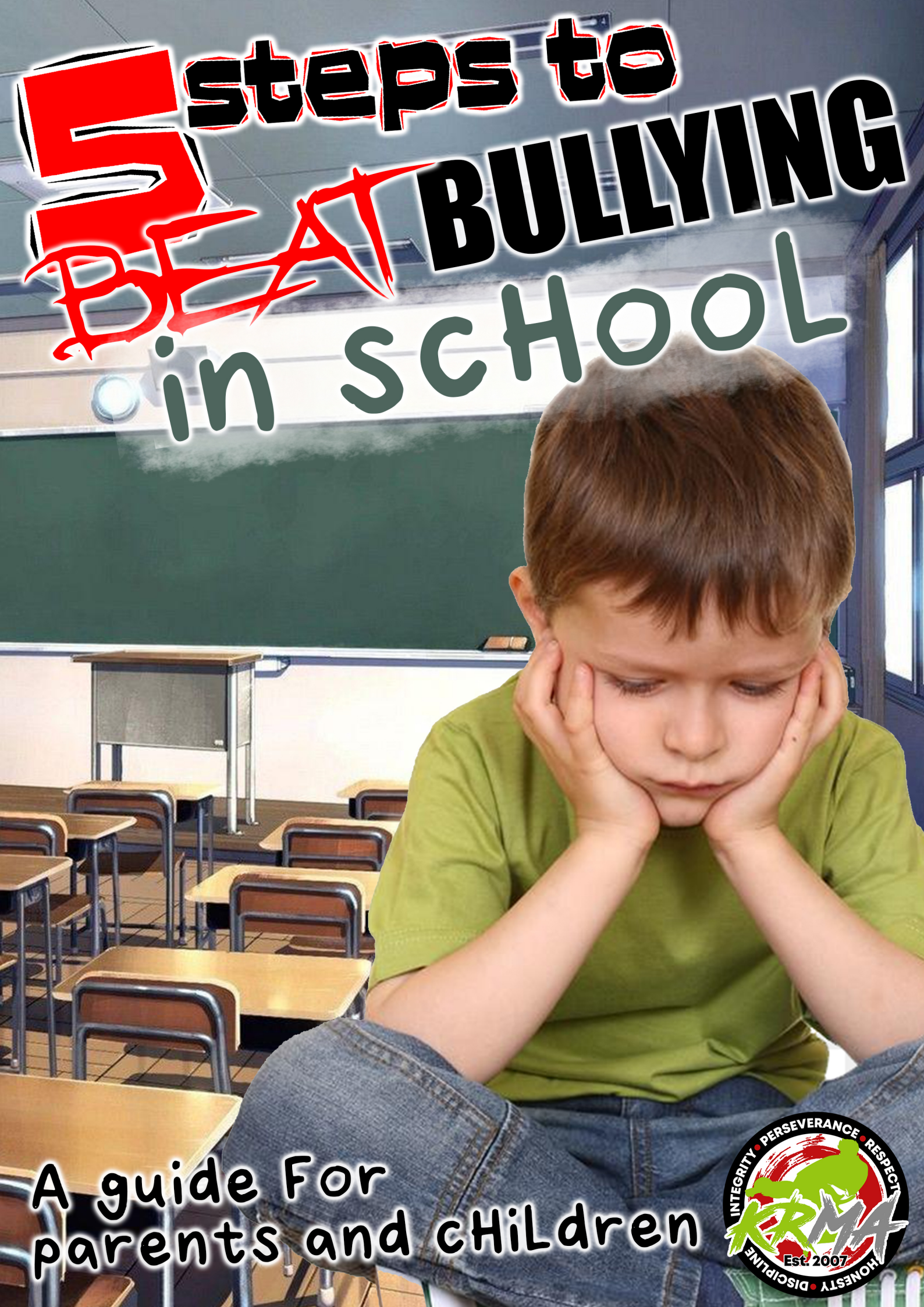
5 steps to BEAT BULLYING in school



A guide For parents and children

INTEGRITY • PERSEVERANCE • RESPECT • HONESTY • DISCIPLINE

KRMA

Est. 2007

5 steps to BEAT BULLYING in school

Contents

Welcome to the 5 steps to beat bullying in school pg 2

The goal of the booklet pg 3

The types of bullying pg 4

Never ok to bully pg 6

The challenges in school pg 8

Following the stages pg 10

Step 1: pg 11

Step 2: pg 12

Step 3: pg 13

Step 4: pg 14

Step 5: pg 15

5 Steps Flowchart pg 17



Welcome to....

