bullying					
I know what HBT bullying is, and understand the impact it can have					
I can explain how schools and charities are helping to tackle HBT bullying					



Complete a baseline assessment of where you think you are at for this lesson

(Discuss or complete sheet)



2 Minutes



I'm not
confident at all
on this topic



A little
confident



Confident



Very
confident



I am super
confident on
this topic

1



2



3



Task

How are you feeling today?

How were you feeling last week?

How is your family feeling at the moment?

How do you think your teacher is feeling?

How do you think society is feeling?

How do you think a bully would be feeling?

4



5



6



7



8



9



Did you know?

It's perfectly OK to admit you're not feeling good. It is important to acknowledge how you feel and not ignore it.

Forms of Bullying

Prejudice-Based Bullying:

Occurs when someone is targeted due to their race, ethnicity, religion, sexual orientation, gender identity, or any other characteristic.

Indirect Bullying:

This is more subtle and covert in nature. It involves manipulating situations to harm the victim's reputation, relationships, or self-esteem.

Workplace Bullying: Refers to mistreatment or harassment that occurs in a professional setting.

Physical Bullying: This type involves direct physical aggression or harm towards the victim.

Cyberbullying: Occurs on the internet and social media platforms. It involves using technology to harass, humiliate, or threaten someone.

Verbal Bullying:

Involves the use of spoken or written words to harm, threaten, or intimidate the victim.

Social Bullying: Also known as, relational bullying aims to harm someone's social standing or relationships.

Sexual Bullying: This form of bullying is related to sexual harassment or sexual misconduct. It can involve unwelcome sexual comments, gestures, advances, or sharing explicit content without consent.

What are the different forms of bullying?

Bullying Examples



PHYSICAL ABUSE

- ☐ Hitting
- ☐ Kicking
- ☐ Tripping
- ☐ Pushing
- ☐ Damaging personal belongings



VERBAL ABUSE

- ☐ Spreading rumours
- ☐ Name-calling
- ☐ Insults
- ☐ Teasing
- ☐ Using derogatory language

SOCIAL BULLYING

- ☐ Manipulating social situations
- ☐ Excluding or isolating individuals
- ☐ Spreading rumours
- ☐ Damaging friendships

CYBERBULLYING

- ☐ Sending hurtful message
- ☐ Spreading rumours online
- ☐ Sharing embarrassing content
- ☐ Impersonating the victim



Task

Which type of bullying / abuse is most likely to affect...

1. Teenagers
2. Young Adults
3. Older Adults

Challenge

Why can it be hard for schools to tackle homophobic bullying?

What could be done to support schools in dealing with this?



