

# The workshop

## „Bullying – what it is, how to react”

### Ice breaking

Prepared by  
Fundacja Bądź Aktywny

*Belgium, February 2018*

# Why an ice breaking is important?

- Learn the names
- To let know people one another, quickly, better
- To boost energy before meeting, activity
- To create better team work
- To be more open
- To have good fun, good mood
- etc.etc.....

# Original thing

The exercise let know the participants more about others persons in the group. Usually people have the problems to describe themselves. This way, they can do it easier.

The things, which we propose are ordinary, we use it everyday, usually we think the things are the same, boring. Somebody can think that most of the people are the same.

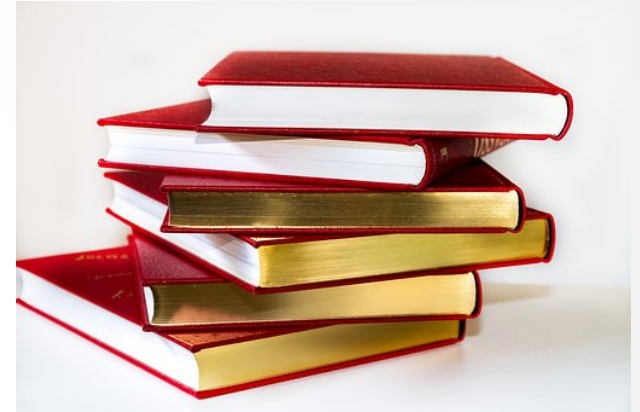
This way we can show, that everybody is original and unique.

# The example

- Choose the thing
- Think about it about 5 minutes, how to describe the thing like your person, you can make notice
- Tell another about yourself- *„I'm a pot. I'm electric pot, because I'm fun of new technology. I like stay alone on the table, because I don't like company. I more often feel half empty, than half, because I'm the pessimist..."*



# Let's start



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Thank you for your cooperation



# Now...



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# The sources used in the presentation

- <http://www.ilsc.com/blog/2014/08/5-reasons-us-e-ice-breakers-warm-exercises-esl-classroom/>
- <https://pixabay.com/pl/>



# The workshop „Bullying – what it is, how to react” Part I

Prepared by  
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# What is a bullying?

**Bullying** is the use of force, threat, or coercion to abuse, intimidate, or aggressively dominate others.

# What is a bullying?

**Bullying** ranges from one-on-one, individual bullying through to group bullying called **mobbing**.

# The relation between bullying and mobbing

**Mobbing** is the term used to describe a variety of behaviors in the workplace that amount to emotional abuse. It can be used by workers of a fellow employee or employees. The mobbing perpetrators can be colleagues, superiors or subordinate.



# The types of bullying

- Individual
  - Physical
  - Verbal
- Cyber-bullying
  - Relation

# Verbal bullying

Verbal bullying

is saying or writing  
mean things, cruel words.

## Verbal bullying includes:

- ➔ Teasing
- ➔ Name-calling
- ➔ Inappropriate sexual comments
- ➔ Taunting
- ➔ Sarcasm
- ➔ Threatening to cause harm
- ➔ Some jokes

# Social bullying

Social bullying,  
sometimes referred to as relational bullying,  
is deliberate, repetitive and aggressive social behavior  
intended to hurt others.



# Social bullying includes:

- Leaving someone out on purpose
- Telling other persons not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

# Physical bullying

## Physical bullying

involves hurting a person's body or possessions.

This is the first step to physical violence.

# Physical bullying includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

# Cyber bullying

## Cyberbullying

is bullying that takes place over digital devices like cell phones, computers and tablets.



# Cyberbullying includes:

- sending provocative insults
- Sending (publishing) racial or ethnic slurs,
- Posting rumors and sexual remarks in social media, mails, sms
- Using pejorative labels
- Verbal gay bashing,
- attempting to infect the victim's computer with a virus
- flooding an e-mail inbox with messages

# Parental bullying of children

The culprits of bullying can be the parents. They can displace their anger, insecurity, or a persistent need to dominate and control upon their children. This way their own children will in turn become overly aggressive or controlling towards their peers.

# Prison bullying

The prison's environment can be place for bullying, because the complication is the staff and their relationships with the inmates. It can be of different levels:

- Inmate bullies inmate
- Staff bullies inmate
- Staff bullies staff
- Inmate bullies staff

# Disability bullying

The disabled people  
are especially affected by bullying and abuse.  
They can become victims in many situations  
(home, school, work, street, local environment)  
easier than others people.



