

What is the impact of bullying on all parties involved?

Word	Definition
stereotype	an oversimplified and inaccurate view held by many people.
prejudice	to judge or form an opinion of before gathering sufficient knowledge or evidence.
strategies	A plan, method, or series of actions meant to perform a particular goal or effect
peer pressure	People who are your own age who try to influence what you do, say or think
perpetrators	To carry out an action
defenders	To protect other people from harm
colluders	A group of people who act together through a secret agreement or plan
power	The ability to control others

Key Knowledge and Concepts

Bullying is defined as: painful, persistent, planned, powerful.

People use different ways to gain power over others including: excluding someone so that they feel isolated or physically threatening someone so that they are frightened.

Cyberbullying can include: misuse of mobile phones, **chatrooms, instant messaging services.**

Indirect bullying can include: exclusion, giving people nasty looks, **gesturing, spreading rumours.**

Bystanders can help others by : **telling an adult**, encouraging the bullied person to tell someone, showing their disapproval to the person who is bullying.

To protect yourself from being bullied you could: look confident, **be assertive**, visualise and think positive thoughts.

Factors and circumstances that sometimes make someone vulnerable to becoming a target of bullying can include: non assertive and withdrawn behaviour, **aggravating behaviour, being perceived as different in some way.**

There are many damaging effects of bullying including: **physical injuries**, low self esteem, **depression**, suicide.

Factors and circumstances that sometimes lead to someone bullying another person can include: **emotional upset such as anger and jealousy, wanting to be in control**, not being able to consider other people's feelings.