



SCI-BONO
DISCOVERY CENTRE
SCIENCE CAREER CENTRE

Anti-Bullying

Let's do away with bullying!



What Is Bullying?

Bullying is behaviour that is intentional, hurtful and repeated by one or more persons.

In order for bullying to happen, a power imbalance between the "Bullied" person and the "Bully". Generally speaking, showing respect for people means accepting their differences and treating them the way you'd like to be treated.....**Bullying is the exact opposite.**

What Happens When You Are Bullied?

Bullying is unacceptable and can happen in many ways.

Common ways in which you can be bullied include:

- People calling you names.
- Making things up to get you into trouble.
- Hitting, pinching, biting, pushing and shoving.
- Taking things away from you.
- Damaging your belongings.
- Stealing your money.
- Taking your friends away from you.
- Spreading rumours.
- Threats and intimidation.



The truth about bullies!

Did you know that...

- Bullies pray on others that they believe they can overpower.
- Bullies tend to bully and intimidate others to get attention.
- Bullies look out for weaknesses in their victims and count on that.
- Bullies do so to be seen as "tough" by other learners.
- Bullies do so because someone else is bullying them.
- Bullies might be mimicking the behaviours of others.
- Bullies do so out of jealousy or frustration.
- Bullies often show a lack of respect towards their victims, and may have difficulties to express their feelings for others.
- Bullies get the attention they need when you give in to them.

The Bully Test!

Do you ever:

- Laugh when a classmate makes a mistake?
- Make fun of people in a mean way?
- Join in when someone is being teased?
- Gossip or Spread Rumors about someone else?
- Do you tease someone else about their looks or their parents?

If you answered yes to any of the statements above, then you might have an inclination towards bullying behaviour!

If you are uncertain about what happens after you stop bullying, then speak to someone like a parent, a friend, a teacher, or someone you trust not to judge you.

Remember that this behaviour is unacceptable but everyone is entitled to a second chance – speak to a trusted adult if you want out and need support!

SOS Contacts



Childline: Need to talk to a counsellor?
Call Childline South Africa 24X7
Free from all networks: 0800 55 555

South African Depression and Anxiety Group (SADAG)
Teen Suicide Toll free Help Line: 0800 567 567.

Cipla Foundation
Free counselling helpline: 0800 456 789
WhatsApp: 076 88 22 775



Ways To Address Bullying!

What to do when you are Bullied:

Act and look CONFIDENT

- Bullies go after those who appear weak.
- Bullies repeat actions to those who they think they can control.

If someone is picking on you don't show them it hurts

- It is okay to feel sad or hurt over what a bully says but try not to show them.
- Express your feelings to your parents, friends and people you trust.

Avoid "hot spots"

- Surround yourself with people you feel safe with.
- Take a different path to classes.
- Go to the restroom a little earlier.

Agree with what they say

Bullies don't get satisfaction if they don't get a negative reaction, and avoid any confrontation if possible.

How We Can Help

Contact the Science Career Centre at Sci-Bono Discovery Centre for more information:

Telephone: 011 639- 8400 (switchboard)
or 8479 / 8450 / 8434

Visit: Science Career Centre, Sci-Bono Discovery Centre
Physical Address: Corner of Miriam Makeba and Helen Joseph Streets, Newtown, Johannesburg

Website Address: www.sci-bono.co.za

E-mail: admin.careers@sci-bono.co.za

If You See Others Being Bullied, YOU should:

- Stand up for the person being bullied.
- Don't stand and watch someone getting bullied, have the courage to speak out loud without getting involved in a confrontation with the bully.
- Immediately tell a teacher, parent, or adult you can trust.
- Don't leave the person alone, especially in the presence of the bully.
- If it is possible, tell the bully that he or she is doing inappropriate things!

Tips For Parents & Adults To Address Bullying Effects On Children

- Remain calm if you address the effects of bullying on a child, your reaction can impact on the bullying victim.
- Assure the child that the bullying can and will be addressed and resolved! Discuss actions that you will take with your child. Do not confront the bully or his/her parents, but ensure that appropriate interventions are made to address the bullying behaviour.
- Support your child that he or she can speak to a trusted adult or teacher at school or other settings, if bullying is experienced.
- Talk to your child's school and teachers about warning signs or suspected bullying incidents.
- Reinforce your child's self-image and sense of self-worth, whilst addressing the effects of bullying.
- Assist your child to develop and practice responses to verbally stand up for themselves during bullying incident, in an attempt to dissolve the situation.
- Monitor your child's social media and cell phone for cyber bullying activities.