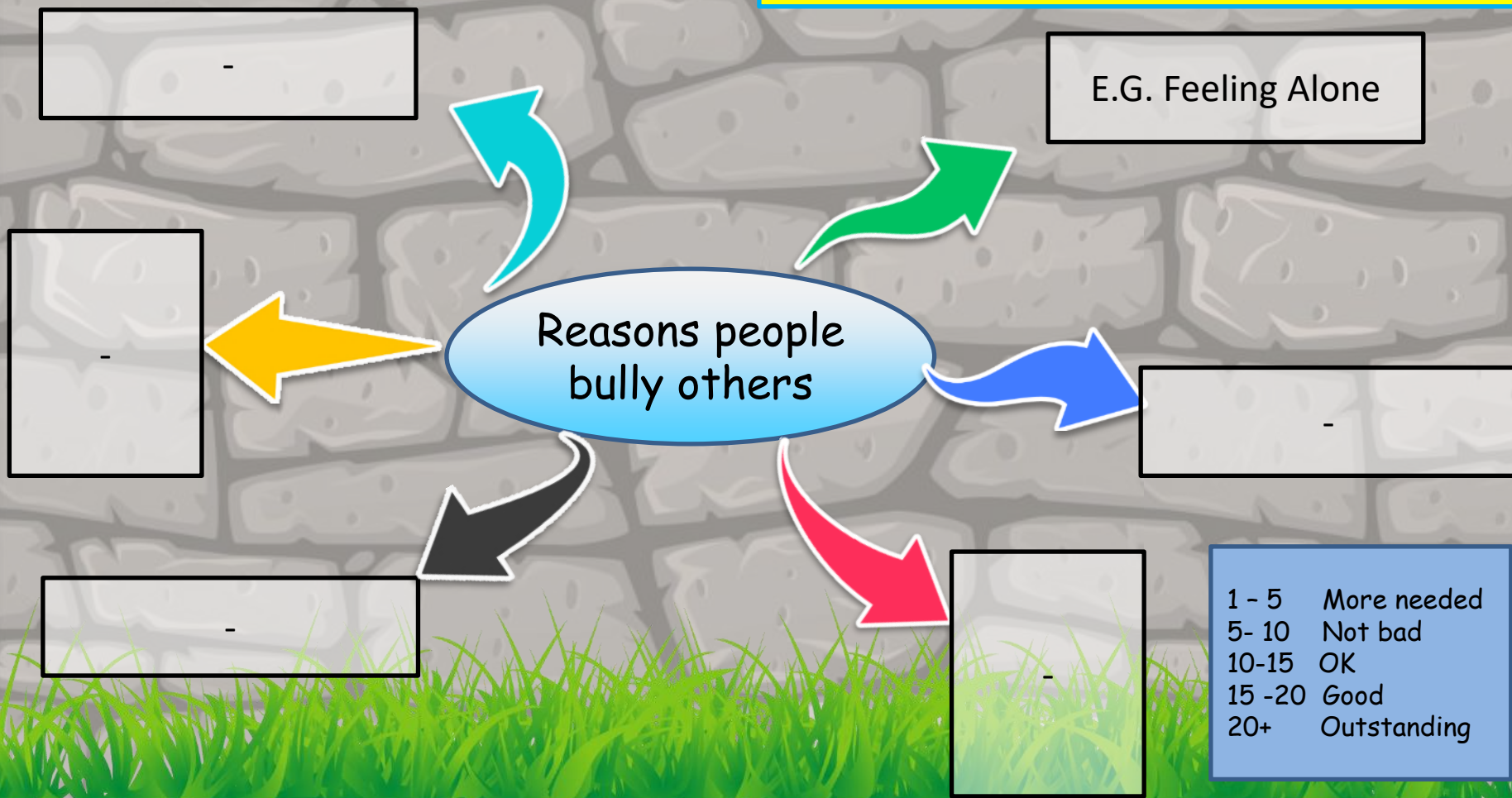
Why do people bully others?

Task

Complete the mind-map with as many different reasons as you can think of.

EXTENSION

Are the reasons you have highlighted more common within certain forms of bullying?
E.G. Feeling Alone & Cyberbullying



Key Term Definitions

With a partner, come up with a definition for the following key term:



HBT Bullying

What do you think each letter might stand for?

Definition
[Click to Reveal]

Task

Do you agree with this definition?
Can you think of anything to add?



SORTING ACTIVITY

Match the key word with its correct meaning

Biphobia

The fear or dislike of someone who is trans, including the denial/refusal to accept their gender identity.

A

Homophobia

The fear or dislike of someone, based on prejudice and negative beliefs or views about lesbian, gay or bi people.

B

Transphobia

Dislike of, or prejudice against people from other countries.

C

Xenophobia

Dislike towards bisexuality and towards bisexual people as a social group or as individuals.

D

Task

Which of these words have you never heard before?

**TASK
OR**

CHALLENGE

Challenge

Which do you think are the most prevalent in UK society?

Tackling HBT Bullying

6 Minutes

PLAY VIDEO

"It's brushed aside as 'banter' or 'I didn't really mean it'."

