



Blackrock College

Bullying Awareness Day

Monday 22nd January 2018



Blackrock College

Every pupil at **Blackrock College** is entitled to an education free from fear and intimidation.....

Bullying is **NOT** tolerated.....

Anti Bullying Talks

- **2nd Year: Period 7** Mr. Graham Mulhern, Principal, BE Secure Online.co.uk
- **3rd Year: Period 5** Liam Challenor, [National Anti-Bullying Research and Resource Centre](#), DCU
- **4th Year: Period 1** Liam Challenor, [National Anti-Bullying Research and Resource Centre](#), DCU
- **5th Year: Period 2** Liam Challenor, [National Anti-Bullying Research and Resource Centre](#), DCU
- **6th Year: Period 3** Liam Challenor, [National Anti-Bullying Research and Resource Centre](#), DCU



**Blackrock
College
Tackling
Bullying
2017-18**

Blackrock College

Anti Bullying Tool

Go to the Blackrock College website



Click on MENU

Then CLICK on

The Bullying Awareness Section

REMEMBER

You do not have to give your email.

You can post anonymously

All notes will be treated with confidentiality and respect

We believe all parties deserve support !!

EACH PUPIL IS ENTITLED TO AN EDUCATION FREE FROM FEAR AND INTIMIDATION

BULLYING IS NOT TOLERATED IN BLACKROCK COLLEGE



Blackrock College

Check out the

Anti-Bullying Policy

online at www.blackrockcollege.com

What is Bullying?

Bullying is defined as unwanted negative behaviour, verbal, psychological or physical conducted by an individual or group against another person (or persons) and which is repeated over time.



A Happy and Safe School Climate and Culture respects and celebrates individual differences, qualities, abilities and talents and allows people to express themselves and grow in confidence.





A word cloud centered around the word "Bullying". The word "Bullying" is the largest and most prominent, written in a bold, black, sans-serif font. Surrounding it are various other words related to bullying, each in a different size, color, and orientation. The colors used are black, red, and blue. The words are arranged in a circular pattern around the central word, with some words appearing vertically and others horizontally. The background is plain white.

Bullying

Assault
Bystander
Destroying Things
Cyberbullying
Hitting
Harassment
Mean Notes
Rumors
Shoving
Teasing
Threats
Stalking
Stealing
Mean Looks
Pinching
Name-Calling
Intimidation
Kicking
Exclusion
Embarrassment

Coping Skills

Coping Skills

A Coping Skill is a skill that is used to describe abilities by a person to deal with a difficult situation, e.g. bullying.



TwistyNoodle.com

Examples of Coping Skills:

- Talking to someone you trust,
- Reporting the issue,
- Avoid the bully,
- Keep a record of bullying incidents,
- Focus on or become involved in activities you like to take your mind off it.

yber

bullying



How would you  Like it?

WATCH CAREFULLY,
THE MAGIC THAT OCCURS,
WHEN YOU GIVE A PERSON,
JUST ENOUGH COMFORT,
TO BE THEMSELVES.

- atticus



Words can hurt or heal...



What did **YOU** do with yours today?

A group of six vibrant parrots are perched on a light-colored, textured branch. From left to right, the colors are red, orange, yellow, green, blue, and purple. The parrots are facing slightly to the right. The background is a soft, out-of-focus green, suggesting a natural habitat. The word "Diversity" is written in a large, white, serif font across the middle of the image, partially overlapping the parrots.

Diversity

Brings color to our lives

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...what you say and do to other people in your life holds power - the power to lift someone from the depths of darkness, or rip them to shreds.

- Kate Walton

The Effects of Bullying Last.....



- Grab a plate and throw it on the floor.....

- Okay, done!

- Did it break?

- Yes.



- Now, say sorry to it.

- Sorry.

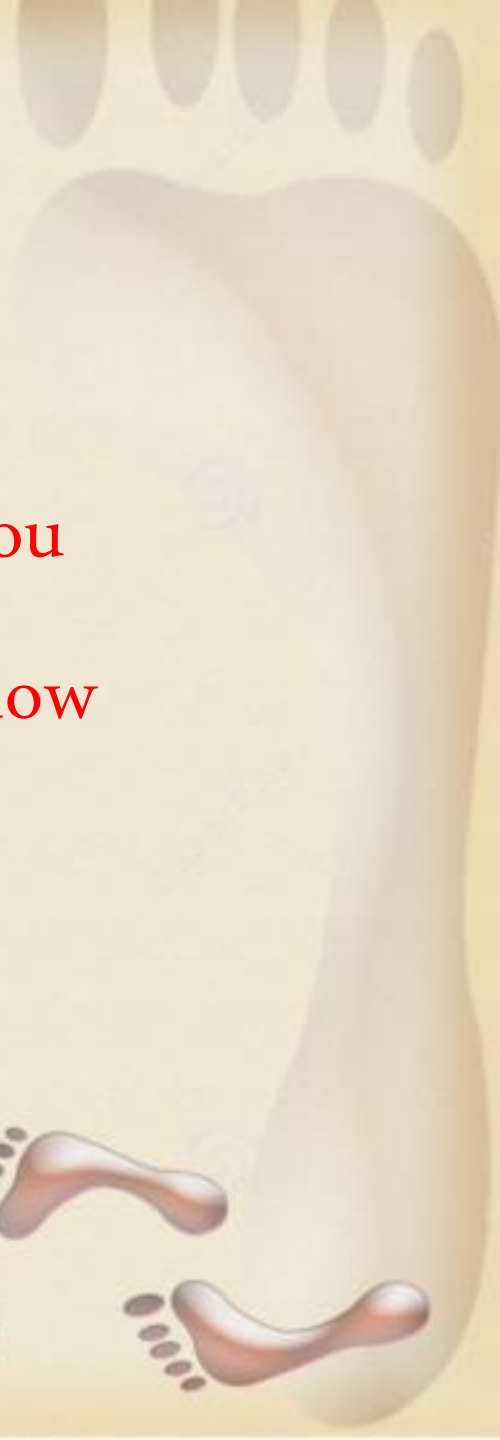
- Did it go back to how it was before?

