

# From Sibos Desk

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Newsletter : March 2018

## In this issue...

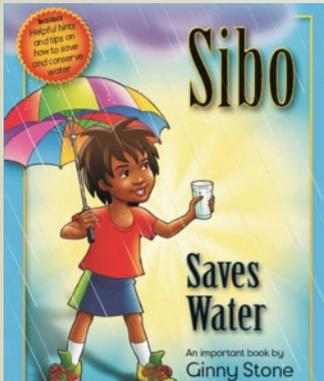
### Dealing with Bullies

[General](#)

[For the Teachers](#)

[For the Parentals](#)

[For the Kids](#)



## Did you know

According to a recent survey – **PIRLS 2016** (Progress in International Reading Literacy Study) **South Africa has the highest incidence of bullying amongst all 50 countries that participated in the study.**

**42% of Grade 4 students** indicated that they were bullied weekly compared to 15% in the US and England.

## Bullying or Conflict?

When someone says or does something *unintentionally* hurtful and they do it once, that is **RUDE**.

When someone says or does something *intentionally* hurtful and they do it once, that is **MEAN**.

When someone says or does something *intentionally* hurtful and they *keep doing it* - even when you tell them to stop or show them that you're upset - that is **BULLYING**.

### Teasing

- \* Roles can swap
  - \* Not meant to hurt
  - \* Keeps dignity of all
  - \* Only 1 part of relationship
  - \* Laugh **with**, not **at** target
  - \* Humour in voice
  - \* Both parties laugh
  - \* No harm to self-esteem
- Stops when someone gets hurt or says "STOP".



### Taunting

- \* 1-sided, power imbalance
  - \* Intended to hurt
  - \* Humiliating, demeaning
  - \* Cruel, bigoted
  - \* Laughing **at** target
  - \* "Disguised" as a joke
  - \* Not funny to the target
  - \* Harms self-esteem
- Continues especially when target is upset or says "STOP".



### When does conflict turn into bullying?

- There is an imbalance of power. This can come from someone being bigger, older, stronger, more confident, having more friends etc.
- The mean behaviour happens over and over again
- The person **MEANS** to be mean.

**CONFLICT** is normally a disagreement or an argument.

**BULLYING** is normally a show of strength or influence to intimidate someone else or typically to force them to do something they do not want to do.

### Remember - 22 March 2018 is World Water Day

Due to the fact that the Western Cape and other provinces are in the grips of a serious drought, "**Sibo Saves Water**" is currently a free read - simply click on the cover above to see what Sibos has to say about saving water. Not only does Sibos learn about saving water, but she finds out about how precious wetlands are too. Enjoy!

## For the Educators

The most difficult task is to determine if it is in fact bullying or learners being rude, mean or having a disagreement!

### Different types of bullying:

#### VERBAL

Put downs, nasty statements, name calling, taunting, racial slurs, hurtful comments, threatening.

#### EMOTIONAL

Excluding, shunning, spreading rumours or mean gossip, ruining your reputation.

#### PHYSICAL

Punching, hitting, slamming, socking, spitting, slapping.

#### SEXUAL

Saying or doing things that are disrespectful in a sexual way.

#### CYBER

Using the Internet, social media, text messaging, e-mail and other electronic mediums to say mean or embarrassing things.

### WHERE does bullying occur?

- At home?
- In the neighbourhood?
- At school... in class, at break-time, in passages, transportation?

These are all places that CAN and MUST be monitored by teachers to ensure that learners feel SAFE AT SCHOOL!

### Be PROACTIVE

- Use hall as a teaching opportunity.
- Educate your class and their parents.
- Get Prefects and Monitors to buy in and help spot excluded or bullied learners.
- Increase supervision.
- See it, record it, communicate it, heal it and END IT.

### HOW can teachers intervene?

1. **Better training** will allow teachers to know the signs of power imbalances.
2. **Improved supervision.**
3. **Classroom management** with the aim of highlighting bullying behaviour and correcting it.
4. **Zero tolerance** of bullying (*allowing it means you agree with the bully!*)
5. Know the **school's policy** with regards to bullying.
6. **Report** repeated acts of bullying. Note it on the learner information sheet and **INFORM** the PARENTS.
7. Have the **facts** ready. Know what happened and why. Who was involved and when did it start. What is the school's policy and what is the repercussion that you will implement.
8. **Monitor** the situation, have classroom strategies that assist you in this.



**Making contact with the parents is very important. This means both the bully's parents and the victim's parents.**

Imagine you are the parent. Your child is being bullied or being accused of bullying... what would be your first question to the teacher...

"HOW DID YOU LET THIS HAPPEN?"

Communication is vital!

## The CRUMPLED PAPER Lesson

### Wrinkled Wanda - An activity to do in the classroom:

Get learners to draw an outline of a full body person on a piece of chart paper. Once the outline has been drawn, the learners write unkind, rude and disrespectful statements all over the outline. These are statements that could be made to another person like, "You're a loser. Nobody likes you. You are dumb. You Stink!" etc.

Identify the person as a girl named "Wanda". Once Wanda is completely filled with a variety of negative comments, have the learners crumple up the drawing, and then un-crumple it.