5 steps to BEAT BULLYING in scHOOL

Firstly I want to thank you for reading this eBook I have put together for you.

I have done this for those who have been bullied in the past, currently being bullied or those who are worried they will be bullied so that they will be able to have steps to help them cope, take control and more importantly STOP the bullying from happening.

I too was bullied for several years of my life and my goal is to ensure that I can help as many people as possible avoid what I went through.

So, once again I thank you for reading this and I truly hope it is helpful and will be a solid start on a better path to dealing with bullying.

Kind Regards

Andrew Banks

The goal of this book



The simple fact is..

ALL CHILDREN SHOULD BE HAPPY

With this in mind, bullying is a sure fire way to dull a child's sparkle.

The goal of this book is to help children of all walks of life keep their sparkle shining as bright as possible whilst boost their confidence levels when dealing with confrontation and bullying.



the types of BULLYING



In order for us to truly be able to start the "Beat Bullying" process, we need to do something that many do not wish to do and that is simply "Understand Bullying Better"

We will do this by understanding the 4 main types of bullying from children under the age of 16. When we understand this we can take better more logical steps to beating it!



The first type we will look at is Verbal Bullying and it is one of the most common to occur in children.

This is where words and phrases are used to make a child feel less important or less valued.

This can include things such as name calling, threatening statements and general statements aimed at making a child feel horrible or scared inside.



The next type is called Physical Bullying and is where actions including anything where contact occurs.

That said when we refer to this type of bullying we generally mean actions such as kicking, punching, poking, pushing, shoving and more along these lines.

Any physical actions against a person without permission is NEVER OK

5 steps to BEAT BULLYING in SCHOOL



Now we will take a look at Indirect Bullying.

This is where the bullying is not done to the person face to face or to them directly, but rather events such as starting of rumours, ignoring people or leaving people out of events (games etc.) for the pure reason of upsetting them, talking about people behind their backs and even giving people the negative stare to make them feel uncomfortable. All of these are equally as distressing.



Finally we take a look at the most modern types of bullying and that is Cyber Bullying.

Cyber bulling is where the bully uses technology to abuse someone and sadly as technology continues to progress, sadly the ways in which Cyber Bullying can be done also increases.

So what sort of things happen in the Cyber World..... well bullying can take forms of posting photos or status updates on social media sites, sending abusive text messages or instant messages, filming of abusive behaviour for the sole purpose of continuing the abuse further down the line, phone calls designed to upset or unnerve a person and more.

As you can imagine, these 4 types alone are not always used alone and sometimes a mixture can occur depending on the bully. This can be very distressing for the person being bullied.

All of these will also make a person not only feel hurt but also broken inside and potentially lonely too.

NEVER OK TO BULLY

STOP BULLYING

The most important point is that IT IS NEVER OK TO BULLY. This is because at no point in time is this kind of behaviour ever going to be ok.

But at the same time we need to understand a couple of key things.

The first is "What is bullying?" Well we have looked at the different types of bullying and we gather that it is totally wrong but we should not label people as a bully unless they are actually bullying someone.

So... A bully is someone who carries out an action intent to cause upset or harm more than once. If someone does something mean, hurts someone or something similar, but just the once, they are not a bully, they just did something mean, hurtful or bad.

Now that does not excuse it but it does mean we need to be careful of labels.

The reason why is this.

Have you ever said anything or done anything that has upset, hurt or offended anyone else? Maybe as part of what you felt was a joke or otherwise?

What if you were called a bully?



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To be labelled a bully can be a very devastating thing for someone and the simple fact is most people at some point have carried out an act of bullying and probably didn't even realise it.