- No.

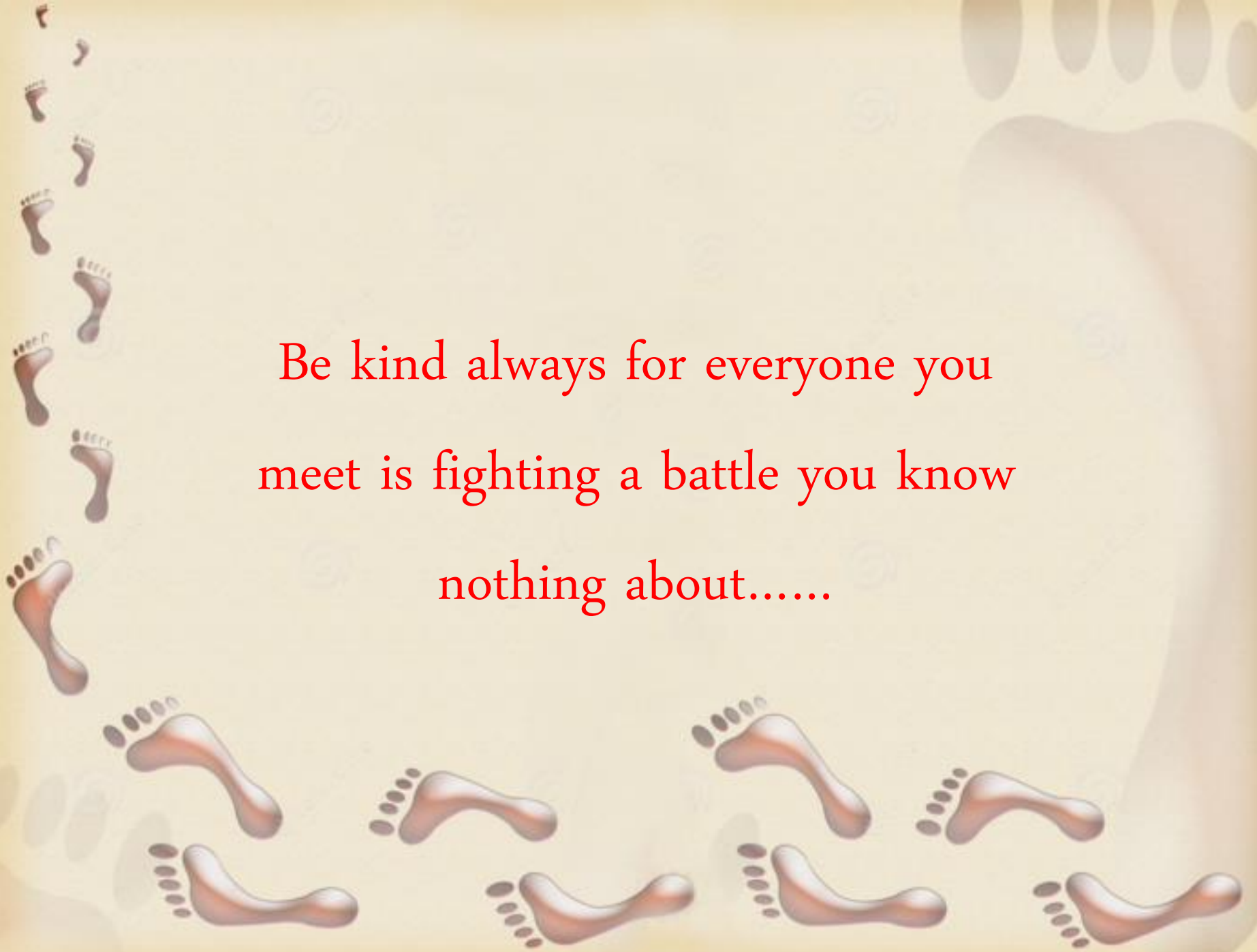


- DO YOU **UNDERSTAND**???



