

Bullying Detox



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Introduction

Welcome to the Anti-Bullying Detox booklet!

This is a booklet made by young people from the Anti-Bullying campaign group at the Kent Youth County Council (KYCC), who want to make a difference for people across Kent.

We called this booklet “Bullying Detox” with the main focus of the booklet being to create awareness of the different roles in the bullying process, as well as giving young people the opportunity to participate in different activities and gain more information about bullying.

We actively encourage adults and children to read through this booklet and take time for reflection of the contents.

We also encourage you to take a look at our previous ‘Anti-Bullying Ambassador’ booklet which is a tool to train young people to tackle bullying within their schools.

#BullyingorBanter

Messages from KYCC and KCC Members

Welcome to KYCC's brand new Anti-Bullying Booklet which we have called the Bullying Detox. Over the past 2 years, the anti-bullying campaign have been hard at work putting together our Anti-Bullying detox booklet as a way of providing training and support when handling bullying. We have enjoyed every moment of bringing this booklet to life and hope that this book gives you the information and support which is needed to help reduce the level of bullying which is seen in Kent.

Eleanor, Chair of the Anti-Bullying Campaign 2018

Helping to work on this booklet has been an amazing journey, we hope this resource will embed in communities to make our schools, youth clubs and community environment a safer and more enjoyable place.

Jenn, Chair of Kent Youth County Council 2018

Bullying comes in many shapes and forms – and its prevalence is hard to ignore. Bullying is intended to harm and humiliate – and it hurts. The consequences for victims – depression, anxiety, low self-esteem and poor academic achievement amongst other things – are simply not acceptable.

Nobody has the right to bully and I am very proud of the work being undertaken by KYCC – as anti-bullying ambassadors they are staring bullying straight in the face and refusing to be bystanders. I know that the booklet will be an immense aid to other young people, schools and families.

**Shellina Prendergast, Deputy Cabinet Member –
Children, Young People and Education, Kent County Council**

Trainer Information

Before taking part in the Bullying Detox, it is important to remember to treat everyone you are helping with respect and understanding- whether they are the victim of bullying or the bully themselves as it is important to consider most people who bully have not intentionally become this way.

The aim of being a bullying detox trainer is to help both the bullies and the bullied. Please read through the booklet before using it or trying to train others to familiarise yourself with the activities and to give yourself the opportunity to adapt any activities if you believe it is necessary.

We want this booklet to inspire a positive change in people's lives, and we believe this is more likely to happen if you, the trainer, utilise the material within this booklet. However, we also encourage you to add any activities to the training booklet which you may already use or that you believe will be useful when training new bullying detox trainers.

Activity: Feelings

For this activity, make a list of the different emotions which both a victim may feel when they have been bullied and how the bully may feel when they bully someone. Some examples have already been placed below. Discuss with a partner the feelings you've put below and why the victim or bully may feel them.

