

TEMPLATE



WELCOME

Nick Fogarty and Cleo Nester
Unique Voice Facilitators

Bullying relationships involve an imbalance of power characterised by repeated, deliberate behaviour towards others that causes physical and/ or psychological pain.

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sharing pinching contact exploitation
humiliating kicking poking unwanted
tormenting unkind name messages
undermining threatening abusive
teasing calling isolating pushing biting
shaming excluding hitting ignoring photos
spreading gestures controlling
social rumours criticising stealing
belittling trolling sarcasm exclusion
inappropriate physical touching



Perpetrator



Victim



**Bystander/
Up-stander**



**Trusted
Adult**

Who is at Risk?

Bullying can happen to anyone at any time. However, some factors can unfortunately mean that someone is more likely to experience bullying:

- Mental Health Conditions
- Additional Learning Needs
- Differences in Race, Religion or Culture
- Sexuality and Gender Identity
- Low Self Esteem
- Disability
- Home Situation (e.g. Growing up in care, Parental separation)

Signs of Bullying

Losing Friends
Aggression
Bullying Others
Doing Less Well at School
Loss of Confidence
Anxiety
Lost or Damaged Belongings
Sleep Problems
Running Away
Secrecy around Devices
Reluctance to go to School or Club
Eating Disorders
Skipping School
Injuries
Feigning Illness
Self Harm
Withdrawal

Our Approach



“It’s not our job to toughen our children up to face a cruel and heartless world. It’s our job to raise children who will make the world a little less cruel and heartless.” - L.R. Knost



Starting a Conversation about Bullying



Reporting bullying at school or at an extracurricular club



Reporting on social media and gaming



Resolving bullying situations

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Building confidence,
resilience and self-esteem



The role of Trusted Adults



Our role as Trusted Adults.

What is our role?
The role of Trusted Adults
How can we be present for the children in our care?

TRUSTED RELATIONSHIPS

ACCESSING ADDITIONAL SUPPORT

- Anti-bullying Alliance
- Bullying UK
- Childline
- The Diana Award
- Internet Matters
- Kidscape
- The UK Safer Internet Centre
- UK Council for Child Internet Safety
- National Children's Bureau
- NSPCC

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THANK YOU