**Tuesday 12th November**

**Anti-Bullying Week: Change Starts With Us**

As a morning activity, we were given a poem to read (‘Back to The Playground Blues’ by Adrian Mitchell). We had some questions to answer after reading the poem. We were asked about the theme of the poem, what ‘The Killing Ground’ was and we were asked to list as many different kinds of bullying behaviour as we could. We then discussed these bullying behaviours and how they needed to meet a certain criterion to be considered bullying (we argued that these incidents could happen as an isolated incident, but this doesn’t make it bullying). Here are some of the bullying behaviours we identified:

* Hitting / punching / smacking / scratching
* Unkind words / name-calling
* Swearing
* Kicking / stomping on someone’s feet
* Making fun of someone
* Deliberately making life hard for them (kicking away equipment, etc)
* Spreading rumours
* Talking about someone behind their back
* Leaving someone out
* Pointing and whispering
* Biting / scratching
* Spitting
* Threatening

We discussed the fact that, every now and again, someone might carry out one of these behaviours for one reason or another (bad mood, making a bad choice, reacting badly to a situation, etc). What we did say was that for these behaviours to be classed as bullying, certain criterion need to be met. These were:

1. **Deliberate** – an act of bullying can only be considered such when an individual is doing something on purpose to hurt or offend someone.
2. **Targeted** – this means that only a specific person / persons are at the receiving end of deliberate acts of aggression or unwanted, negative behaviour.
3. **Repeated** – one-off incidents cannot be classed as bullying as they could have happened as an isolated incident and could be down to poor judgement, making bad choices, someone being in a bad mood or just generally being unkind.
4. **Imbalance of power** – this means that there is usually a feeling of intimidation on the part of the victim: perhaps a taller bully picks on a smaller victim, or someone who is perceived to be more popular uses their power to stop others being friends with a victim.