



Vyners School

Striving for  
Excellence

# Healthy Relationships

Year 7



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## Season 1 - Anti-Bullying



Healthy Relationships

PSHE



## Keywords

**Bullying:** The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological. It can happen face to face or online.

**Bystander:** a person who is present at an event or incident but does not take part, but also doesn't intervene.



## Bullying

Bullying may take a variety of forms, and may be used all together or separately. Some people use words to bully people, **such as calling them names** or teasing them.

Other people may actually spread **false rumours about people**, or ask other people to **ignore that person**, or may even use **comments online to hurt them**.

Some other people may actually **hit or punch other people**.

**There are three main types of bullying: Verbal, Emotional Bullying and Physical Bullying.**



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Get thinking:

**What is the difference between a bystander and a upstander?**





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## What would an Upstander do?

**Join the Bully**

**Ignore the Bully**

**Show they approve**

**Stop it and support**



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## **Upstander:**

**Someone who helps the person being bullied. This might be by reporting it to the teacher, asking if they're alright after the incident or, if it's safe and won't escalate the situation, saying they don't think it should be happening at the time.**



## Bystander or Upstander?

Janine is gaming and hears someone one day telling another person to 'go kill themselves'. This happens every time the person logs on. She just signs off when he signs on.

**Alfie posts a mean picture of Tom on Instagram. Lots of people like the picture and are posting mean comments underneath it. Sami sees this and reports it to Instagram.**





## Bystander or Upstander?

Freddie sees that Isaac has been subjected to lots of tweets all making 'jokes' about the way he answered a question at school. Freddie sends Isaac a message to say that she thinks he's great and to ask if he's ok.

Joe's friends tell him they are sending mean emails to Kayleigh on the school email system. Joe reports this to Kayleigh's form teacher.

Simrin is hanging out with his friends after school and they start sending nasty WhatsApp messages to one of his classmates. Simrin doesn't feel comfortable about it but he doesn't say anything



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## Reflection

Consider how you could be Upstander if you were in a situation where you witnessed bullying in person or online.