

## Things to remember

- Emphasise that it is acceptable to criticise a behaviour or an issue, but not the person
- Do not tolerate labelling and warn learners about stereotyping
- Help and encourage learners to apply their new knowledge and insight
- Insist on respect and kindness in all your lessons and dealings with the learners.

## What I need to know about bullying

- Bullying must never be ignored – the **causes** of the behaviour must be uncovered, understood and dealt with.
- Bullying is a form of **violence**; most school violence starts with bullying which has been allowed to escalate.
- People who do not know how to deal with bullying, usually ignore it.
- Bullying occurs in most schools and organisations – most learners report that they have been bullied at school.
- Schools must work towards becoming **bully-free**.
- If bullying is not dealt with it could have very **serious** consequences, like depression and suicide.
- The **feelings** and needs of those who have been bullied must be dealt with and they must be helped to build **resilience** so that they can bounce back from **victim** status.
- An **environment** which enables bullying to take place, must be changed from **toxic**, where bullying goes unnoticed, to bully-free, where bullying behaviour is never tolerated.
- The **myth** that sticks and stones will break my bones, but words will never harm me must be unpacked and refuted in the strongest terms.
- Sometimes **teachers** can be victims and/or perpetrators of bullying at school.
- Those who stand by and watch, or know about bullying, must be encouraged to become **active bystanders** who report the behaviour and watch the backs of their peers.

