

EDINBURGH AND LoTHIANS REGIONAL
EQUALITY COUNCIL (ELREC)



colours

True Colours

ANTI-BULLYING TOOLKIT



This toolkit is designed to help young people, teachers
and youth workers to tackle and challenge bullying

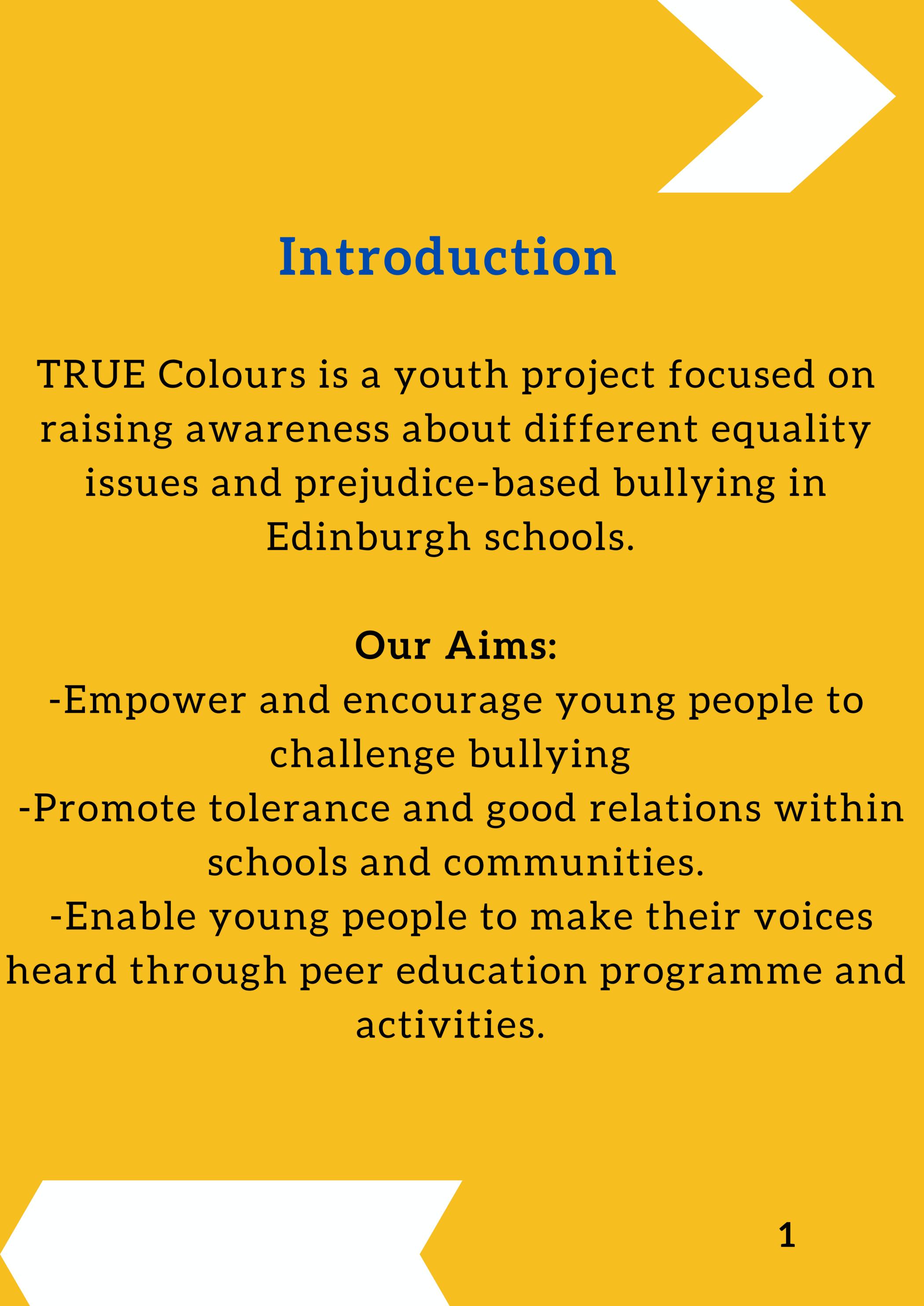
#Empathy #Love #Compassion



INSPIRING
SCOTLAND

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Introduction

TRUE Colours is a youth project focused on raising awareness about different equality issues and prejudice-based bullying in Edinburgh schools.