Pass the wrinkled drawing around the room for everybody to see.

Explain to the class that these drawings are examples of what negative comments can do to a person who is bullied.

**Bullying comments can destroy a person's self image and often leads to a defeated body language in the victim.**

### IDEAS to IMPLEMENT

Create a bully-box, friendship benches, break-time clubs, play-time leaders, peer supporters, safe zone, coping strategies and sport mentors.



Publishers and creators of highly visual dynamic resources for school and home. Have a look at the [catalogue](#).

Contact [Lets Looks Publishers](#)

Read about the [Sibo Series](#).

Often, the first step towards preventing or solving a bullying problem is starting a conversation. Talking is the best way to identify possible bullying behaviours and to let kids know what they can do. It's also how trusted adults can show their support and let kids know they don't have to go through a difficult time alone.

## START THE CONVERSATION

- Talk in a comfortable, private place; make sure there are no distractions.
- Use empathy; let the child know you understand this can be difficult to talk about.
- Let the child do most of the talking.



YES! I found this information useful! I'd enjoy receiving the [newsletter](#) monthly.

Sibo's [website](#) has free reads and other fun stuff for kids and teachers, including a weekly [blog](#) (that's also published in the African Reporter).

If there is a particular topic that you would like to be discussed or covered in the newsletters - please don't hesitate to [contact](#) us.

There are 14 titles in the [Sibo Series](#) to date. [Buy](#) them directly from Lets Look Publishers @ R60 each (excluding postage).

## IF YOU THINK YOUR CHILD (or a child you know) IS

### BEING BULLIED

- ★ Ask the child if he or she would like to talk, rather than telling the child that you want to talk.
- ★ Be proactive, approach the child when a possible problem is small so it does not grow into something big.
- ★ Tell the child no one deserves to be bullied and that there is nothing to be ashamed of.
- ★ Let the child know that talking about bullying is not tattling.
- ★ Reassure the child that you will follow through to help stop the bullying.

### IS A BULLY

- Ask the child if he or she would like to talk about something you heard about so you can better understand what happened.
- Tell the child you want to help.
- Talk about your expectations for the child's behaviour.

## IF YOU JUST WANT TO TEACH YOUR CHILD ABOUT:

### BULLYING

- ❖ Keep the lines of communication open; let your child know he or she can talk to you about anything.
- ❖ Regularly ask the child what is going on in his or her world.
- ❖ Find opportunities to talk about bullying. For example, if you're watching a TV show or movie with your child, point out how a character responded to a bullying situation.
- ❖ Share a story with your child about a time when you were bullied or saw someone else being bullied, and what you did, or you wished you HAD done.

## Tattling vs Telling

Tattling	Telling
Getting someone into trouble	Keeping someone safe
Behaviour you are reporting on is an accident	Behaviour you are reporting on is on purpose
It's harmless	It's dangerous
You can solve it on your own	You need help from an adult
Unimportant	Important

## For the Kids

### If you are being bullied...

- \* Speak up.
- \* Tell some-one (friend, teacher, parent).
- \* **Know that it is not your fault.**
- \* Walk away.
- \* Confront the bully when you are emotionally ready.
- \* Involve the bystanders.
- \* Keep your cool.

## Bullies

Come in all shapes and sizes  
Some use their fists,  
Others their voices.  
But they all leave you feeling  
**Broken**

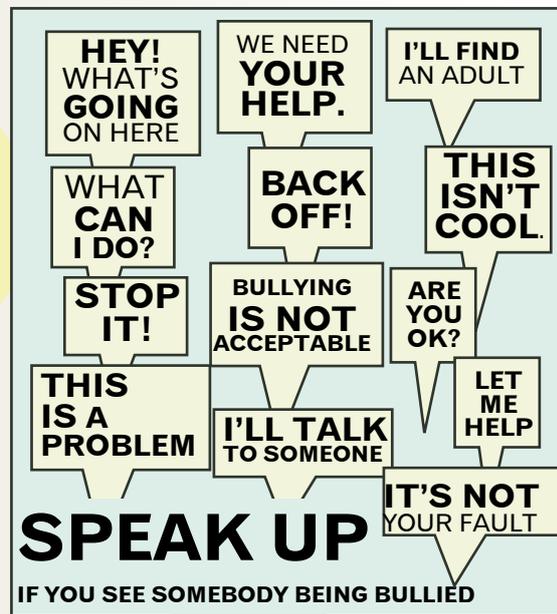
**Did you know...**

One of the major forms of bullying in school is **EXCLUSION.**

**FACT!**

**85% of BULLYING** takes place in front of others.

**DON'T BE A BYSTANDER**



### STOP BEING A BYSTANDER ...

- Do not laugh
- Don't encourage the bully in any way.
- Stay at a safe distance and help the target get away.
- Reach out in friendship.
- Help the victim in ANY WAY you can.
- Support the victim in private.
- If you notice someone sitting alone, invite them to join you and your group.
- Tell an adult.



**SAY "NO"  
TO BULLIES**



Don't let  
**ANYONE**  
**EVER**  
DULL YOUR  
**Sparkle**