



## Parent to Parent Back from Lockdown Toolkit



A collection of Ideas & Strategies  
to support parents and young people  
to get back to School After Lockdown

### Bullying



In response to our successful 'Returning to School After Lockdown' survey which was sent out to Young People and their families, we have sourced and collated a selection of printable worksheets and activities to help support some of the young people's biggest concerns and to encourage the young people to plan and set themselves goals for their return to school. Thank you to each and every one for sharing their thoughts and worries with us.

All these resources are available from the links to the organisation that has developed them on the bottom of each page. Or can be sourced through a 'google search'. Please use what you need from this resource to help you and your young person work towards feeling more confident and prepared for returning to school.



# Bullying

Sometimes in school we feel we are being bullied, here are some activities to help you understand what bullying is. It's not easy to stand up to a bully but if you think you are being bullied make sure you tell an adult you trust



Bullying is something that can hurt you on the inside or on the outside. It hurts you on the outside by hitting you and hurting you physically. It hurts you on the inside by name calling, skitting or hurting your feelings.

Bullying is done on purpose, it's not an accident. If someone hurts you during a game by accident that is not bullying, but if every time you played a game they hurt you, or your feelings that would be bullying.

It can aim to hurt a group of people or just one person and can be done by a group or just one person.

Bullying happens more than once. The bully/bullies do it over and over and over again and they can take away your self-esteem and confidence.

Almost everyone will be affected by bullying during their life. This can be as a child or as a young person or it can happen as an adult in work, it can even be as an elderly person in the community.

Nobody deserves to be bullied. **EVER**



# Is it BULLYING?

When someone says or does something **unintentionally** hurtful and they do it once, that's  
**RUDE.**

When someone says or does something **intentionally** hurtful and they do it once, that's  
**MEAN.**

When someone says or does something **intentionally** hurtful and they **keep doing** it-  
even when you tell them to stop or show  
them that you're upset - that's  
**BULLYING.**

Name: \_\_\_\_\_

## Is it Bullying?



Tell whether each situation is a bullying scenario.  
Write "bullying" or "not bullying" on each line.

1. Harold sees a group of girls laughing across the room. He can't hear them and doesn't know why they're laughing.

\_\_\_\_\_

2. Jen sits behind Jeremy in school. She pokes him in the back with a pencil each day.

\_\_\_\_\_

3. Kyle got new braces on his teeth. He doesn't say much all day. Joey says, "Smile so I can see your braces."

\_\_\_\_\_

4. Jose and Bobby won't let Taylor play hide-and-seek with them. Jose says, "We don't play with babies like you."

\_\_\_\_\_

5. Ben sends his friends an email with an untrue rumor about his classmate, Miles.

\_\_\_\_\_

6. Patty has a sprained ankle and she limps when she walks. Bobby and Freddy pretend to limp whenever they see her as a joke.

\_\_\_\_\_

7. Francis is outside and hides behind a tree with a squirt gun. When his sister walks by he squirts her. She laughs and runs away.

\_\_\_\_\_

# MY BULLY

Use this worksheet to share more about your bully.



## MY BULLY DOES THESE THINGS TO ME...

- |                                                               |                                                   |
|---------------------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Hits me (punches, kicks, pinches...) | <input type="checkbox"/> Spreads rumors about me  |
| <input type="checkbox"/> Calls me names                       | <input type="checkbox"/> Leaves me out on purpose |
| <input type="checkbox"/> Makes fun of me                      | <input type="checkbox"/> Gives me mean looks      |
| <input type="checkbox"/> Threatens me                         | <input type="checkbox"/> Does things to annoy me  |
| <input type="checkbox"/> Embarrasses me in public             | <input type="checkbox"/> _____                    |
| <input type="checkbox"/> Takes or breaks my things            | <input type="checkbox"/> _____                    |

## MY BULLY SAYS THESE THINGS TO ME...

## MY BULLY MAKES ME FEEL...

- |                                      |                                  |                                   |                                |
|--------------------------------------|----------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> Sad         | <input type="checkbox"/> Afraid  | <input type="checkbox"/> Stressed | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Angry       | <input type="checkbox"/> Jealous | <input type="checkbox"/> Anxious  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Embarrassed | <input type="checkbox"/> Lonely  | <input type="checkbox"/> Hurt     | <input type="checkbox"/> _____ |

## WAYS THAT I CAN COPE WITH MY BULLY...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_





# BYSTANDER HERO!



A Bystander Hero is someone who sees bullying and does something about it! What are some things you can do to be a *Bystander Hero*?



1

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2

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3

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4

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5

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**YOU HAVE A LOT OF POWER IN GETTING BULLYING TO STOP. THE NEXT TIME YOU SEE ANY BULLYING BEHAVIOR, BE A BYSTANDER HERO!**



# 5 Ways to Handle a Bully





## My Action Plan



**What I've learnt or found useful?**

**What I'm going to do next?**

**Who I can ask to help me!**

## Helpful Links

[www.childline.org.uk](http://www.childline.org.uk) - get help and advice about a wide range of issues, talk to a counsellor online, send *ChildLine* an email or post on the message boards.

[www.cybermentors.org.uk](http://www.cybermentors.org.uk) - A social networking place where you can find out about bullying and what you can do about it and also talk to mentors your own age.

[www.bullying.co.uk](http://www.bullying.co.uk) - bullying at work, cyberbullying, and find out how you can deal with it from leading bullying organisation Bullying UK.

[www.need2know.co.uk/beatbullying/](http://www.need2know.co.uk/beatbullying/) - Helpful articles on how to deal with issues around bullying.

[www.antibullying.net/](http://www.antibullying.net/) - The Anti-Bullying Network is an independent operation with the following objectives: •to support anti-bullying work in schools; •to provide a free website; •and to offer an anti-bullying service which will include the provision of training, publications and consultancy services.

[www.ypas.org.uk](http://www.ypas.org.uk) - committed to supporting young people aged 10 to 25 years in a safe environment with a primary focus on respect and acceptance

[www.education-otherwise.org](http://www.education-otherwise.org) - a UK charity offering information and support to home educating families.

[www.cruelatschool.co.uk](http://www.cruelatschool.co.uk) - website aimed at other families whose children are