Our Aims:

- Empower and encourage young people to challenge bullying
- Promote tolerance and good relations within schools and communities.
- Enable young people to make their voices heard through peer education programme and activities.



Our service includes two main parts:

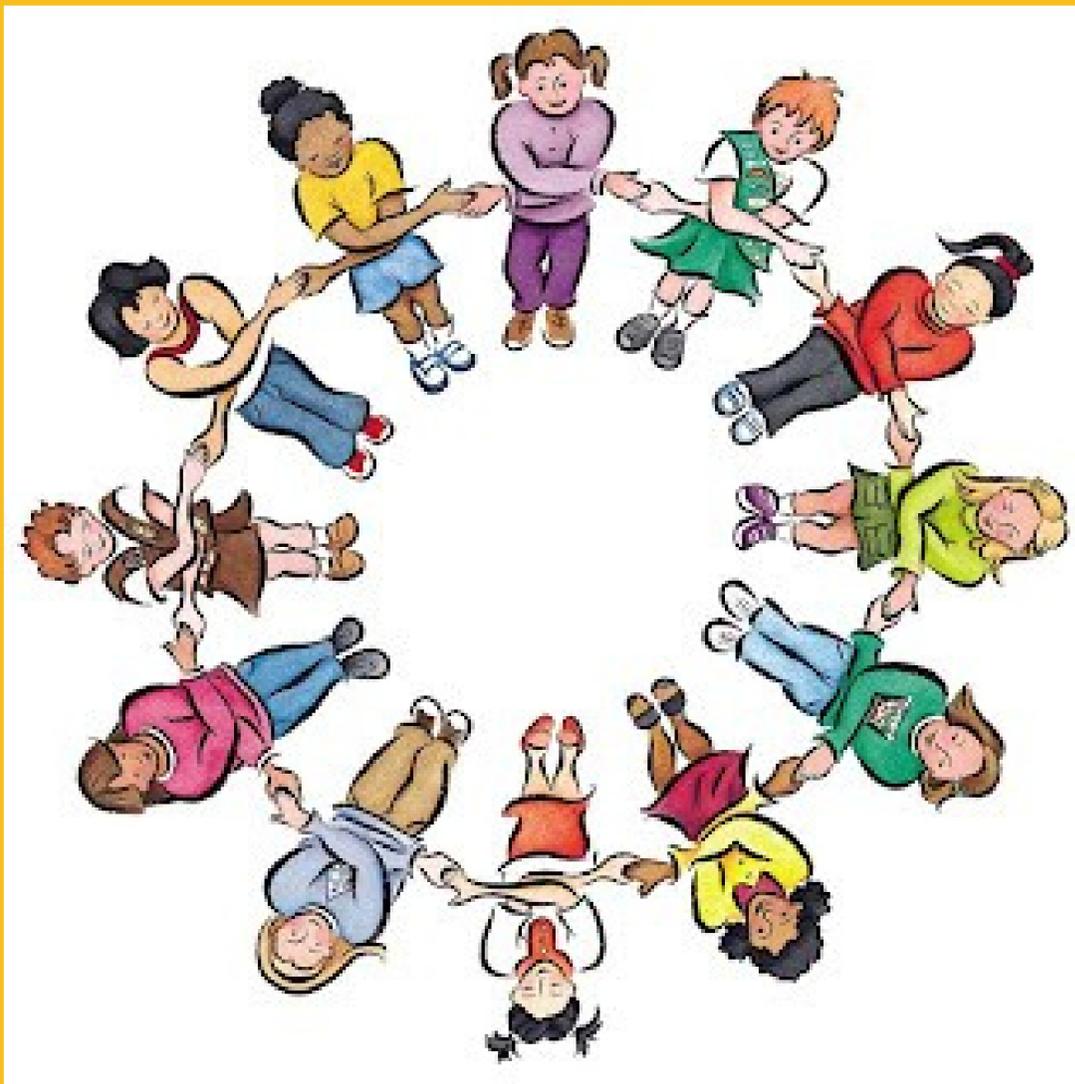
1. Workshops; this can be at schools or any community place, it is also provided to organisations to raise awareness of issues of equality.

