



# Plymstock School



Right, Responsibilities  
and  
Respect



1215915916

How can  
being  
united  
help us be  
better?



<https://youtu.be/e8e7NRIk4AA>

What  
**rights** do  
we have  
as a child  
or young  
person?





At Plymstock School  
every individual has  
the right to.....

- Feel and be safe (physically and emotionally)
- To learn
- To be respected and valued
- To be treated fairly

# 4 Types of BULLYING

## PHYSICAL Bullying

Hitting, kicking,  
slapping, pinching,  
spitting, tripping,  
pushing, blocking

Stealing or destroying  
someone's possessions

Making mean or rude  
hand gestures

Touching in unwanted  
and inappropriate ways

## VERBAL Bullying

Name calling

Insults

Teasing

Intimidation

Homophobic or  
racist remarks

Inappropriate sexual  
comments

Taunting

Threatening to  
cause harm

## SOCIAL Bullying

Lying and spreading  
rumors

Leaving someone out  
on purpose

Telling others not to be  
friends with someone

Embarrassing  
someone in public

Damaging someone's  
social reputation or  
relationships

## CYBER Bullying

Posting/sending  
hurtful texts emails or  
posts, images or  
videos

Making online threats

Imitating others online  
or using their log-in

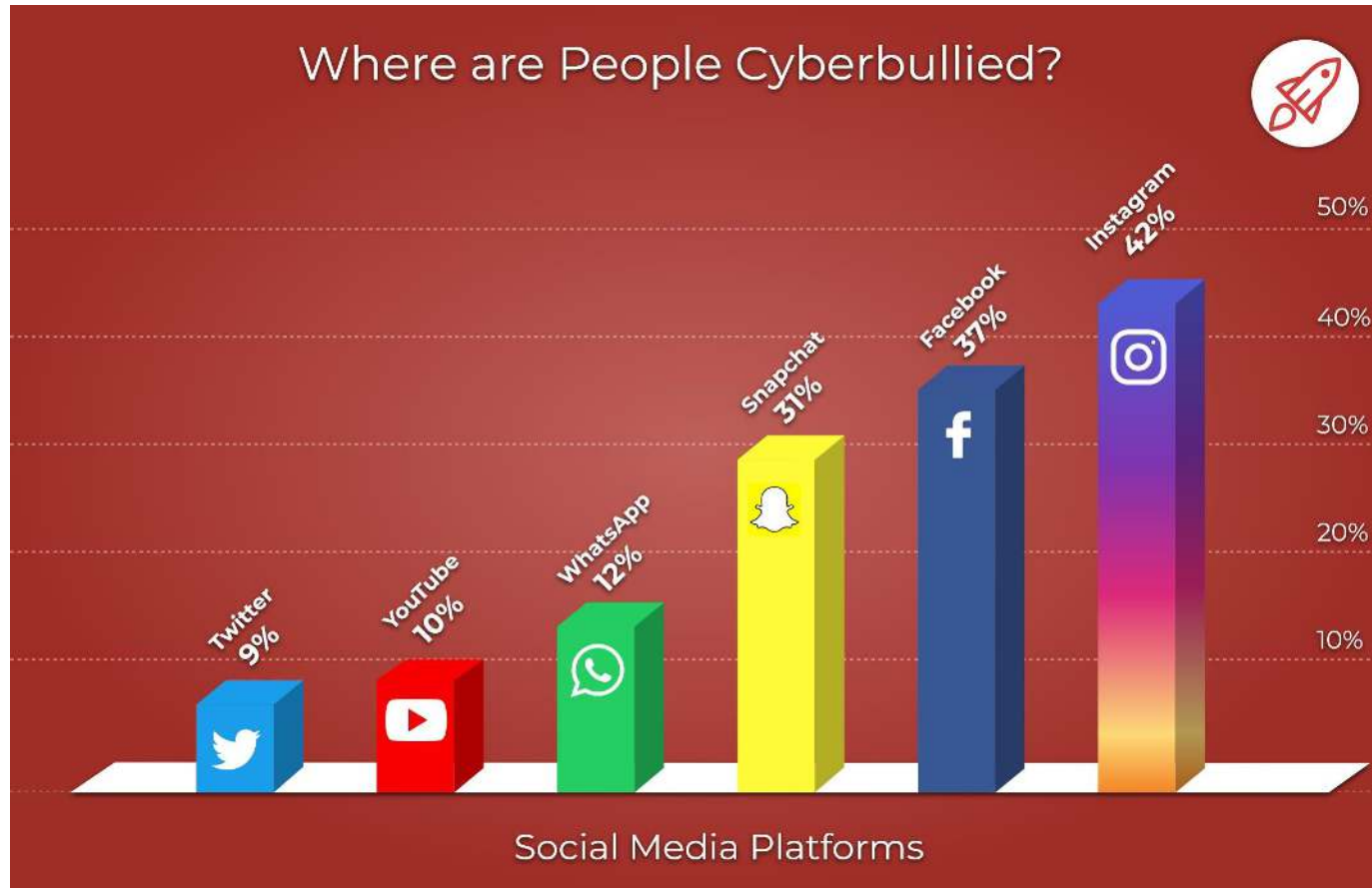
Deliberately excluding  
others online

Spreading nasty  
