

THE BYSTANDER/OBSERVER: NEEDS TO STAND UP! AND SPEAK OUT

As an observer or witness to a bullying incident, your response can either contribute to the problem or to the solution. You become part of the problem if you watching, doing nothing, cheering, laughing, keeping quiet, walking away, passing weapons into the fight and calling others to watch the fight. Such actions encourage the bully to continue with the aggressive behavior. You become part of the solution by joining the 'Anti-bullying Crusade'. You should rather report the incident to an adult or teacher, call for help, discourage the bullying and spread the word of non-violence and peace.

The following are suggestions to follow if you witness a bullying incident:

- ★ If it is safe, try to intervene and stop the bullying incident. However if the situation is life threatening or dangerous, do not put yourself in any danger. Report the matter to an educator or the office. If no authority figure is available to assist, seek the help of prefects or older responsible learners, school security or call the police
- ★ Do not laugh, giggle, point, encourage the fighting in any way, pass weapons to the bully, call other learners to see the fight or make comments from the sidelines. This can make you an accomplice to the bullying incident, which may be criminal in nature.
- ★ Do not photograph or video record the fight for the purposes of posting on social media. This will incriminate you in court. Also if you see any mean, violent or abusive type of post on social media, do not "like" or "share" or "re-post" these comments, pictures or video clips. This only spreads the incident causing wide spread harm and embarrassment to the victim. YOU will also be perpetuating the crime.
- ★ Encourage the victim and perpetrator to seek help.

Join the Anti-Bullying Crusade by pledging that:

- ★ I have an obligation to report bullying, no longer will I be silent
- ★ I know that silence and non-action is participation
- ★ I know, that everyone deserves respect
- ★ I am ready to help the bully to stop this harmful behavior
- ★ I am ready to help the victim to stand up and speak out
- ★ I am cyberwise, and I don't repost abusive comments or video clips.
- ★ I am all for peace and harmony

CONTACT NUMBERS FOR HELP

KZN DEPT OF EDUCATION HOTLINE(08h00 - 16h00)	0800 204 353
EMERGENCY CALL	10 111
CHILDLINE (TOLL FREE)	08000 55 555
CRIME STOP	08600 10 111
LIFELINE	0861 322 322
GENDER BASED VIOLENCE (DSD HOTLINE)	0800 428 428



MY EDUCATION COMES FIRST

spread The word of non-violence & Peace

CARE, NOT SCARE SERIES

PREVENTION OF BULLYING AND AGGRESSIVE BEHAVIOUR IN SCHOOLS



education:

Department:
Education
PROVINCE OF KWAZULU-NATAL



JOIN THE ANTI-BULLYING CRUSADE!



STOP BULLYING
STAND UP! SPEAK OUT!



HOW DO I KNOW IF SOMEONE IS A BULLY?



A BULLY IS SOMEONE WHOSE **REPEATED** BEHAVIOR IS INTENDED TO DELIBERATELY HURT AND HARM YOU.

Acts of bullying

Physically aggressive/violent acts.	Example:- Fighting, hitting, kicking, tripping, pinching, holding, stabbing and shooting.
Verbal aggression	Example:- Swearing, insulting, teasing, taunting, spreading of rumours, making discriminatory remarks and constant use of dominating or controlling language.
Coercion and manipulation	Example:- isolating and humiliating you, using a position of power to control and harm you. Posting embarrassing information, photos, negative comments, threatening messages, false information on social platforms like Facebook, WhatsApp and Twitter.

Where does bullying occur?

- ★ Bullying occurs inside and/or outside of school
- ★ In school bathrooms, during breaks, bus/taxi ranks, pathways, after school activities, sports ground, classrooms and on social platforms.

Who needs support?

- ★ To stop bullying in schools, support needs to be given to the **VICTIM**, the **BULLY** and the **BYSTANDERS**.

THE VICTIM: WHAT SHOULD YOU DO IF YOU ARE BULLIED:

- ★ If you are in real danger, walk/run away. Get away to a safe area as quickly as possible. If you are hurt get help and medical assistance immediately.
- ★ Tell your parent, teacher or a trusted adult, who was involved, where, when and what happened. If you don't want to talk to your teacher or parents, call one of the helplines listed in this pamphlet.
- ★ Don't blame yourself, it is not your fault.
- ★ Counseling can help you to build up your confidence and will give you strategies to protect yourself.
- ★ Try to stay in safe areas in the school during breaks where there are a number of other learners.

- ★ If you travel by transport, try to sit near the driver. If you walk to school, change your route and times of travel, always walk with friends.
- ★ If you have a cellphone, only share your number with friends and people that you trust. If you receive threatening messages or emails report it to your teacher, parent, a trusted adult or service providers. Block or unfriend the bully on your social network accounts, instant messages and email. Do not delete these messages, you may need them as evidence.
- ★ Think about what you post and who sees what you post. Nothing on social platforms is private. Check and edit your privacy settings.
- ★ Remember, that bullying is a crime and you can lay a charge against the bully.

NO CHILD IS BORN A BULLY. IT IS A LEARNED BEHAVIOUR. BULLIES MAY NEED HELP TO MANAGE ANGER, HURT, FRUSTRATIONS, OR OTHER STRONG EMOTIONS.



THE BULLY: WHAT SHOULD YOU DO IF YOU THINK YOU MAY BE A BULLY

- ★ Remember you can get help to bring about behaviour change. You as a person is always valued and respected, it is the behavior that needs to be changed. Get help, call the helplines listed in this pamphlet or talk to an adult. The professionals are here to help you achieve behavior change
- ★ Recognising the reason for the bullying behaviour, wanting and seeking help are the first critical steps to behaviour change. In therapy think deeply and explore what made you start bullying? Why you ended to bully another person? How does bullying a person make you feel? How do you think the victim feels when you attack them? What do you need to do in order to stop bullying?
- ★ Keep all the appointments you made with the helpline and professionals. Commit to developing a plan on how to change your behavior. Remember bad choices will not stop on it's own.
- ★ Develop a plan to work on issues and trigger situations for your bullying and aggressive behaviours. Follow the plan. If you start experiencing successes, celebrate.
- ★ If your behavior is slow to change and you feel upset or angry. Do not give up on your commitment to change your behavior choices. STOP! take a deep breath, stay calm and THINK. Think about your decision to stop bullying and aggressive behaviour. Choose PEACE and HARMONY.