2. Peer education/ Ambassadors Programme

1. Workshops

Topics covered so far:

- Racism and discrimination
- Islamophobia
- Immigration and Refugees
- LGBT awareness and homo/bi/transphobia
- Cultural awareness
- Gender equality and representation in the Media
- Bullying and Cyberbullying
- Equality Act 2010
- Stereotypes and prejudice
- Disability
- Hate Crime



2. Peer education programme

The Ambassadors Project is a way in which you can remind people in your school and community that there is no place for inequality!

- You will campaign for equality for all.**
- You can create a team and you all can work on challenging any bullying behaviour.**

You will encourage your peers to speak in a familiar and comfortable environment about the problems of inequality and bullying in their own community.

How it works?



Become a Peer Educator

Form a group in your school or work individually

Promote equality and respect for all

Make your own project

Get support from True Colours

Get your voice heard

Make positive change in your school & community

What is bullying?



Bullying is:

when an individual or a group deliberately try to make an individual feel scared, upset or ashamed of who they are.

Types:

- Physical:** includes any form of physical harm
- Verbal:** this includes teasing, putting down, name calling or using any threatening language
- Emotional:** any behaviour that undermines or controls someone, also being left out or excluded.
- Cyberbullying:** sending or posting abusive messages or images.

Cyberbullying



Unlike normal bullying cyberbullying does not happen face-to-face, it happens online when mobile phones or other devices are used to send images or text intended to hurt or embarrass another person.

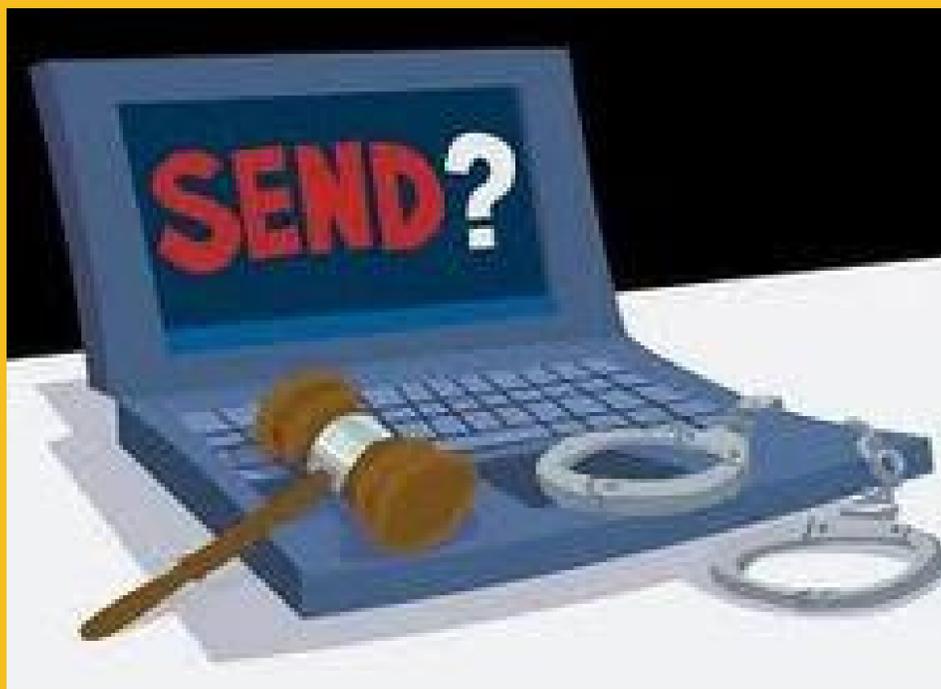
%59 of young people in Scotland had witnessed increase in cyberbullying during lock-down

Cyberbullying involves...



