

The Anti-Bullying Alliance has produced this resource for schools. It is important that the school community have a shared understanding about what bullying is and what is relational conflict. This resource can be used in the classroom, with groups of young people, parents and school staff to achieve this aim.

ABA has a wealth of resources on our website specifically about bullying. School staff can also complete our online training which has a specific module called 'What is bullying?'. This online training is free to complete until April 2016.

## THE ANTI-BULLYING ALLIANCE DEFINES BULLYING AS...

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

Activity for school staff, parents and pupils. Based on ABA's definition of bullying decide whether the following incidents are:

- BULLYING •
- NOT BULLYING •
- NEED MORE INFORMATION •

## IS IT BULLYING?

1. Jenny tells Tony that if he doesn't give her his dinner money she will beat him up.
2. Dena keeps telling Susan to wear deodorant.
3. Holly and Jasmine have fallen out over a boyfriend and Jasmine refuses to speak to Holly.
4. Each time Ramon walks into a class a group of pupils giggle and whisper to each other.
5. Terry spits into a can of cola and says he will make Jake drink it.
6. Tania and Susan won't let Rachel play with them.
7. Joel and Dean have had an argument. Joel kicks Dean's bag across the floor.
8. Peter accuses Rashid of stealing his game and they have a fight in the corridor.
9. John has a disability which means that he cannot always control his movements. When he gets excited his hands jerk up. A group of boys mimic him whenever he tries to join in the football game.
10. Abdul has autism and gets anxious about the rain when in the playground. Other pupils and a member of lunch time staff often tell him they can feel rain to wind him up.
11. Dean's parents have split up. Mark tells everyone in the class and on social media sites.

(Adapted from materials by Sonia Sharpe, used in the DfES Sheffield anti-bullying project) –  
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