

# Bullying - What's the point?

Aim: To understand what others feel like when being bullied.

Key Words: Bullying, verbal, physical, racism.

Have you ever been bullied? Bullying can be done in many different ways. Here are some:

- Ø Name-calling (verbal abuse)
- Ø Fighting (physical abuse)
- Ø Racism

## **Name Calling:**

Name calling is one of the easiest ways to get away with bullying. You may call people some rude and immature names and you think that they are taking it as a joke but they don't always think it is a joke. They may be scared to tell you that you are hurting them in a verbal way. We know that name-calling doesn't hurt people physically but it is still bullying. Have you heard this before:

*"Sticks and stones may break my bones but words will never harm me".*

You must have heard that saying through your life. Well that is total nonsense. Sticks and stones may break your bones (as in a bullying way) but words **will** harm me (as in a bullying way). Unnecessary words can harm you. So, if you are being called names **you must** see your parents, teachers or other relatives. Do not let them get away with it, do not call them names back as this can make the situation worse.

## **Fighting (physical abuse)**

This is more serious than name calling - this is far worse. Most people have been hurt in a "physical" way throughout their life. Why do **you** think this is more serious? Well this can go **too** far. When somebody has had enough they can do something really stupid that you'll keep regretting throughout your lives. This can be taking drugs, running away from home, not coming to school and even committing suicide. These are all serious. You could end up in court if you have left really bad marks on people. Just think about what that person wants.

Remember fighting gets you nowhere - it will just make the whole situation worse.

### **Racism**

Racism is when you are being horrible about where that person has come from, what that person looks like and what colour the person is. This is also serious. When you fall out with someone who is a different colour don't call them rude things because they are black/white. You wouldn't say that if you were the same colour as them. Every human being is the same. Black people can be racist to, so this would apply to them to. Remember you could end up in court for being racist to someone. It is best to settle the problem rather than being racist.

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**In the space below write down what you have seen from somebody being bullied in any of the three ways above:**

**Do you think we have achieved the aim?**