Concequences

- Banned from using school computers
- Expelled from school
- Can be traced by IP or phone company
- Legal action from the victim
- Criminal record



Ways to keep safe on Social Media

safebook

YOU 

THINK

Think before you post

FRIENDS

Only connect with friends

KIND

Be kind to others

PASSWORD

Don't share your password

PRIVACY

Keep your settings private

HURT

Don't be hurtful towards others



PARENTS & TEACHERS

Join Facebook
Understand how it works
Teach safety and responsibility
Privacy - check their settings



FRIENDS

 **DON'T:** Stay silent
 **DO:** Help your friend
Report the bully
Tell your parents
Tell your teacher



THE BULLY

 **DON'T:** Respond
 **DO:** Save what they say
Unfriend the person
Block them
Tell a Friend
Tell your Parents
Report the person

TELL • UNFRIEND • BLOCK • REPORT

Manners of a digital citizen

I THINK

I stop and think before I post, I ask myself: will life other up or put them down? I only post what life other's up.

I'M RESPECTFUL

I respect myself and others. I challenge and stand up to any bullying post when I see it.

I'M RESPONSIBLE

I give credit to those who create new useful media content. I am mindful of what I say on social media and how it can affect others.

I CREATE

I use online tools to express my thoughts as long as it doesn't cause any harm to anyone else or put them down.

I'M SAFE

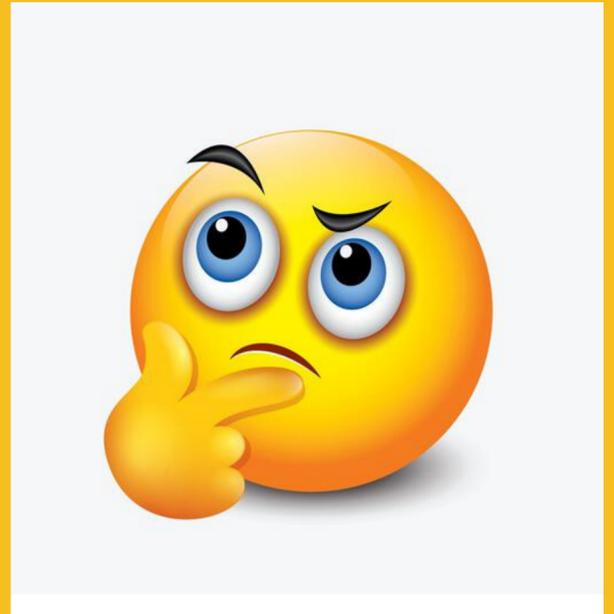
I protect myself and others through protecting my information and the information of others.



Why bullying?

-Lack of kind role models

-To gain control and power



-A way to prevent further experience of bullying

-Not being aware of the impact of bullying

-A lack of perception of their behaviour and consequences

-Lack of respect to other people's difference, whether in appearance, behaviour, race, culture, religion, sexual orientation or ability.

Why bullying?



IMPACT



SOME FACTS

- New figures were released on bullying in Edinburgh schools state that 344 incidents were reported and racially motivated.
- A total of 1348 of bullying incidents were recorded between August 2020-April 2021

- Anxiety and depression
- Changes in mood and behaviour
- Loss of appetite
- Upset using computers, phones etc.
- Isolation from friends and school work
- Grades in class slip
- Starts drinking alcohol or taking drugs
- Suicidal thoughts

Why important to tackle bullying?

