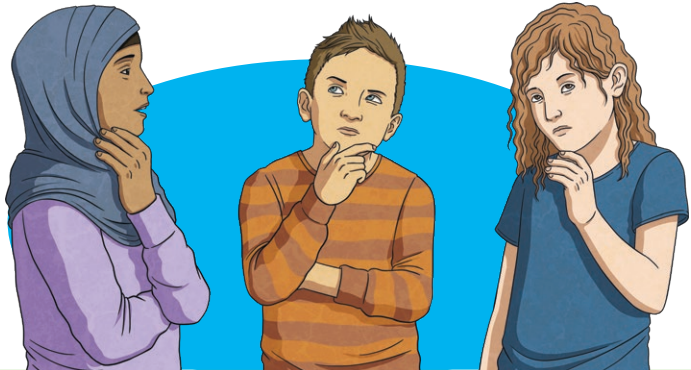


Bullying Discussion Cards



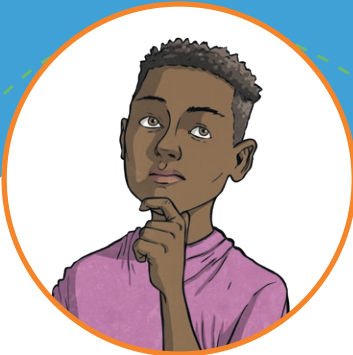
1. Bullying is the ongoing act of deliberately hurting another person with words or actions.

What do you think of bullying? How do you feel about it happening?



2. There are four main types of bullying - physical bullying, verbal bullying, social bullying and cyberbullying.

What do you know about each of these? How are they similar and how are they different?



3. Physical bullying involves someone being hurt by a physical movement such as hitting, kicking, punching and other physical actions.

What should you do if you see someone physically bullying another person?



4. Verbal bullying involves someone being hurt by negative or unkind words such as teasing, name-calling or saying other nasty things.

What should you do if someone verbally bullies you?



5. Social bullying is defined by people bullying others in a social situation. These can include leaving someone out, saying mean things behind someone's back or spreading rumours.

What should you do if you see someone socially bullying another person?



6. Cyberbullying involves someone being hurt through the Internet. This can include sending nasty messages while online, logging into someone else's account or posting photos or videos of someone else without their permission.

What should you do if someone is cyberbullying you?



7. Bullying often occurs when a person appears different from others, in the way that they look, sound or act.

Why is everyone different and what is the beauty in differences?



8. Some bullies will bully out of jealousy. Jealousy is a horrible emotion to feel.

What is jealousy? Have you ever felt jealous? How could you deal with jealous feelings in a more positive way than bullying?



9. Victims of bullying often feel defenceless and as if they can't do anything to change their situation.

What is something you could do if you are being bullied, but you are scared that your actions could make things worse?



10. Being kind to others is a very powerful way to stand up to bullies.

When has someone been kind to you? How did it feel?



11. A bystander is someone who is present during the bullying behaviour but they are not the bully or the victim. Sometimes the bystander stays silent and does not bully or does not help the victim.

Have you ever been a bystander? Could you have done something differently?



12. An upstander is someone who tries to stop bullying behaviour. When an upstander sees bullying behaviour they will support the person who is being bullied.

Have you ever been an upstander? In what ways can an upstander help?