So here is a quick test, something simple but very helpful:

1. Have you ever called anyone a name that was mean even if only a little?

2. Have you ever ignored someone to make them feel bad?

3. Have you ever punched, kicked, pushed or hurt someone before?

4. Have you ever sent a message that was hurtful?

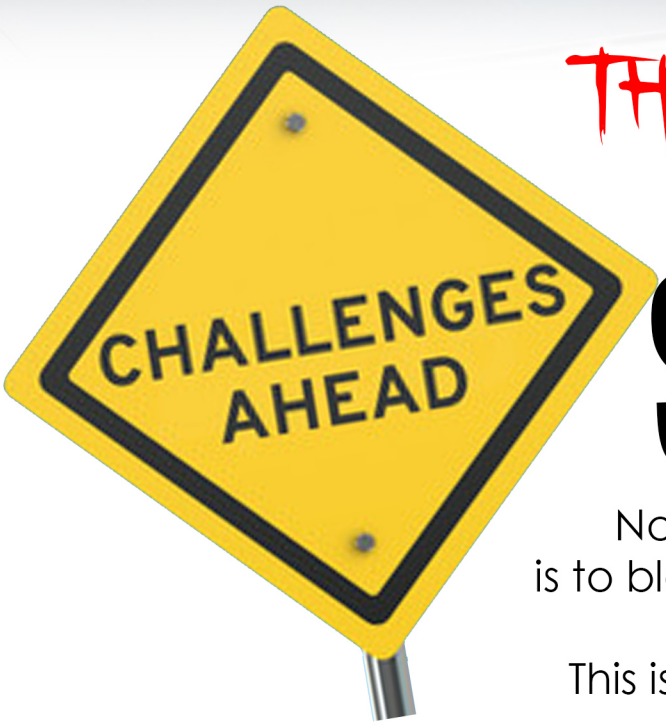
There are many more we could add to this list, but if you answered "yes" to any of these, you have technically carried out a bullying behaviour.



This does not mean you are a bully or even if once upon a time you maybe were, it doesn't mean you are a bad person. It just means that you were not doing the right thing and we hope that things have changed for you now.

By following this book, we do not want people to throw the term "bully" around loosely as we know that this will not help the process of resolving it. The goal of this is to find solutions to bullying that will help both parties grow from the experience.

Sadly bullying is something we will never truly get rid of, but dealing with it is certainly something we can and should do to help everyone in life.



THE CHALLENGES IN SCHOOL

Now the easy thing to do, and is often done, is to blame the school for the bullying behaviour.

This is simply not the case and should never be blamed on the school ever.

Anyone carrying out the bullying behaviour needs to be responsible for it, even if it is a young child. It is important for them to understand that this is not ok and now acceptable.

Another issue that arises a lot is that schools are blamed for not doing enough to stop issues on bullying. Now whilst we will agree that not every school will get it right 100% of the time, it is also fair to say that no school wises to have bullying within their walls and therefore they do take it seriously. The problem is.....knowing what to believe and what is really going on to be able to deal with it appropriately.

Let us consider for a moment.....

We have James and Fred, both students in the same class, both do not appear to like each other. One day the teacher notices that they are pushing each other around and calling one another names.....

When the teacher asks them "What is going on here?" both blame one another and neither take responsibility for it.

When the teacher them asks others what happened, their friends back both sides of the argument.

The teacher literally has no way of finding out what truly happened.

This happens frequently and a teacher is left with little choice in

what action they need to take to resolve the problem. In many cases both parties are punished as it is better that than to let someone get away with bullying.

Bullying is not always a simple behaviour to spot and many children who are the subject of bullying do not always tell someone that they are experiencing issues.

Teachers should and do what they can when they are aware of any issues, but there is a process that must be followed.

Our recommendation should you know your child is being bullied would be to contact them straight away. Arrange a formal discussion with them regarding the steps they wish to take in relation to the issue and also get a printed copy of their anti-bullying policy. This will help you to know what steps they take and stay part of the process.

By helping a school tackle the problem, you are also then a part of the solution.

That said, there are times where even the best school can fail in their duty, we are only human after all and mistakes can occur. Or in some instances they can escalate so fast that schools would have no chance of stopping them before it happens. It is sad to note that, but it is also the truth. At the end of the day they cannot stop someone hitting anyone if they are not right there when it happens to intervene.

So, this is where our 5 step process comes in. This is not for the school, or the parent but for the student who feels that they are in a situation that they need help with.

So.....let's take a look at our process.

Follow the Rules



Firstly, before we go into our 5 Step Process, we need to ensure you understand a few key details. This is to ensure that this process not only works but that is has your full backing.

So we have some rules to following our rules!