Bullying is a violation of children's rights

EQUALITY ACT 2010

protects children, young people and adults against discrimination in the workplace and wider society. It is against the law to discriminate against anyone because of their:

Age, being a transgender person, disability, race (colour, nationality, ethnic or national origin) religion or lack of religion/belief, sex, sexual orientation (LGB+), being married or in a civil partnership and being pregnant or on maternity leave.



Children's Rights

-It's every child's right not to be bullied. Children's rights are unique in that many of them, although designed for the safety and protection of children, have to be provided for by adults and the government.

-Children and young peoples' rights are covered under the Human Rights Act 1998 and the UN Convention on the Rights of the Child (UNCRC).

-Although neither specifically mentions bullying, bullying behaviour does breach a number of the articles in both - development, protection and participation right, and the right to be respected without discrimination.



Dealing with Bullying

Schools can challenge bullying through **building a culture promoting empathy, through three main steps:**

1. PREPARE

THIS IS THROUGH CREATING A SAFE SPACE FOR YOUNG PEOPLE FROM DIFFERENT CULTURES, BACKGROUNDS ETC TO DISCUSS ISSUES ALSO, CREATING EMOTIONAL COMPETENCY ENVIRONMENT WHERE CHILDREN AND YOUNG PEOPLE CAN PRACTICE FOUR KEY SKILLS WHEN THEY FACE ANY BULLYING BEHAVIOUR; STOP, BREATHE, LISTEN AND RESPOND SBLR LASTLY A LEARNING EXAMPLE AT THE SCHOOL WHICH WILL HELP IN INSPIRING AND INFLUENCING THE YOUNG PEOPLE PUTTING VALUES OF RESPECT AND EQUALITY INTO PRACTICE.

2. ENGAGE

THIS CAN BE THROUGH ENGAGING THE CHILDREN AND YOUNG PEOPLE IN GROUP PLAY, STORYTELLING AND COLLECTIVE PROBLEM-SOLVING ACTIVITIES.

3. REFLECT AND ACT

REFLECTION HELPS THE CHILDREN AND YOUNG PEOPLE IDENTIFY SHARED VALUES AND DIFFERENCES THEY HAVE, AND CREATES AN ENVIRONMENT BASED ON UNDERSTANDING, RESPECT AND KINDNESS.

Strategies and activities to challenge bullying

Face it with confidence



Bullies are less likely to target you if you show a calm, respectful and confident attitude. Have awareness of things happening around you, this will help you notice problems when they first happen, this will make you act before things get more difficult to deal with.

Accept who you are:

Through being able to recognize your value as a person. It is essentially your level of self-worth and feeling of comfort in your own skin regardless of your shortcomings and weaknesses. With self-acceptance you reach your full potential.



This video is a great example of this
#itsnotaboutme

USEFUL VIDEO

https://youtu.be/r_nYzMgSMc0

How to put this in practice?

Activity

You can do this in a class setting, do a confidence walk game! Sit or stand heads up and shoulders straight.

Give the young people feedback and praise when they get it perfect. You can say things like 'have eye contact/ look around', 'head up high', 'that's it, great'. All this will give them a real-life experience on how to always be this way.



Use your voice

Most the bullies don't want to get caught; despite they are being hurtful in purpose. A great tool to teach the students is to use their voice.

Activity:

Coach and encourage them to pull away and yell '**No!, Stop! Go away! Help!**'

Practice together; to stand up tall and look at the person in the eye and speak in a firm tone with their hands up as a barrier between them and the bully.



Talking to an adult

This can be the best advice, however, some young people would worry of being judged as being a grass or of adults 'over-reaction'. Be sure that telling the right adult, someone who you really trust whether it is your parent, teacher, coach or older sibling etc. as long as you trust them, they will listen to you and to how you want this to be resolved and keep you updated if they took any action.