# Remember!

accidentally, recklessly  
**you**  
can be  
bully  
too

# Before you speak...

- **T** – is it truth?
- **H** – is it helpful?
- **I** – is it inspiring?
- **N** – is it necessary?
- **K** – is it kind?

# How to react for bullying?

- Avoid the bully whenever possible
- Ignore any inappropriate behavior
- Use sense of humour
- Confront someone with whom you spend time with regularly
- Speak to a superior or someone who can help
- Show strong, positive signals

# We use the sources

- <https://www.stopbullying.gov/what-is-bullying/index.html#types>
- <https://www.gov.uk/discrimination-your-rights>
- <http://www.bullyingstatistics.org/content/bullying-parents.html>
- <https://www.overcomebullying.org/mobbing-bullying.html>
- <https://www.wikihow.com/Respond-to-an-Adult-Bully>
- <https://www.stopbullying.gov/cyberbullying/what-is-it/index.html>



Co-funded by the  
Erasmus+ Programme  
of the European Union

# The workshop

## „Bullying – what it is, how to react”

### Part II

Prepared by  
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*Belgium, February 2018*

Erasmus+ project "Violence - Important Problem"

# Bullying

The perpetrators:

partners, colleagues, children, parents, co-workers and people who we meet very often.

## How to react?

# Good advices

- Ignore the words and walk away.
- find a friend who'll be with you.
- Talk about it – that's not fair, that it hurts you.
- Do things you're good at to build your self-esteem.
- Practice positive self-talk.
- Remaind calm.
- Compliment them. This way to suprise them. This will throw them off because it is completely unexpected. Try to make the compliment, which you sue, will be related to the insult that they gave you.

# Example 1

Tell the persons that what they said hurt you.

- The person says:

„Your T-shirt is horrible and unfashionable”

„You are the worst member of the team”

- Your answers can be:

„You hurt my feelings. Is it your aim?”

„Is your or others members opinion about my work?”



# Example 2

Change the topic of conversation.

- The person says:

„You never know anything”

- Your answer can be:

„Do you read the book about wild animals' behaviour”?

„Have you seen any good film about war in tv?”

# Use Body Language

- Look the bully in the eye and the person to stop. Using direct, assertive communication and body language is the best way to address a bully.
- If a bully continues to attack you even after you have walked away, then tell the person that you will not put up with the behavior. Turn and face the bully and tell "stop do it".
- Tell your request short and direct, use calm and clear voice.
- If you seat, stand up tall and face the bully. Look the bully in the eye when you are speaking to them. Don't try to make yourself smaller, such as by folding your arms or bringing your knees in close to your body. Pull yourself up to your full height, keep your arms at your sides, and your feet about shoulder width apart.

# Try to make the conversation- you can add or change something

a- how do you look today?

b- what is wrong? what don't like?

a- you looks like an idiot!

b- me? you looks like an idiot

a- you haven't looked like an idiot, only, you speak stupidly

b- you are not so clever too

a- probably, but I look better than you

a- how do you look today?

b- I like my appearance and it's the most important for me

a- but I don't like your style, it's stupid, you looks like an idiot

b- you don't have to like my style, it's the most important I like it

a- you are fool!

b- may be sometimes i tell something what you think it's stupid, but I like you anyway

# Verbal violence in public situation

The perpetrators in public area:

pedestrians, people on the street, drivers,  
people in the pub, sport fans, etc.

# How to react?

- When people begin to insult you, start think about another place, more friendly, pleasant (like a garden).
- Start thinking about what you're going to eat, to do, to travel.
- You can focus on the actual conversation.

# How to react?

Keep your distance,

don't be too close, walk away.

Don't show your emotions to the abuser.

# How to react?

**Pretend that you didn't hear the insult.**

If they ask you if you heard them, tell them that you didn't.

If they repeat the insult up again, say "I didn't hear you".

# How to react

## **Make a joke out of the situation.**

If someone insults you, find a way to make the situation funny. You do not need to insult them back to do this.

Laughter can also help you to feel better.



# The exercise:

- You tranny freak, you shouldn't be allowed to walk the streets!
- fuck off back to your own country
- You fucking idiot, don't look at me.
- Your reaction:

# We use the sources

- <https://www.wikihow.com/Deal-With-Verbal-Bullying>
- <https://www.galop.org.uk/verbal-abuse-in-public/>
- <https://www.wikihow.com/Respond-to-Verbal-Abuse>