Task

Video Review Questions

1. What is HBT Bullying?
2. What percentage of children have experienced homophobic bullying?
3. How has the campaign 'Show racism the red card' tried to tackle HBT Bullying?
4. What can schools do to help tackle the bullying young people are facing due to sexual orientation or their gender identity?

Why is HBT bullying such a big issue?




Task

Link some of the words you can see to HBT bullying.
















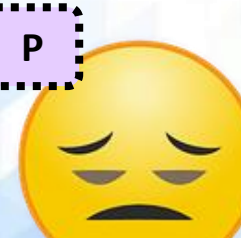
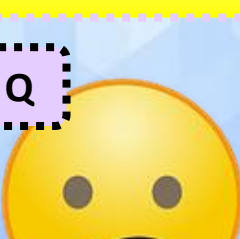
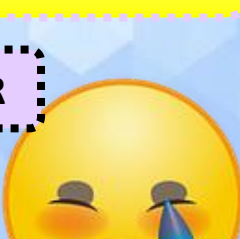



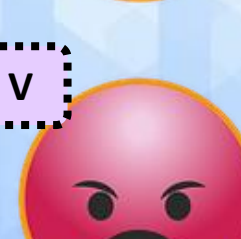
Challenge

Come up with five more words that you think could be included in this image, linking them to HBT bullying.

An illustration of a person with brown hair, wearing a red hoodie and black pants, standing in the rain on a city street at night. The person is looking down with a sad expression. Rain is falling around them, creating puddles. In the background, there are blue-toned city buildings and a large, fluffy white cloud. A thought bubble is positioned above the person's head, containing text. The overall color palette is dark blue and teal, with the red hoodie providing a strong contrast.

How would homophobic, biphobic and transphobic bullying make a victim feel?

WHAT EMOTION DO YOU ASSOCIATE WITH EACH EMOJI?

A 	B 	C 	D 	E 	F 
G 	H 	I 	J 	K 	L 
Task Which three of these emojis do you most associate with HBT bullying and language?		M 	N 	O 	P 
Q 	R 	S 	T 	U 	V 

**Stand Up! -
Don't Stand
for
Homophobic
Bullying**

4.5 Minutes



**Don't Stand for
Homophobic Bullying**

Task

Video Review Questions

1. What do you think is the moral message of this film?
2. Is it easy to stand up for someone else when they are being bullied?
3. What makes someone feel they have the right to bully and intimidate somebody else?

**Irish anti-
homophobic
bullying
advertisement**

How could these people help someone who is being bullied?

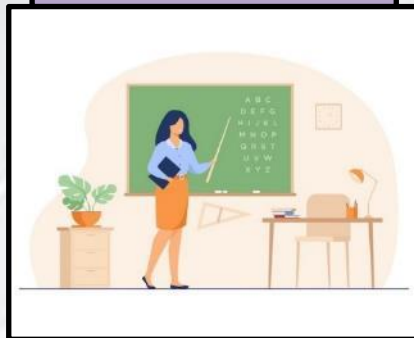
Friends



Family Members



School Teachers



Medical Professionals



Other Trusted Adults



The Police



Online Friends



Charities & Support Services



Discuss with a partner how each of these groups can help someone who is being bullied
Considering who they might work with or interact with in their day to day lives.

