



Blackrock College

Bullying Awareness Day



Blackrock College

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

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



**THURSDAY
TUNES**

THURSDAY

**26
09**

**LUNCH
TIME**

**ANTI
BULLYING DAY**

DIGITAL LEARNING CENTRE



**Blackrock
College
Tackling
Bullying**

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



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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 color and orientation. The colors used are black, red, and blue. The words are arranged in a roughly circular pattern around the central word.

Bullying

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



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.

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?



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???



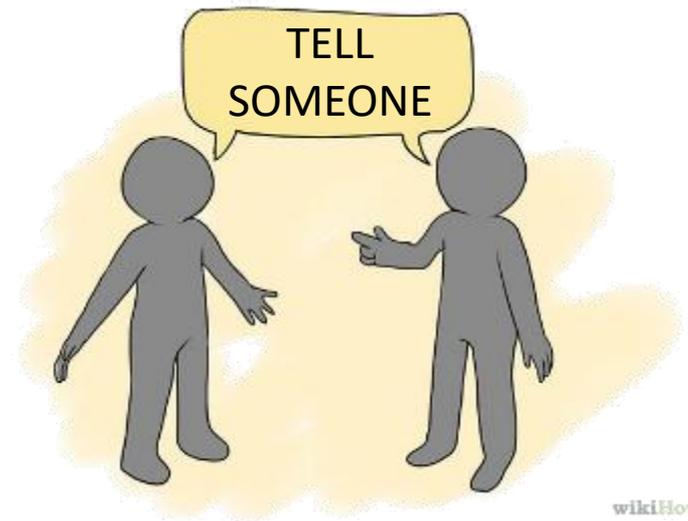




Be kind always for everyone you
meet is fighting a battle you know
nothing about.....

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!**



BULLYING

**IT WON'T
END
UNLESS
YOU DO
SOMETHING
ABOUT IT**

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.



Be a
buddy

NOT a

BULLY!

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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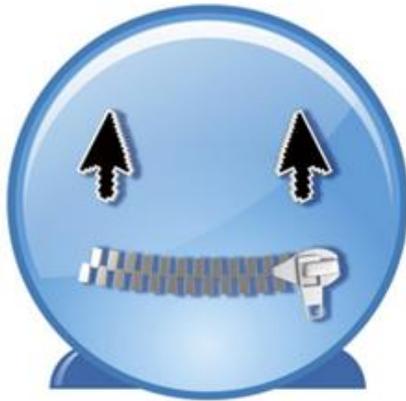
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Verbal
Homophobic **Racist**
Excluding **Sexist**
Physical **Disabilist** **Cyber**
Rumours



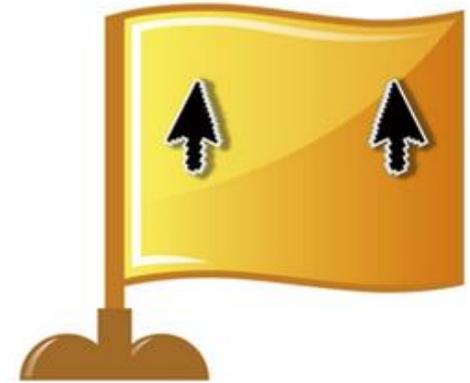
ZIP IT

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.

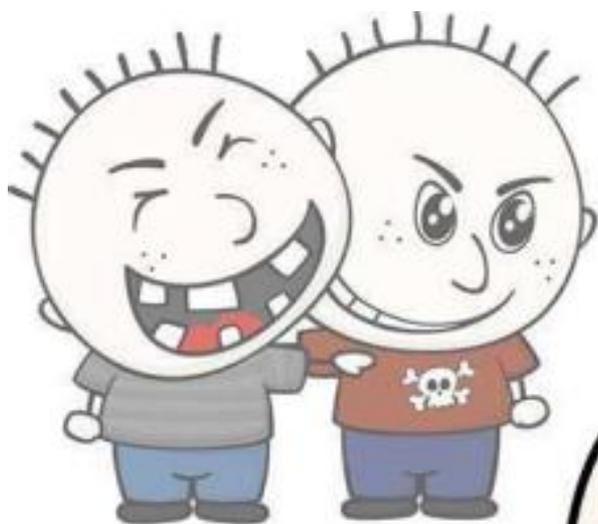


FLAG IT

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*.



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?”





Blackrock College

Be Caring

Be There

Be Truthful

Be Grateful

Images

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