1. Ensure your child knows you will back their decision 100%

At the end of the day they need to know that they are not going to be confronted at home as well as at school for following rules that will keep them physically and mentally safe.

2. Should your child even need to follow these stages, ensure that you follow up with the school as soon as you know what has happened.

This is important as working with the school in matters of bullying will help them to do better in the future. Parent support is vital.

3. Let your child grow with this knowledge and become more in control of the situation

It is really easy as a parent to want to take full control and protect out children, but this needs to be a last resort if we want our children to grow to be strong and independent people.

4. Do not blame the school, whatever your views, try to be understanding

This is because if you do as they say "bash heads" it will make dealing with the process much harder from both sides and that is not the best interest for your child.

5 steps to BEAT BULLYING in school

step 1

USE YOUR KINDNESS AND YOUR CONFIDENCE

TREAT OTHERS HOW YOU EXPECT TO BE TREATED

We will imaging that an incident of bullying has occurred. This can be any kind but we will assume that it is something within a school setting and more so a classroom.

Another student is being mean, unkind or something similar...

POLITELY ASK THEM TO STOP

"Please can you stop that?"

We should always show kindness and use our manners when we can. We should always treat others how we wish to be treated.

EXPLAIN WHY

"It is making me feel sad/upset/unhappy"

By doing this we are giving the person a polite chance to change their behaviour. In many cases it may just be that they do not realise that their behaviour is causing any issues and by highlighting it, you could stop it from escalating any further.

step 2

BE CONFIDENT AND FIRM, TAKE CHARGE

NOW DEFINE HOW YOU WANT TO BE TREATED

Ok, so this was not a mistake and the name calling or other acts are being continued, this has now definitively become bullying. At this point we have done the right thing and been polite and respectful. They haven't stopped their actions so now you need to stand up to them!

TELL THE TO STOP

"Stop it"

At this point when you have already been polite, you now need to stand up for yourself and be in control of the situation.

EXPLAIN WHY

"I told you I do not like it, if you do it again I will tell the teacher"

We have now made it clear that we are not allowing this to continue and have added a consequence to their actions so that they know if they continue there will be a next step you will take.



step 3

USE YOUR ACTIONS SHOW YOU MEAN IT

CARRYING OUT YOUR WARNING IS CRUCIAL

So, you have been polite, it continued, you have been firm, but alas they have carried on.... what now?

First thing you need to remember is to not repeat any steps, if we do, we make it clear that our warnings of telling the teacher is not 100% accurate as you are willing to continue to give chances. So if they do it again.....

TELL THE TEACHER

"Please can you get them to stop doing it"

We do not want to tell tales, so try to be direct about the problem, explain the problem to your teacher and what issue it is causing

