

# WHAT IS BULLY?



Repeatedly picking on  
someone  
Aim of hurting or harming  
them physically,  
emotionally or socially

**1**

Telling people not to be friends  
with another person  
Exclusion  
Ganging up on someone else

**2**

Imbalance of power (bigger,  
tougher, physically stronger, more  
popular or influential) (victim has  
trouble defending him/herself)

**3**

Bullying always involves a power  
imbalance, intentional, repeated

**4**

Name calling  
Teasing

**5**

Spreading rumours  
Taking property/stealing  
Physically hurting others

Rude or disrespectful  
behaviour (ignoring,  
talking down, eye rolling,  
provoking)

Escalates (throwing,  
punching shove,  
derogatory language,  
humiliation, rumours,  
gossiping, writing,  
displaying hurtful  
things)

Criminal  
behavior  
(harassment,  
social media,  
threats, damage  
personal  
property,  
physical, sexual,  
weapon)

Continuum of bullying



# *Different type of* **BULLYING**



**1.**

## **Physical**

- Pushing, hurting, attacking someone and or taking forcibly their possessions

## **2. Verbal**

- Threatening, insulting, ridiculing, name calling and making racial or sexual slurs



## **3. Sexual**

- Inappropriate notes, pictures, taunts and rumours, uninvited touching and sexual behaviour

## **4. Non-verbal**

- Writing hurtful messages, letters or graffiti, or distributing harmful pictures and videos (can also be cyber bullying)



## **5. Social**

- Gossiping, spreading rumours; leaving people out and breaking friendships, making someone doing things they don't want to do, refusing to talk to someone

# WARNING SIGNS AND CONSEQUENCES THAT A LEARNER IS BEING BULLIED

- Reports losing items such as books, electronics, clothing, or jewellery.
- Has unexplained injuries



- Complains frequently of headaches, stomach-aches, or feeling sick.
- Hurt themselves.



- Are very hungry after school from not eating their lunch.
- Runs away from home.
- Loses interest in visiting or talking with friends.



- Feels helpless.
- Often feels like they are not good enough.
- Suddenly have fewer friends.
- Avoids certain places.
- Acts differently than usual.



- Is afraid of going to school or other activities with peers.
- Loses interest in school work or begins to do poorly in school.
- Appears sad, moody, angry, anxious or depressed



- Avoids certain places.
- Acts differently than usual.

Appears sad, moody, angry, anxious or depressed



# INFORMATION ABOUT BULLYING

## THERE IS A DIFFERENCE BETWEEN JOKING AND TEASING

**Joking:** Intention is to create humour and fun; usually between friends; reciprocal

**Teasing:** Intention is to provoke a reaction such as anger, resentment or confusion

**We don't always like or get along with everyone – but we can always be respectful**

## WHY DO PEOPLE BULLY

- Self-esteem
- Anger issues
- Normal in their families, socialized
- Want to be popular
- Have been victims

## WHO IS AT RISK

No single cause  
Individual, family, peer, school, community factors all influence the likelihood that someone will experience bully/bullying

## BYSTANDERS

- Bullying often occurs with bystanders– people who witness or know about the bullying.
- Affect the bullying – can (without realizing or intending) encourage it by allowing it, laughing, photo's videos) – increase the status of the bully, support bully
- Often bystanders do this to prevent becoming a victim themselves

## CONFLICT

Conflict is normal – part of life (everywhere you go, will go).  
Used to learn skills, build relationships

## BULLYING

Bullying - bully do not want to talk or mediate.

No skill building or improvement of relationship.

There is a power imbalance where one party gets hurt,



# RESOURCES

## BARBARA COLORSSA

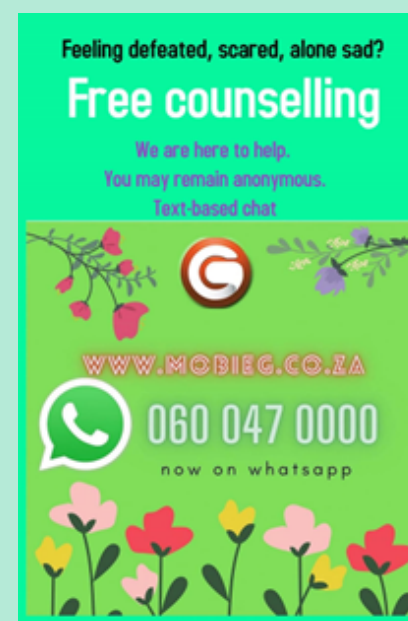
•The role of the Bystander:

[https://www.youtube.com/watch?v=2a\\_3wWTvWF0&t=811s](https://www.youtube.com/watch?v=2a_3wWTvWF0&t=811s)

•Discipline vs Punishment:

<https://www.youtube.com/watch?v=jRD6Llgfx0>

## MOBIEG



Online free counseling site:  
<https://www.mobieg.co.za/>

## SOCIAL WORKER: PROF ROELF REYECKE

Specialist in  
restorative  
justice in schools  
[reynrp@ufs.ac.za](mailto:reynrp@ufs.ac.za)  
0514012356



## I1WE

•Bully Buster program  
<https://i2we.co.za/>

## FAMSA



•Assist families and individuals with  
counselling  
Families South Africa). +27 72 725 7474

## DR YOLINDA STEYN



Bulletproof against Bullying.  
[yolinda@drsteyn.com](mailto:yolinda@drsteyn.com)