gossip or rumors  
online

# Cyberbullying



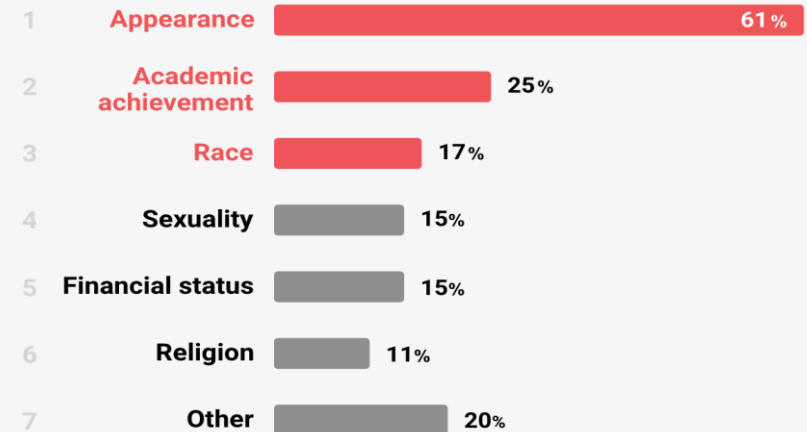
# Cyberbullying



## Reasons for cyberbullying



Teens who report being bullied say it was because of their:



Source: nveee.org

firstsiteguide.com

# Bullying as a group behaviour

**The ringleader** – Starting and leading the bullying but not always the person ‘doing’ the bullying.

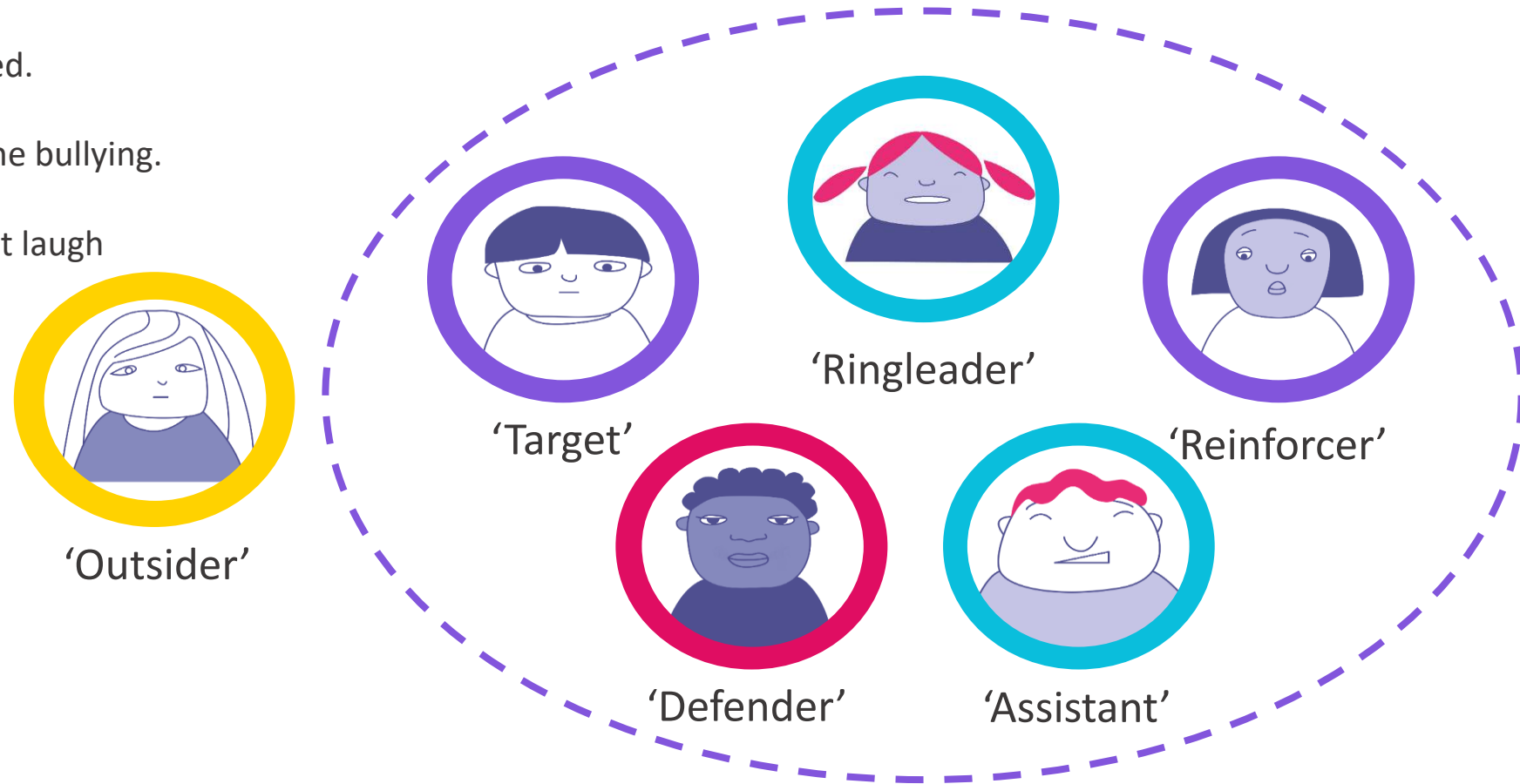
**The target** - The person who is being bullied.

**Assistant(s)** - Actively involved in ‘doing’ the bullying.

**Reinforcer(s)** - Supports the bullying, might laugh or encourage other people to carry on what is going on.

**Defender(s)** - Stands up for someone being bullied. Knows that bullying is wrong and feels confident enough to do something about it. This might involve talking to an adult in school.

**Outsider(s)** - Ignores any bullying and doesn't want to get involved.







**Say it** - tell your parents, tutor, teacher, head of year, pastoral support assistant or any trusted adult

**Share it** - your problem will be taken seriously

**Solve it** - restorative justice or sanctions which will make it stop!

**Say NO to bullying!**

**No one** has the right to hurt you  
or make you feel bad.



Unkind behaviour is **NOT** acceptable.  
**TELL** someone straight away!