EXPLAIN WHY

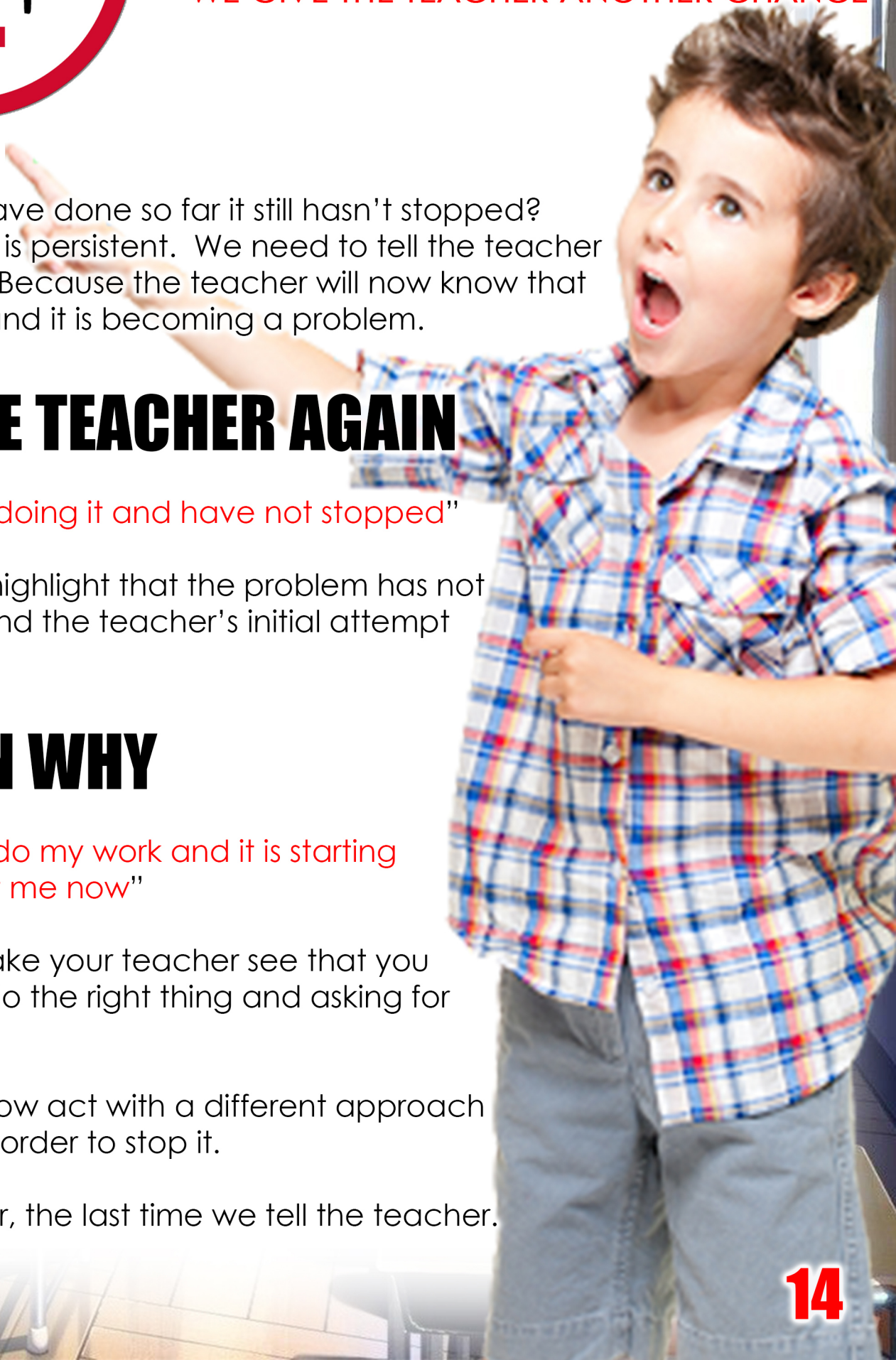
" It is really upsetting me and I cannot get on with my work"

By just "telling" on someone it does not look good, but by explaining to your teacher the impact it is having on you and your work and happiness, they will feel obligated to help and at the end of the day, your teacher wants you to learn. It's why they are there.

step 4

TRY AGAIN IF NEEDED ENSURE THEY KNOW

WE GIVE THE TEACHER ANOTHER CHANCE



After all we have done so far it still hasn't stopped? Then this bully is persistent. We need to tell the teacher again. Why? Because the teacher will now know that this is serious and it is becoming a problem.

TELL THE TEACHER AGAIN

"They are still doing it and have not stopped"

You need to highlight that the problem has not gone away and the teacher's initial attempt did not work.

EXPLAIN WHY

"I still cannot do my work and it is starting to really upset me now"

This should make your teacher see that you are trying to do the right thing and asking for help.

They should now act with a different approach to the bully in order to stop it.

This is however, the last time we tell the teacher.

step 5

USE YOUR FEET
MARCH OUT OF YOUR SEAT

TIME TO BRING IN THE "BIG GUNS"

This is just crazy now, it has got to the point where there is no asking them to stop, telling them to stop or even them listening to authority from within the classroom. You have tried and if by this time they are still doing it. You now need to take the final step

GO AND SEE THE HEAD TEACHER

This step requires you to stand up and leave your classroom. Do not tell anyone what you are doing. You now need this sorting out once and for all. Leave the classroom and go straight to your Head Teacher, you must NOT go anywhere else. Your safety is still important too.

"I have tried to ask them politely, I have tried telling them, I have told my teacher twice and it keeps happening and I need it to stop now!"

Explain to your Head Teacher that you followed the steps and that it still has had no impact. Your Head Teacher will be duty bound to help you. It is what they are there for, to ensure you continue to grow and flourish which cannot happen if you feel this way.

This must however be the last step in your process. We need to give the bully a chance to change their behaviour in the most positive way first that shows you are and will continue to be in control whilst also showing

that you will follow through with the warnings you have give if they do not learn from their actions.

