



HIP Psychology

ANTI-BULLYING

BULLYING BEHAVIOUR AND WRONGLY ACCUSING OTHERS OF BULLYING ARE BOTH MEAN.

CONDITIONS OF BULLYING BEHAVIOUR CAN INCLUDE:

1. Deliberately causing hurt to others
2. Generally repeated behaviours (though where serious hurt is caused, single acts can also be classified as bullying)
3. A Power imbalance



TYPES OF BULLYING BEHAVIOUR CAN INCLUDE:

1. Physical
2. Verbal
3. Cyber
4. Emotional (sneaky)



TOGETHER WE CAN BE STRONGER BY:





1. Calling bullying behaviour out
2. Asking others if they are ok
3. Being inclusive of others

HOW WE INTERACT WITH OTHERS CAN IMPACT HOW THEY:



1. Feel
2. Perform on tasks

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Our workshops cater for pupils, staff & parents
 Anti-Bullying (P4-P7) • Resilience (P4-P7) • Excelling With Pressure (P7) • Transitions (P7)