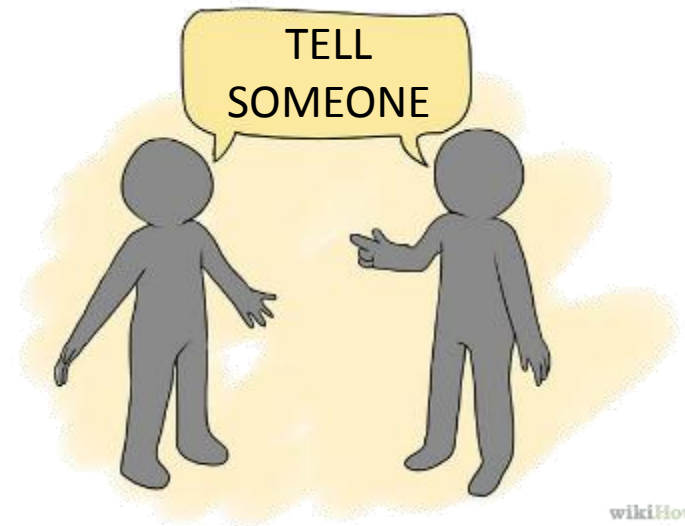


Be kind always for everyone you
meet is fighting a battle you know
nothing about.....



If You're Being Bullied....

- Tell someone you trust: a parent, dean, school counsellor, chaplain, teacher.....
- Email tacklingbullying@blackrockcollege.com
- Use the ISPCC Report Tool at www.blackrockcollege.com
- Don't be a **BYSTANDER**!



If You're the Bully....

If you find yourself in a situation where you are bullying someone you might want to talk to someone you can trust. It is never too late to change!

Talk to an adult you can trust; a parent, dean, chaplain, counsellor, teacher.....



If You're Being Cyberbullied....

- Save the evidence.
- Tell an adult.
- Don't respond to the bully.
- Block the bully;
- Use preferences or privacy tools to block the person.



Before you...



THINK!

T - Is it true?

H - Is it hurtful?

I - Is it illegal?

N - Is it necessary?

K - Is it kind?

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ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

There is *no such thing* as an *Innocent Bystander*!

If just ONE person watching a bullying situation steps in and says “*Stop it*”, the bullying will cease in half the cases *within 10 seconds*.

Standing by and doing nothing effectively means that you condone the bullying, and are choosing by this tolerance to be just as much of the problem as the bully is.

Passive bystanders also risk suffering from anxiety brought on by the shame and guilt often felt for not being able or willing to defend a victim.



How Bystanders Can Help....

- Walk away and tell a teacher or other adult – telling helps to stop the bullying;
- Use your voice to stop the bullying if it safe to do so and let the bully know that what they are doing is wrong, stupid and mean – say something like “Cut it out”, “That’s not funny”, “How would you like it if someone did that to you?”





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Be Caring

Be There

Be Truthful

Be Grateful

Images

- Modified Cartoon Rugby Player. Digital Image. *Clipart Library*. <http://clipart-library.com/images/piqrx4abT.jpg>
- Finger pushing button. Digital Image. *Iconfinder*. <https://cdn1.iconfinder.com/data/icons/touch-gestures-2/24/Tap-256.png>
- Bullying, boy pushing another boy. Digital Image. *Bullying and how it affects children blogspot*. <http://3.bp.blogspot.com/-JkfG5YgXYf4/TVq-FOXu18I/AAAAAAAAABs/I3exd20Uenw/s1600/Bully2.jpg>
- Hand, respect, Emojis for pabo hogeschool emojis. Digital Image. *Emojilove*. http://4.bp.blogspot.com/-AkMOLF3J03E/UJV_UkAwPpl/AAAAAAAAAHQ/JfEYXg4vfCc/s1600/respect.png
- Bullying Word Cloud. Digital Image. *City Colleges*. http://www.citycolleges.ie/wp/wp-content/uploads/bullying_text-300x181.jpg
- Coping Skills Toolbox TwistyNoodle.com Worksheet. Digital Image. *Pinterest*. <https://s-media-cache-ak0.pinimg.com/originals/3b/fc/b3/3bfc338f66be7e32a4633166349ecc9.jpg>
- Facebook Cyber Bullying. Digital Image. *Lakota Children's Enrichment*. <https://lakotachildren.org/wp-content/uploads/2015/07/Cyber2WEB.jpg>
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- Raining words with girl and umbrella. Digital Image. *Karl H Richter*. <https://karlhrichter.files.wordpress.com/2013/05/20130526-143545.jpg>
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- Sad child with hoodie. Digital Image. *Randburg Sun*. <https://randburgsun.co.za/wp-content/uploads/sites/9/2014/05/depressed-lonely-alone-bully.jpg>
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- Bystander intervention, it starts with you. Digital Image. *Picquery*. <http://cpcjusticeandwitness.com/wp-content/uploads/2012/06/Bystander.jpg>
- Stop the bullying clipart. Digital Image. *Pinterest*. <https://s-media-cache-ak0.pinimg.com/originals/fc/d0/53/fcd0538b40458b719aca87ed74cea856.jpg>