TELL YOUR FAMILY EVERYTHING

"I need to tell you what happened today at school"

Your school may well have already spoken to your family to let them know what has happened. But you still need to explain it to them again so that they can understand how you felt, what you did and why.

Trust us, you parents want to know.

YOUR BACK UP

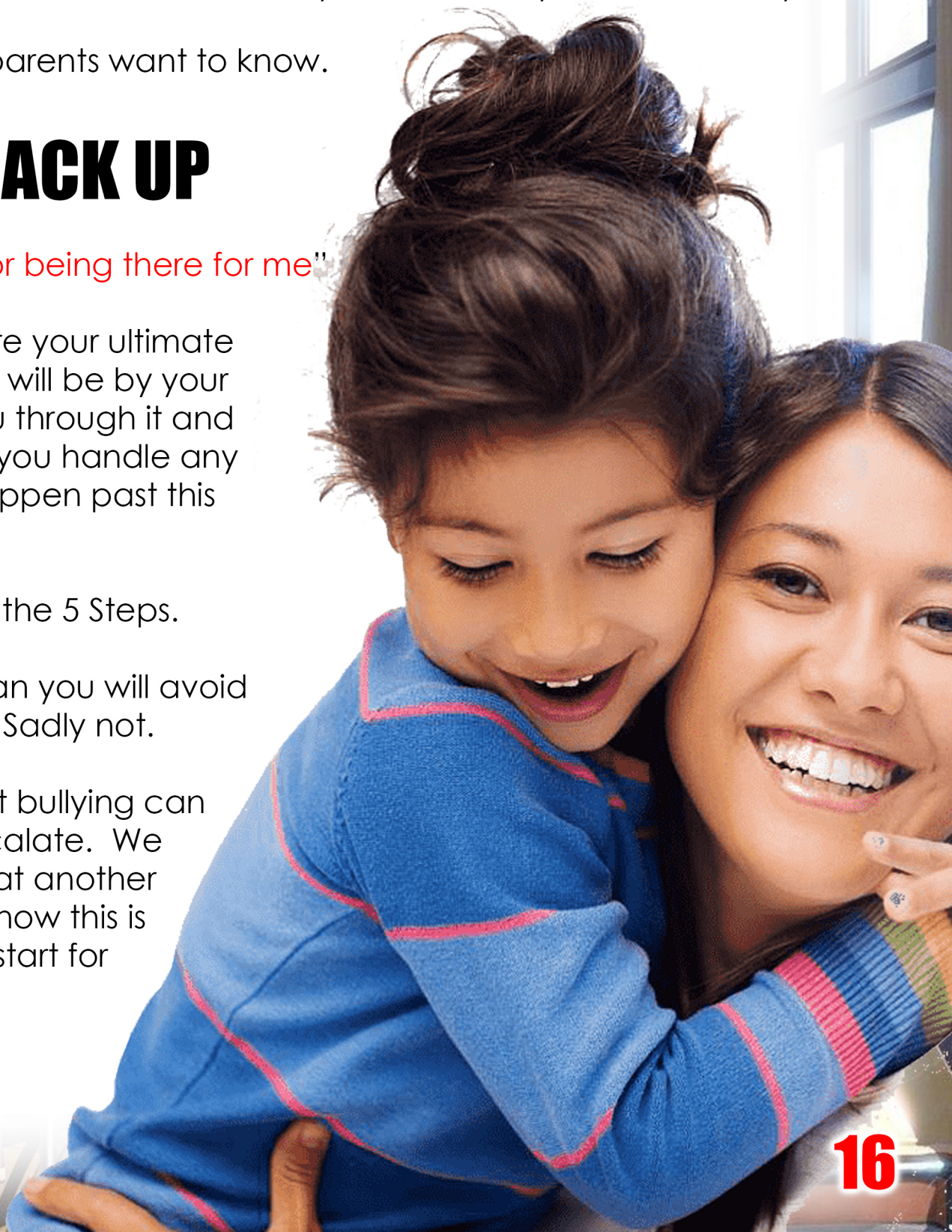
"Thank you for being there for me"

Your family are your ultimate back up who will be by your side, help you through it and also will help you handle any issues that happen past this point.