Talking to a friend

Don't keep it to yourself. If you find it difficult to talk to an adult, then a close friend who you trust can be easier to start with. A trustworthy friend will be able to listen to you and can also help you to seek support and advice by accompanying you when going to speak to them. This will help in letting it out, so it's not bottled up and causing you over-thinking or distress and you will feel better after.





Leave in a Heads-up Positive Way

This tool can be used if the child or young person is in a situation being bullied. It can be the best self-defence which is 'target-denial'. As bullies often show such behaviours for attention, so when they don't get that, they stop doing it.

#How to put this in practice:

Activity:

You can act as you are a bully and shouting negative words, then get each one in class to walk in a confident, positive way when completely ignoring you 'the bully'. This will be empowering to them and will teach them to always act with pride of who they are, without giving the power to anyone else to control their feelings.

Useful games

Human Bingo

A good game to help young people find things in common & learn about their differences in a fun way

Ask around to fill all the spaces – you may only use a person's name once
Find someone who:

Favorite color is red	Has a little brother/sister	Enjoys country music	Plays football	Likes to camp
Wears glasses	Likes to draw	Likes pepperoni pizza	Has a celeb's autograph	Can touch their nose with tongue
Likes chocolate ice cream	Favorite subject is math	FREE	Is the oldest child	Born same month as you
Enjoys reading	Has a Nintendo Wii	Likes to collect things	Has curly hair	Bites fingernails
Has 2 or more pets	Likes going to the cinema	Can touch their toes	Plays an instrument	Is vegetarian

“bursting stereotypes” game

Have balloons with some harmful and non-harmful stereotypes written on them in black marker.

Then have a couple of balloons that have true statements about race on.

Have enough balloons so that each student can ‘burst’ at least one stereotype

Harmful stereotypes:

All Americans are obese

Immigrants are only here for the benefits

All Muslims are terrorists

Unharmful stereotypes:

All Scottish people eat haggis

English people love tea

They are all stereotypes, even though some seem less harmful or prejudicial, it is still not good to make sweeping statements over a whole population.



ANTI-BULLYING PRACTICE

-This should be established in all schools and organisations where a culture on respect, kindness, compassion is encouraged.

Difference is celebrated and positive friendships are encouraged. All this will make it difficult for any bullying behaviour to find a way in and if it did happen, it will never be tolerated or get a chance to thrive.

How to put this in practice :

-Secure relationships and friendships

-Good adult role models who set safe boundaries and give guidance when needed.

-Giving children and young people constant love, compassion, praise and recognition which will help in building their confidence and self-esteem.

-Promoting optimism, active listening and hobby building.



**love,
peace,
and joy**

Useful Resources

-**Respect me:** is a service in Scotland that supports children, young people and adults through tips and advice on how to deal with bullying in the best way. Find out more @ <https://respectme.org.uk/>

-**Children's line:** is a safe helpline to support families who have children and young people who are facing bullying. Find out more @ <https://www.childline.org.uk/>

-**Bullying UK** <https://www.bullying.co.uk/> The charity Bullying UK runs a website that has lots of information and advice on bullying, including Cyberbullying.

-**The Anti-Bullying Network** www.antibullying.net

- **City of Edinburgh Council**, you can find out about different bullying policies in the City of Edinburgh Council website @ <https://www.edinburgh.gov.uk/schools-learning/bullying-harassment/1>

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Edinburghlive<https://www.edinburghlive.co.uk/news/edinburgh-news/edinburgh-school-pupils-reporting-incidents-20650495>

