

**FREE RESOURCE  
PACK:  
*TARGETS OF  
BULLYING***



# **FREE RESOURCE PACK: *TARGETS OF BULLYING***

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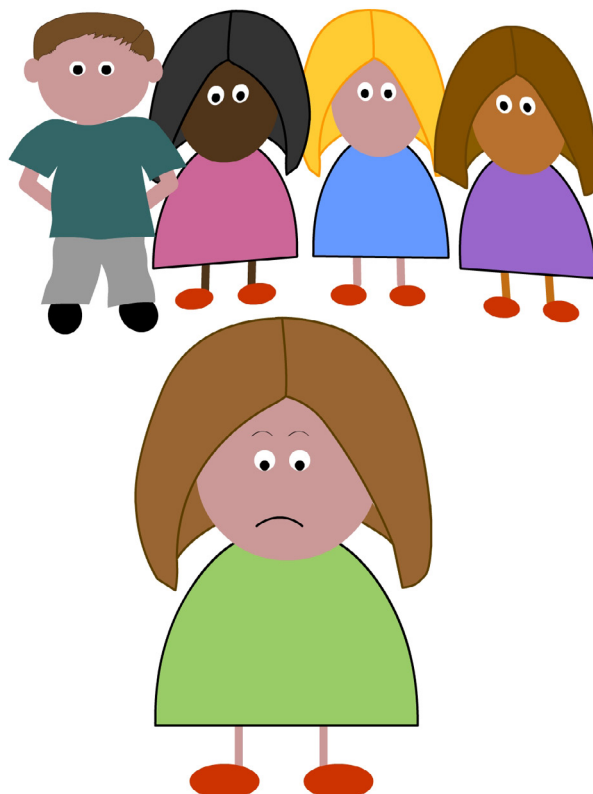
- A free resource which outlines the key points related to each particular issue
- In clear language, free of jargon and in easy to digest chunks
- To engage students of all ages and learning styles and help them improve their understanding
- To enthuse and engage young people and help create a positive learning environment

This free resource introduces ‘targets of bullying’.

## What is Bullying?

Ask the group for their definitions of bullying and then write up the following on a whiteboard or flipchart:

*‘Bullying is a regular form of deliberate behaviour that causes the target physical or emotional distress and can be carried out by an individual or a group over a period of time.’*



# Targets of Bullying

Is there such a thing as a typical target for bullying?

It may be true that some people are easier targets for bullies for a number of reasons:

- They have a physical disability or learning difficulty.
- They may be quiet or studious.
- Their race/religion/culture.
- They have a health condition.
- Issues of a sexual or sexist nature.
- LGBT prejudices.
- No apparent reason at all—the bully just happens to have singled them out.

## Questions to Ask Students

1. Can you think of anything else that would make a person a target for bullying?
2. Have you been bullied or have you bullied others?
3. Why would a person bully another person?
4. What do you think a target of bullying feels after he/she has been bullied?
5. How do you think the bully feels after he/she has bullied someone?

We hope you found this free resource useful.

For **10% off** resources and lesson plans use code **FTOBEB** on our website. For a **25% discount** [fill out our questionnaire online](https://www.allresources.co.uk/questionnaires/targets-of-bullying/).

(<https://www.allresources.co.uk/questionnaires/targets-of-bullying/>)

## Useful Online Information

### UK

Anti-Bullying Alliance	<a href="http://www.anti-bullyingalliance.org.uk">www.anti-bullyingalliance.org.uk</a>
Anti-Bullying Network	<a href="http://www.antibullying.net">www.antibullying.net</a>
Bullying UK	<a href="http://www.bullying.co.uk">www.bullying.co.uk</a>
Childline	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
Kidscape	<a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>

### Ireland

The National Anti-Bullying Centre	<a href="http://www.antibullyingcentre.ie">www.antibullyingcentre.ie</a>
Spunout	<a href="http://www.spunout.ie">www.spunout.ie</a>
Stop the Bully	<a href="http://www.stopthebully.ie">www.stopthebully.ie</a>

### Worldwide

Stop Bullying.gov	<a href="http://www.stopbullying.gov">www.stopbullying.gov</a>
Stomp Out Bullying	<a href="http://www.stompoutbullying.org">www.stompoutbullying.org</a>
BullyingCanada	<a href="http://www.bullyingcanada.ca">www.bullyingcanada.ca</a>
PREVNet	<a href="http://www.prevnet.ca">www.prevnet.ca</a>
Bullying. No Way!	<a href="http://www.bullyingnoway.gov.au">www.bullyingnoway.gov.au</a>
ReachOut	<a href="http://www.au.reachout.com">www.au.reachout.com</a>
Befrienders Worldwide	<a href="http://www.befrienders.org">www.befrienders.org</a>

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