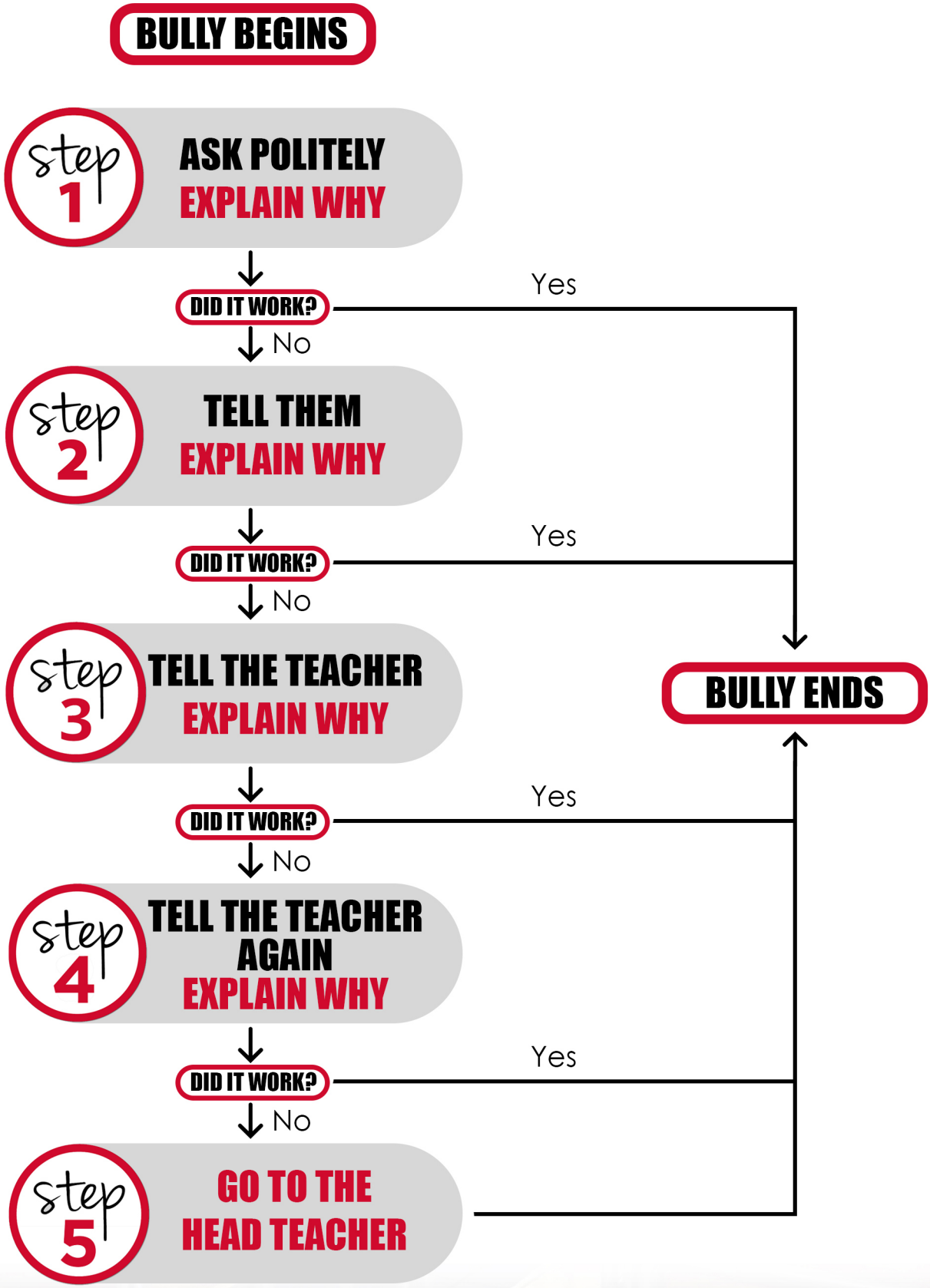
And that is is, the 5 Steps.

Does this mean you will avoid more issues? Sadly not.

We know that bullying can and does escalate. We will look at that another time. But for now this is a great solid start for you.



5 steps FLOWCHART



DO NOT MISS A STEP
TRUST THE PROCESS

GAIN CONFIDENCE AND CONTROL

Part of this process is not just about stopping the bully, but also about growing in confidence to deal with difficult situations in life.