Quick Quiz: Conflict and Bullying

HOW TO DEAL WITH CONFLICT

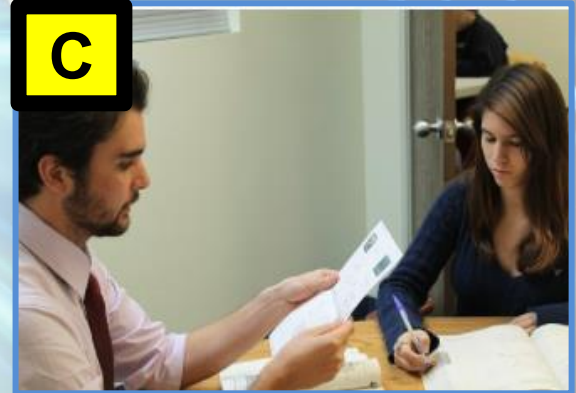
A



B



C



D



E



F



BE ASSERTIVE

TELL THEM TO STOP

TALK ABOUT THE ISSUE

SEEK ADULT HELP

STICK WITH FRIENDS

BE RESILIENT

Quick Quiz: Conflict and Bullying

HOW TO DEAL WITH CONFLICT

A

BE RESILIENT

B

STICK WITH FRIENDS

C

SEEK ADULT HELP

D

TALK ABOUT THE ISSUE

E

TELL THEM TO STOP

F

BE ASSERTIVE

BE ASSERTIVE

TELL THEM TO STOP

TALK ABOUT THE ISSUE

SEEK ADULT HELP

STICK WITH FRIENDS

BE RESILIENT

How could others help you to become more assertive?

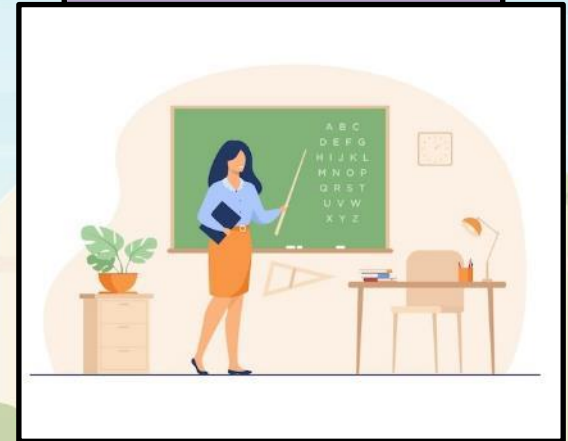
Friends



Family Members



School Teachers



Discuss with a partner which of these groups of people can offer:
Reliable help and support to help you further develop this skill.

What different types of help can each group offer?

How do you access this help? (Try to be specific within each group of people.)








REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER

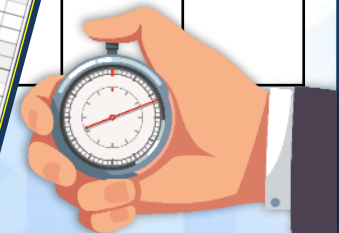


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Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)





3 Minutes

 I'm not confident at all on this topic

 A little confident

 Confident

 Very confident

 I am super confident on this topic

HOMEWORK SUGGESTION



DUE DATE

Must be submitted by...

Hand / Google
Classroom



Homework Explained

Create an acrostic poem about using the word bullying and another using the word victim.

Biphobia

U
L
L
Y
I
N
G

Vulnerable

I
C
T
I
M





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.internetmatters.org>
- ☐ <https://www.ceop.police.uk/safety-centre/> - CEOP Report Website
- ☐ <https://www.saferinternet.org.uk/> - Advice for young people online
- ☐ Childline - 0800 1111 www.childline.org.uk - To find support and advice for young people about a range of issues
- ☐ Fearless (crime stoppers) - www.fearless.org For advice and a way to anonymously report crime
- ☐ Youth Access - an advice and counselling network striving to improve services for young people in the UK: <https://www.youthaccess.org.uk/>

HEALTH
& WELLBEING

SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

**Before I only knew...
now I also know...**

**The key words for this lesson
were...**

I'm really proud of the way I have...

Today I have tried to...

**The most important thing I have
learnt today is...**

I used to feel ... but I now feel ...

**Before I would have done...
Now I will ...**

Next lesson I would like to...

**A question I would like to ask
is...**

**I would like to learn more
about...**

**I know if I need further support
or help I could speak to.... or
contact...**

**I now know I can supported
others by...**

**One thing I didn't realise was...
this will help me to...**

2 Minutes





REFER TO MINDFULNESS POWERPOINT