-Mentally healthy schools,

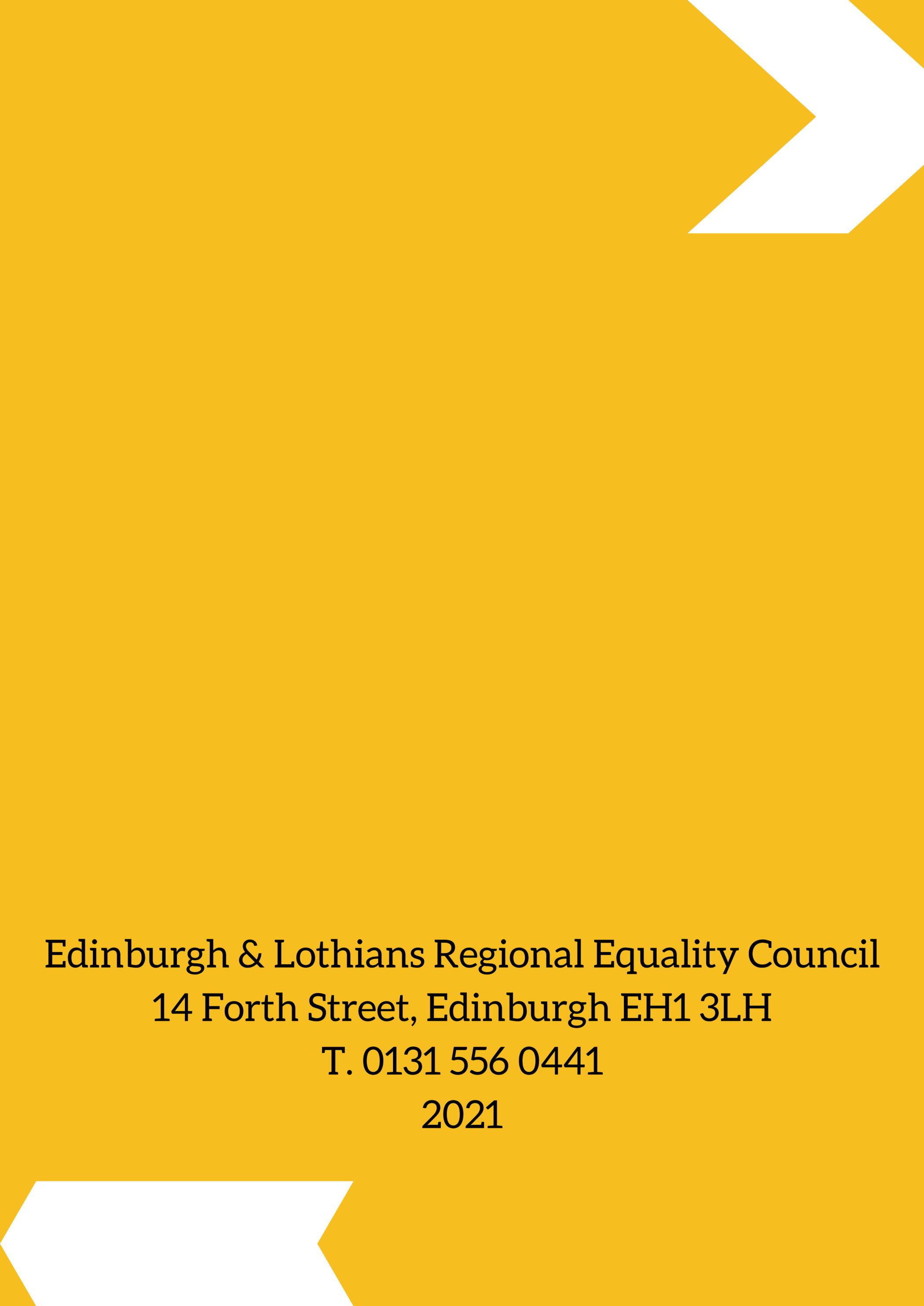
<https://www.mentallyhealthyschools.org.uk/>

a good website to go through with some materials, videos presentations that teachers and students can relate to.

-Children 1st <https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/bullying/>

-National Bullying helpline

<https://www.nationalbullyinghelpline.co.uk/about.html>



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