

Learners and students:

- You have the right to learn in a safe, supportive and respectful environment.
- You have the responsibility to show care and concern for others.
- You can do something about gangs and bullying.
- Tell a teacher, friend, parent or guardian if you're unhappy about something in your learning environment.

Teachers:

- Provide a stimulating learning environment and ensure that young people are safe.
- Make sure that all areas are properly supervised.
- Create an atmosphere in which young people feel free to talk about problems they may have.
- Create a culture that minimises violence, gangs, bullying and coercion.

What Is Bullying?

Bullying happens when a person or group of people sets out to upset someone by repeatedly saying or doing nasty or hurtful things. They may hit, kick, tease or force a person to hand over money. If you're the person being bullied, you may find it difficult to stop the bullying from happening and you may worry that it will happen again.

Nearly everyone is bullied at some time by siblings, neighbours, peers or adults. If you're being bullied, you can feel scared, vulnerable and very alone.

Most bullying takes the form of name-calling. Being hit or threatened is the next most frequent form. Boys are more likely to be physically hit and threatened, whereas girls are more likely to experience indirect forms of bullying such as having no one talk to them or rumours spread about them.

In the school system, most bullying occurs at break. Bullying is also common in the classroom and on the way to and from school. Bullying can happen at any time, but it tends to happen in classrooms that are full or buses that are crammed. Children might feel irritable on a hot day or miserable because they can't go out and play on a wet day.

Watching too much violence on television or video can also trigger bullying behaviour.

Bullies are cunning and often do things slyly so that they're not noticed. But most incidents of bullying take place in front of other people (bystanders). Why? Because bullies need an audience. This means that people who happen to be watching can encourage bullying behaviour just by being there. So:

- Stand up to bullying as a group or on your own if it's safe.
- Make it clear that bullying is not okay.
- Report all incidents of bullying to people in positions of authority.

© JumpStart 2007

The publication of JumpStart involves extensive research and substantial costs. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the Publishers. Any person who carries out any unauthorised act in relation to this publication may be liable to criminal prosecution and civil claims.

Disclaimer

Whilst every care has been taken in creating this book, the Publishers do not give any warranty as to the completeness or accuracy of its contents nor of any supplementary information, explanation or opinion. Furthermore, the views expressed in JumpStart are not necessarily those of Deloitte. All advertisements and advertorials have been paid for and therefore do not carry any endorsement by the Publishers or Deloitte.



NOTE

Bullying can include:

- name-calling and teasing;
 - threats;
 - extortion (taking things away);
 - damaging property and belongings;
 - pinching, hitting, biting, kicking, pushing, shoving;
 - forcing others to do things they don't want to do, like drugs;
 - spreading rumours and stories; or
 - deliberately leaving others out of activities.
- Offensive text messages or e-mails sent to learners by other learners are a form of bullying.

What Can I Do About Bullying?

Childline UK gives this advice:

- 1 Accept that you're not the trouble-maker. Your self-esteem may suffer if you're having a hard time, but you're not the cause of the problem.
- 2 Tell someone. You don't have to suffer in silence. Other parts of your life might deteriorate if you do. Speak up before the problem takes over.
- 3 Make people take you seriously! If you're going to tell someone that you're being threatened, abused or bullied, do it properly. Be prepared to express how the bullying affects your wellbeing.
- 4 Keep some evidence of what's happening (a diary of events, for example). This might be useful in showing others that you need help.
- 5 Make other parts of your life even better. Don't let bullies ruin every area of your life. If you're unhappy at school, make sure that you make up for the bad times by enjoying yourself at home or with your friends.
- 6 Be aware. You can't spend your life looking over your shoulder, but it pays to be aware of dangers. Stick with groups of friends if you are vulnerable.

If you don't want to talk to someone face-to-face, a helpline like Life Line (0861 322 322) may be the answer. Your conversations are completely confidential, so don't feel embarrassed about asking for help.

Who is at risk of being bullied?

People who:

- A5 have low self-esteem;
- A5 have a physical weakness;
- A5 are shy;
- A5 have few friends; or
- A5 are rejected socially.

© JumpStart 2007

The publication of JumpStart involves extensive research and substantial costs. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the Publishers. Any person who carries out any unauthorised act in relation to this publication may be liable to criminal prosecution and civil claims.

Disclaimer

Whilst every care has been taken in creating this book, the Publishers do not give any warranty as to the completeness or accuracy of its contents nor of any supplementary information, explanation or opinion. Furthermore, the views expressed in JumpStart are not necessarily those of Deloitte. All advertisements and advertorials have been paid for and therefore do not carry any endorsement by the Publishers or Deloitte.



What Are Gangs?

The traditional view of gangs is that of skollies on street corners and in dark alleys. But today's gangs are pretty organised. A gang usually consists of a group of members who consider themselves a team or a family. They may wear specific colours or emblems and use special hand signals. They may hang out in a particular place, creating an atmosphere of fear and intimidation in the community, and they may engage in criminal activity.

Why do people Join Gangs?

- to belong;
- to be with friends;
- to have security;
- for excitement;
- for a sense of purpose;
- for power; or
- to earn money.

Gangs put drugs in drains and money in car wheels. They get innocent teenagers to sell drugs for them. They influence teenagers to try it and then the teenagers feel high.

Gangs tell people to break into houses to steal video machines, jewellery and other things. Every day they stand on the corners of shops and decide what they are going to do the next night. For fun they have gang fights and while they are fighting, they kill innocent children... - Wanda (Grade 6)

NOTE

How to avoid being pressurised to join a gang!

Most people want communities that are free of gangsters. Except the gangsters themselves. But gangs are often violent and intimidating. And schools or other educational institutions can be used to recruit new members. So what can you do to avoid gangs?

- Find positive alternatives.
- Get a sense of belonging by making friends with people who are not gang members.
- Start extra-curricular and weekend activities so that you're seldom alone and can't be easily pressurised. Join sports clubs for excitement.
- Remember that this is your life. Only you can live it. And you have the freedom of choice.

Loneliness and the feeling of being unwanted is the most terrible poverty.

- Mother Teresa

© JumpStart 2007

The publication of JumpStart involves extensive research and substantial costs. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the Publishers. Any person who carries out any unauthorised act in relation to this publication may be liable to criminal prosecution and civil claims.

Disclaimer

Whilst every care has been taken in creating this book, the Publishers do not give any warranty as to the completeness or accuracy of its contents nor of any supplementary information, explanation or opinion. Furthermore, the views expressed in JumpStart are not necessarily those of Deloitte. All advertisements and advertorials have been paid for and therefore do not carry any endorsement by the Publishers or Deloitte.