



Gubyllub

My 'Next time it happens plan' information

ANYONE can experience bullying behaviour, anywhere, at any time and in many ways. **It is NOT your fault!**

Having a plan for responding to bullying behaviour can help to build confidence in our ability to deal with and get through tough situation. You may like to use the information and template provided, or come up with your own format. Bullying behaviour effects everyone differently so it is important to find something that works for you and your specific situation. If the bullying behaviour is happening at school, it may also be helpful to involve a trusted adult at the school so they can provide appropriate support and advice.

BUILD A SUPPORT TEAM

You DO NOT have to deal with bullying behaviour on your own. Tell others so that they can help. If you have tried and someone won't listen, keep trying or think of someone else you can ask until you get the support you need.

REPORTING bullying behaviour is not the same as 'telling on someone'.

Reporting bullying behaviour helps to get someone OUT of trouble by helping to stop someone being bullied. It also helps the person using the bullying behaviour as they often also need support to change their behaviour which will allow them to be happier too..

It is important to know how to get help when experience bullying behaviour.

With your adult, discuss who you could talk to for support and help the next time you experience bullying behaviour. Be specific, for example, instead of saying teacher, list the specific teacher **you would talk to.**





My 'Next time it happens plan' information continued

SOME SKILLS AND STRATEGIES FOR RESPONDING TO BULLYING BEHAVIOUR

There are many different ways that you can respond to bullying behaviour. Below are some examples however you may also have your own ideas to include in your plan.

- Tell an adult and ask for help.
Remove yourself from the situation as soon as possible and tell a trusted adult what has happened so they can support you and take appropriate action.
- Set boundaries by telling the person what behaviour is ok for you and what is not. Tell them what you would like to happen. For example, "I feel angry when you call me names because I don't like the names you are using. I want you to start calling me by real name".
- Remember your self-worth by saying something positive about yourself to yourself. You can say this out loud or you may prefer to say it in your head.
- Stay calm by focusing on your breathing. It can be difficult to stay calm when we are in stressful situations so focusing on taking deep breaths and breathing all the way out can help.
- Ignore the bullying behaviour. Sometimes bullying behaviour is used to for attention so ignoring the behaviour can help as the person using the behaviour may realise it is not working and give up.
- Respond with kindness. For example, if someone says something mean like "your hair looks stupid", instead of responding with hurt, you could respond by saying "it's ok that you think that... I like your hair".
- Disarm the situation with humour. Laugh at the comment and walk away.
- Remove yourself from the situation and walk away.
- Avoid the person who is bullying you.
- Imagine throwing mean words into an imaginary rubbish bin and not letting them stick to you.





My 'Next time it happens plan' template

Fill in this template to create your plan.

Print as many copies of the scenario training table as you need for the different scenarios you want to prepare for. You may also like role play these scenarios with someone you trust to practice your plan.

My support team are: (List the people you will talk to when you experience bullying behaviour)

Scenario Training Table

Think about the bullying behaviour you have experienced, seen, or even used yourself. Describe a scenario you would like to prepare for. Include as much detail as you can including, what, where, when, who and how it made you feel or would make you feel.

Think about how the situation could be different, including how you would like for it to be. Brainstorm solutions to make the above changes possible. What can you do? Who else might be involved and how can they help?

Describe how you plan to respond to this scenario if you experience it again. Describe how you might react to the situation. Make sure to include who else might be involved and what they would do too.

Scenario Training Table

Think about the bullying behaviour you have experienced, seen, or even used yourself. Describe a scenario you would like to prepare for. Include as much detail as you can including, what, where, when, who and how it made you feel or would make you feel.

Think about how the situation could be different, including how you would like for it to be. Brainstorm solutions to make the above changes possible. What can you do? Who else might be involved and how can they help?

Describe how you plan to respond to this scenario if you experience it again. Describe how you might react to the situation. Make sure to include who else might be involved and what they would do too.

Scenario Training Table

Think about the bullying behaviour you have experienced, seen, or even used yourself. Describe a scenario you would like to prepare for. Include as much detail as you can including, what, where, when, who and how it made you feel or would make you feel.

Think about how the situation could be different, including how you would like for it to be. Brainstorm solutions to make the above changes possible. What can you do? Who else might be involved and how can they help?

Describe how you plan to respond to this scenario if you experience it again. Describe how you might react to the situation. Make sure to include who else might be involved and what they would do too.