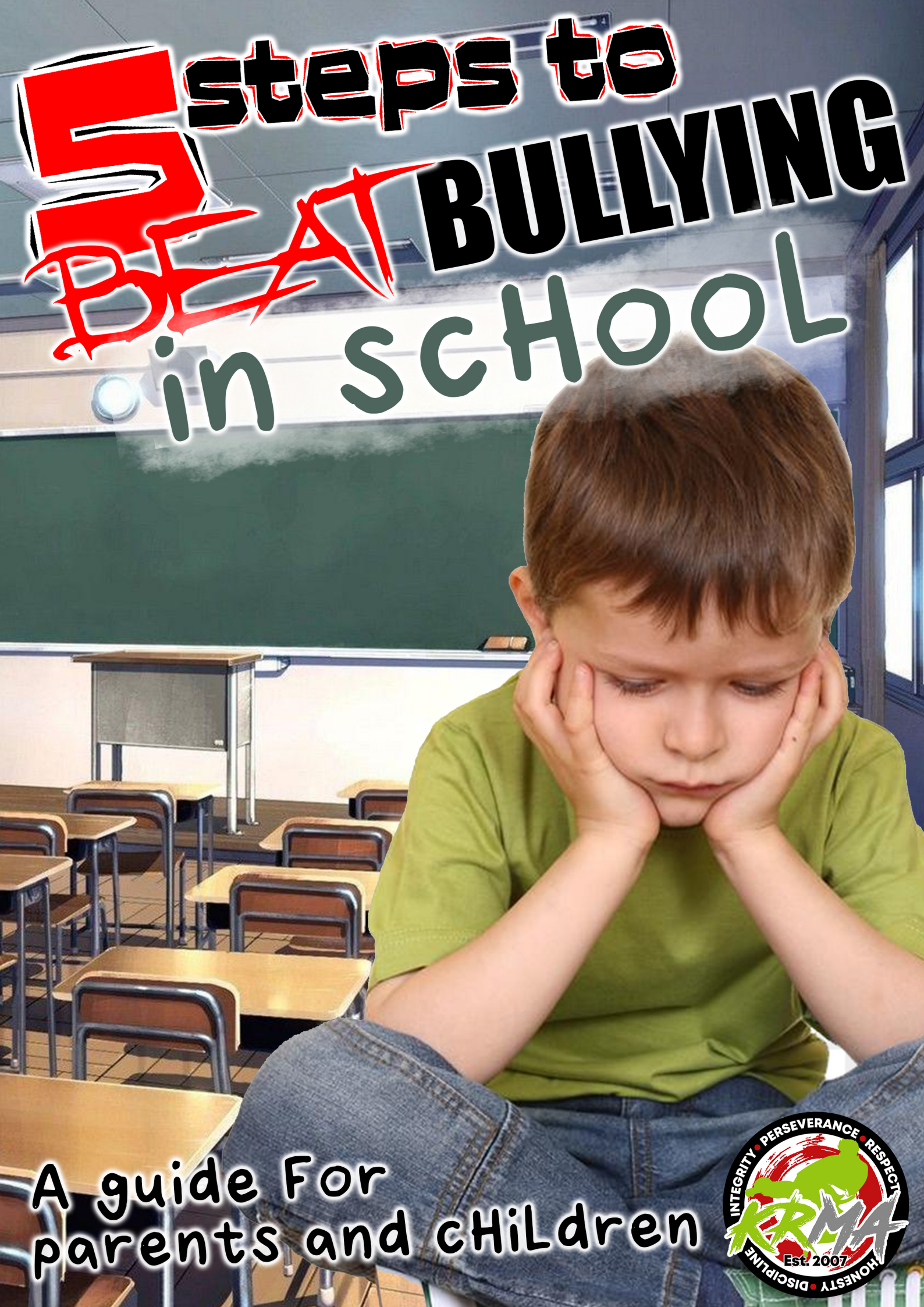
If you go from problem to "end result" solution straight away, children will never learn coping mechanisms and strategies that will help them in later life.

NO ONE DESERVES TO BE BULLIED

A final point from us is to remind you that no matter who you are, you NEVER DESERVE TO BE BULLIED. It is never ok and stepping up, speaking out and taking control is what we want you to do for yourself and others.



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