



'The Boy In The Photograph'

ANTI-BULLYING PRESENTATION

PERFORMED BY ROB HIGGS

My Story.....

- ▶ 'The Boy In The Photograph' is *inspired* by my own experiences.....

'THE VICTIM STATE'



Strategies To Help Yourself If You Are Ever Bullied...

- ▶ **Refuse To Stay Silent.** Tell Someone & Report It To School Immediately.
- ▶ **Allow Others To Support You.**
- ▶ **Keep A Diary** – use Kidscape ‘Diary’
- ▶ **Build Confidence, Courage & Self-Esteem** Through Personal Challenge – [Step by Step or ‘Deep End’ approach.]
- ▶ **Acknowledge your emotions.** It’s OK To Feel Angry or Scared. Release the energy in a therapeutic way:
 - ▶ Writing
 - ▶ Performing
 - ▶ Creating

Words Hurt..

- ▶ <http://www.childline.org.uk/Videos/Pages/BullyingDifference.aspx>

ROLEPLAY

LOSER

YOUR MUM..

UGLY

WEIRDO

THICK

FREAK

FAT

I DON'T LIKE YOU.

Examples of Assertive Responses

▶ **Idea 1: Deflect With Humour**

- ▶ "I don't lose all the time"
- ▶ "I don't think I'm ugly but thanks for the opinion."
- ▶ "I'm pretty clever actually"
- ▶ "Thanks so much for telling me that."
- ▶ "Everyone's a bit weird. It's a weird world."
- ▶ "Great banter"
- ▶ "#Drama" or "#Banter"
- ▶ "Oh well" or "That's my life over" or "I don't need you to like me"
- ▶ "My Mum's great, thanks for asking."
- ▶ "I'm just going to write that down...and then not care."

▶ **Idea 2: Broken Record:**

- ▶ "Thanks!..Thanks!..Thanks!.."
- ▶ "Yogurts..Yogurts..Yogurts.."

▶ **Idea 3: Direct Question:**

- ▶ "Is this banter or bullying?"
- ▶ "Why are you saying that?"

▶ **Idea 4: Use a Statement:**

- ▶ "When you call me.....it's been happening a lot and it feels like you're trying to bully me."

Top Tips..

Find 'Presence' to engage the 'Name Caller.'

Visualise The 'Name Caller' as Looking At Themselves In a Mirror.

Prepare Answers That Work For You & Practise Until They Become Automatic.

Practise With Any Names You Dislike To Remove Their Power.



Bystanders and Bullying



“In schools where it is perceived that it is solely the teachers’ responsibility to stop bullying, pupils expected each other to do nothing.

Unfortunately ‘doing nothing’ is seen as supporting bullying by the bully and the bullied.”

Anti-Bullying Alliance

BYSTANDER BEHAVIOURS

- ▶ **ASSISTANTS** – actively support the bully.
- ▶ **RE-INFORCERS** – do not attack but support the bully by laughing along & providing an audience.
- ▶ **OUTSIDERS** – passive bystanders.
- ▶ **DEFENDERS** – actively support those targeted and challenge bullying.

Things You Can Do As A Bystander

- ▶ Choose not to watch or laugh along or provide an audience.
- ▶ Empower the person being bullied. Be friendly to them.
- ▶ Tell the person being bullied that you don't like the bullying. Ask them if you can do anything (e.g tell someone or go with them to tell someone.)
- ▶ Tell the person or people doing the bullying that you don't like it and to stop doing it (but only if this feels safe to do.)
- ▶ Speak up for someone if they are struggling.
- ▶ Report what you have seen to School.



Cyber Bullying..

- ▶ [Http://www.childline.org.uk/Videos/Pages/Facebook-bullying.aspx](http://www.childline.org.uk/Videos/Pages/Facebook-bullying.aspx)

TIPS FOR ONLINE SAFETY

- ▶ **Respect others:** be careful what you say, what images you send and resist peer pressure.
- ▶ **Think before you send.**
- ▶ **Read things twice!**
- ▶ **Keep it private!** Limit who can contact you and who can see your content.
- ▶ **Block the bully:** learn how to block or report someone who is behaving badly.
- ▶ **Don't retaliate or reply.**
- ▶ **Save the evidence.**
- ▶ **Make sure you tell.**
- ▶ Source: Childnet International.



Tips for Re-Building Confidence After Online Bullying..

<http://www.childline.org.uk/Explore/Bullying/Pages/Building-confidence-after-online-bullying.aspx>

The Inner Voice

- ▶ A simple exercise for building your self-esteem.
 - ▶ Step 1: **FIND QUIET**
 - ▶ Step 2: **TUNE IN**
 - ▶ Step 3: **LISTEN**
 - ▶ Step 4: **SAY 'STOP'**
- ▶ Train your 'Inner Voice' to be encouraging!



Where To Find Support...

- ▶ www.childnet.com – ‘Skills School’ – videos and guides that teach you to stay safe online.
- ▶ www.thinkuknow.co.uk – Advice plus ‘Report Abuse’ button. Twitter: @CEOPUK
- ▶ www.kidscape.org.uk – Training courses and free advice online or Twitter: @Kidscape.
- ▶ www.childline.org.uk - Advice online or phone 0800 1111 (open 24 hours a day, every day).
- ▶ www.anti-bullyingalliance.org.uk – Advice, Current Research and Case Studies. Twitter: @ABAonline.

Workplace Bullying

- ▶ Being constantly criticised, having duties and responsibility taken away without good reason.
- ▶ Shouting, aggressive behaviour or threats.
- ▶ Being put down or made to feel like the butt of the jokes.
- ▶ Being persistently picked on in front of others or in private.
- ▶ Being constantly ignored, victimised and excluded regularly.
- ▶ Constantly mocking and attacking members of staff.
- ▶ Spreading malicious rumours about members of staff.
- ▶ Misuse of power or position to make someone feel uncomfortable or victimised.
- ▶ Making threats about job security without any basis or substance.
- ▶ Blocking promotion or progress within the workplace.

Support For Workplace Bullying

- ▶ Free Advice from BullyingUK
 - ▶ www.bullying.co.uk
 - ▶ Twitter: @bullyinguk

Thankyou!

- ▶ Follow on Twitter @Higgs_Rob or visit online at www.roberthiggs.co.uk

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Presentations**