

Understanding Bullying

by David Neilands

THE SIGNS

- Person just changes
- Less boisterous
- Spends more time alone
- Mood swings - low periods
- School a no-go area of discussion

BULLY CHARACTERISTICS

- They can shout or whisper
- Act or merely threaten
- Be open or secret
- Damage people or possessions
- The damage can be immense
- The person being bullied may/may not know why!
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THE EFFECTS OF BEING BULLIED

- Fear
- Anxiety
- Withdrawal
- School Phobia
- Low self esteem
- Under-Performance
- Acute unhappiness

FACTS ABOUT BULLYING

- Where the bullying occurs at school, a child may find a church group leader a safe person to talk to.
- Bullying isn't just an issue for school to deal with.
- We might be able to help explore the reason for their behaviour and assist them to stop.
- Bullying is usually covert and can be happening under our noses.
- Have they told anyone about it? Experience shows that bullying can be stopped, the bully punished and the bullied protected.
- If the bullying is taking place in or around your group sessions, you have a duty to take action yourself.
- A child may feel trapped by a bully's threats.
- It may be hard but, if the victim remains, the experience may enrich and strengthen them.
- Solve it rather than shake it off.