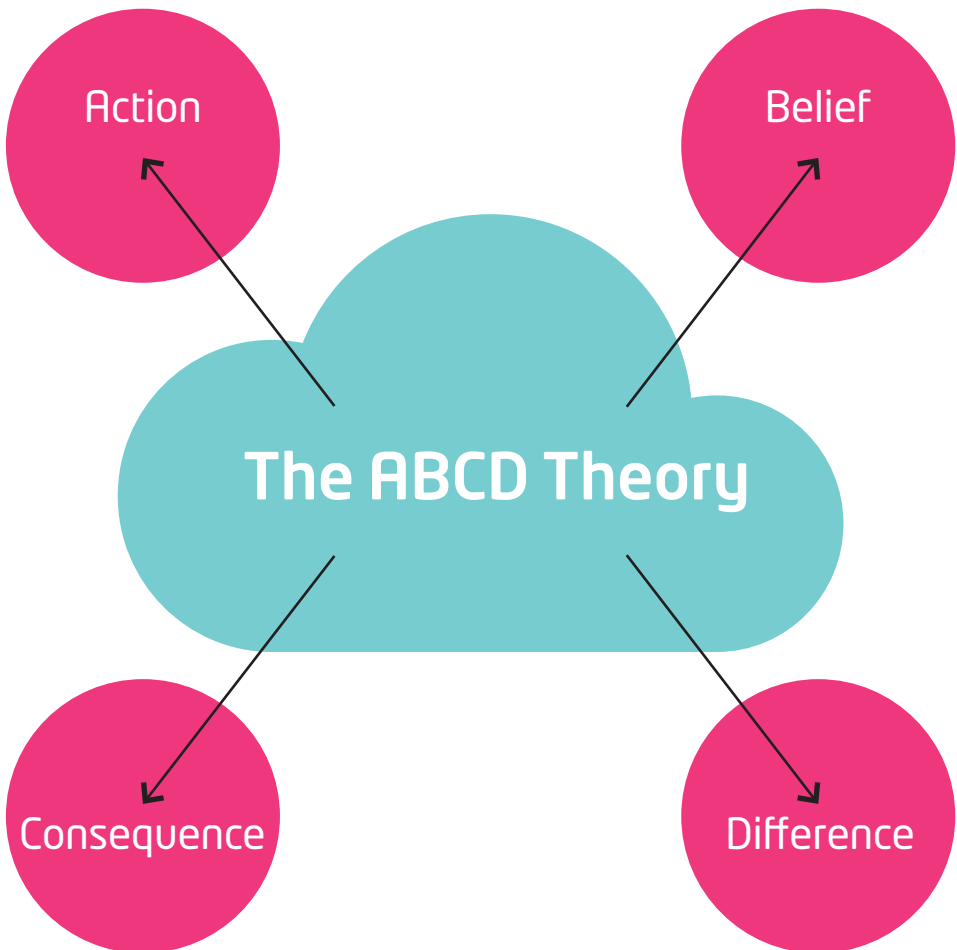
How the victim may feel:	How the bully may feel:
<div><div>1. Confused</div><div>2. Alone</div><div>3. Depressed</div></div>	<div><div>1. Angry</div><div>2. Insecure</div><div>3. Ashamed</div></div>
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For victims these potentially difficult and dangerous feelings must be resolved so that their lives are not ruled by the experience of being bullied.

Bullies may learn habits and behaviour from influence, experiences and the environment around them.

The ABCD Theory

When dealing with a bullying scenario, it is easier to break it down into 4 different sections: Action, Belief, Consequence and Difference



Activity: Feelings

When breaking down a bullying scenario into different sections, it is important to consider the questions below and how the answers to those questions may have had an impact on the scenario.



A

Action

What happened?

Where?

Who caused it?



B

Belief in the moment

What were your thoughts?

How were you feeling?



C

Consequence

What happened as a result?

What impact did it have on you/others?

Was the impact positive or negative? Why?



D

Difference

What would you do differently?

Would you react in a different way?

If the situation repeated would you make a better choice?

How do you think your actions made someone/others feel?

Activity: Feelings

Now think of a scenario you could use this way of thinking and answer the questions from the previous pages. Use a separate piece of paper if you need more space.



Action



Belief



Consequence



Difference

Activity: What charges you?

For this activity, try and consider activities which you can do which make you happy (charge you) and activities which make you unhappy (drain you). It is important to remember these activities and how you can use them to improve your mood.

What charges you?



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What possible things can bullying lead to?

- Withdrawal from family and social activities
- Wanting to be left alone
- Shyness
- Physical pain - e.g. stomach pains and headaches
- Panic attacks
- Not being able to sleep
- Oversleeping
- Exhaustion
- Nightmares
- Embarrassment



Activity: Bullying or Banter?

Read the scenarios below and decide which is Banter, Bordering on Bullying or Bullying.

Scenario

Janine and William go home after playing a game of football. That night they text each other about the game.

- 1) Janine starts by saying "How on earth did you miss that? You idiot Will!". William responds to Janine saying "what about you with your awful left foot". Insults continue on both sides and both people laugh about it.
- 2) Janine starts by texting William after the game saying "you were rubbish today, how awful can you get?" William finds it funny at first but now Janine is getting harsher and more offensive in her words. "My grandma could've played better than you" Janine continues with a few more insults. William doesn't like the way Janine is speaking to him but doesn't think much of it.
- 3) Janine texts William saying how awful he was at football, she starts to say how useless he is and the fact he can't do anything, William doesn't respond. Every day Janine texts insults like "why don't you just hide at home useless". William now is even receiving threats from Janine saying she would punch him.

Ways to cope with Bullying

Don't go through it in silence – If you are being bullied, never feel like you have to go through it by yourself. Speak to a friend or a family member which you can trust. Don't feel embarrassed! Reach out to someone and explain your situation. Many people handle bullying and tackling bullying easier when they have spoken to someone.

Find a way to de-stress – Find a way to relax. Bullying is an extremely difficult position to be in so find a way to try and remain calm and relaxed. This could be anything from yoga and meditation, painting or listening to music.

Don't isolate yourself, even if you want to – When you are being bullied, it is very easy to feel like you are alone and that no one will support you – leading to the victim often isolating themselves. However, a great way of coping with bullying is by looking beyond the bullies and by surrounding yourself with a strong support network.

The Butterfly Project – If being bullied has led to issues surrounding self-harm and poor mental health, a great way of coping is by following advice by the Butterfly Project. This project suggests drawing a butterfly on the wrist and naming it after someone you care about. You then are meant to let it fade away without self-harming because if you harm yourself, you kill the butterfly.

Ways to get support from being bullied:

Gain support from friends and family

Get support from an organisation such as ChildLine or Samaritans (details can be found on Page 18)

Banter or Bullying?



Define Banter:

Define Bullying:

Explain how actions can hurt other people:

If you find yourself in a situation which links to bullying, try to answer these questions to reflect on the situation:

Restorative Questions 1

- What happened?
- What were you thinking about at the time?
- What have your thoughts been since?
- Who has been affected by what you did?
- In what way have they been affected?
- What do you think you need to do to make things right?

Restorative Questions 2

- What did you think when you realised what had happened?
- What have your thoughts been since?
- How has this affected you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?

When dealing with a situation which may have occurred as a result of bullying, it is important to consider which adults you can go to if you need help. Please fill out the form below so you know how to contact an adult you trust.

A trusted adult I can speak to is:

They are based in:

Their email is:

If

is unavailable I can go to:



After taking part in this bullying detox I pledge to think about my actions, use the ABCD steps and speak to a trusted adult or friend. I also understand it is important for me to cope and I will seek help when I need it. I pledge to make sure my actions don't upset or harm anybody else.

Signed:

Teacher/ Responsible

Adult:

Anti-Bullying

Ambassador:

Useful links

www.bullying.co.uk

www.antibullyingalliance.org.uk

www.endbullying.org.uk

www.antibullyingpro.com

www.childline.org.uk

www.nspcc.org.uk

www.samaritans.org

www.childnet.com/resources/pshetoolkit/cyberbullying/gone-too-far

Useful Apps

For Me - Childline

Young Minds

The Mix

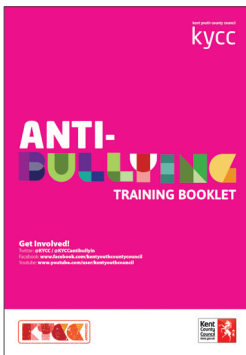


Websites used

www.iirp.edu/pdf/beth06_davey2.pdf

Train ambassadors!

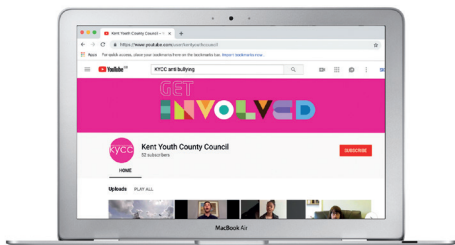
This booklet is available free from: www.kent.gov.uk/__data/assets/pdf_file/0007/53638/Anti-bullying-training-booklet.pdf



After the ambassadors are trained they can receive certificates by emailing kycc@kent.gov.uk

For our other work including mental health and curriculum for life visit: www.kent.gov.uk/kycc

Also don't forget to check out our youtube with anti-bullying videos!



With thanks to:

Aidan	Jenn
Alex	Jesse
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Eleanor	Nathan
Faiza	Roisin
Finley	Sam
Gladys	Shenelle
Hannah	Sophie
Harmony	Timi
India	Tyler
Isabelle	Uthara
Jack	...and every other member of KYCC who got involved
Jamie	



Kent Youth County Council



@KYCC



kycc@kent.gov.uk



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