

BUILDING EMPATHY

Challenging Bullying



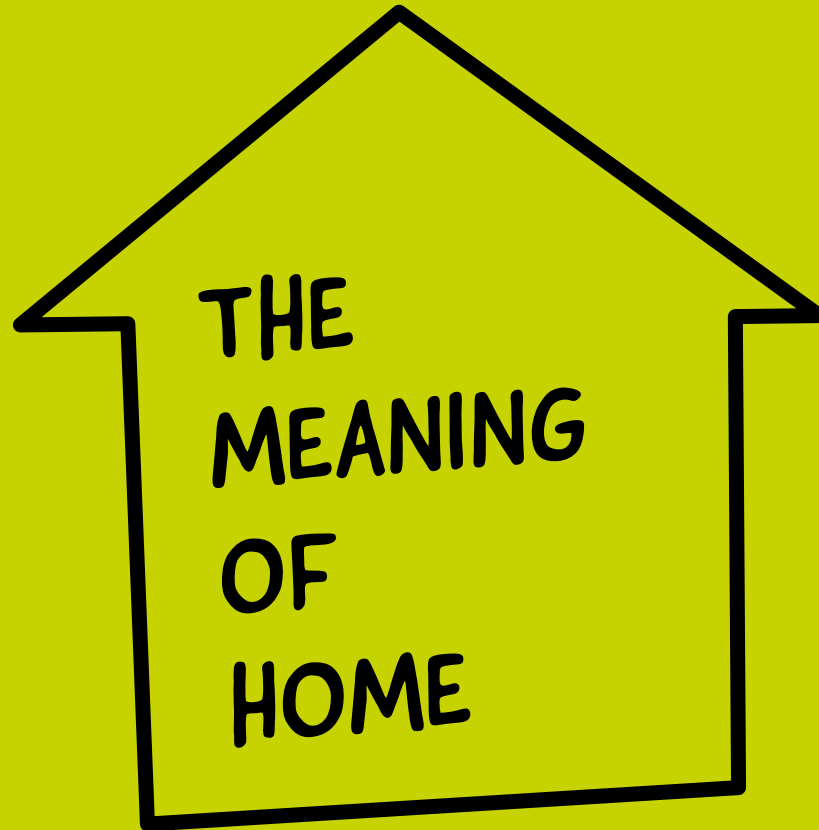
**‘ WE ARE ALL
FROM SOMEWHERE ’**


- Places we belong to



DISCUSSION

- What does it mean to belong in a place?
- How does it feel to belong?
- What helps us feel like we belong? (e.g. language, familiarity with culture, actions of others?)





**WHICH PLACES DO
YOUNG PEOPLE
BELONG TO AND
FEEL AT HOME**

- What makes someone feel 'at home'?
- What feelings would you associate with home- e.g. safety, belonging, love, recognition, support?
- What helps young people here at this school/youth group feel like they belong?
- Is there anything that sometimes happens here in this school or youth group that doesn't help young people feel like they belong?
- What happens when people do not feel like they belong?
- How can people who move to a new place feel like they belong? What can communities do to make them feel they belong?

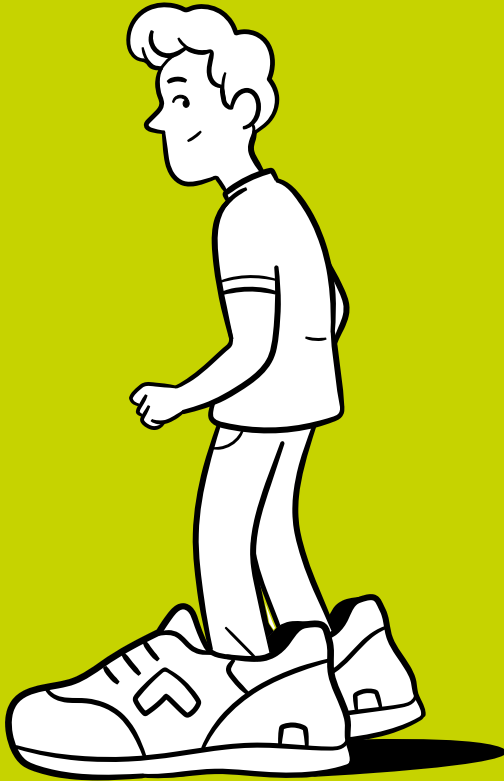
CHEERFUL
JOLLY
DISAPPOINTED
ANNOYED
HEALTHY
HAPPY
CALM
JEALOUS
WORRIED
ANXIOUS
AT EASE
HURT
RELIEVED
AFRAID
NERVOUS
COMFORTABLE
HELPLESS
ANGRY
ENVIOUS
RELAXED
PROUD
SCARED
FRIGHTENED
LOST
EMBARRASSED
CONFUSED
KIND
LONELY
PANICKY
EXCLUDED
EXCITED
HELPFUL
UPSET
AMUSED
ENTHUSIASTIC



The Brexit fears of the children of EU nationals

Racist bullying can take many forms, such as:

- Name calling, particularly (but not exclusively) using racist language / language reflecting stereotypes about ethnicity
- Spreading rumours and gossip about a young person, which may either draw on stereotypes about ethnicity or on their lack of conformity to these stereotypes
- Physical behaviour motivated by prejudice against someone's ethnicity or perceived ethnicity, such as hitting, tripping, pushing or kicking
- Intimidating someone because of their ethnicity or perceived ethnicity
- Using threatening racist language or behaviour (including non-verbal communication such as gestures, looks, written communication or displaying images)
- Not letting someone join in with group work, conversations, activities or games because of their ethnicity or perceived ethnicity
- Damaging property (including personal or school property) with racist graffiti
- Stealing from someone, motivated by prejudice against their ethnicity or perceived ethnicity
- Many of these behaviours can also take place online, through social media or through messaging platforms.



The three girls shown in the video have experienced racist incidents, discrimination or prejudice based bullying.

1. How do the young girls in the video feel?
How might you feel in their situation?
2. What impact might this behaviour have on their lives?
3. Why should the incidents they describe not be allowed to take place?
4. What would you do if you were one of their peers?
5. What could be done to make these young people feel safe and that they belong?

CASE STUDY 1: *Marta*



Marta has experienced prejudice-based bullying at school. She was regularly excluded from friendship groups, her peers often mentioned her accent was ‘different’ or ‘strange’ and she was often called names, like ‘Polish cow’. Her classmates would laugh when she would come up to the group and move away to the other side of the school grounds, leaving her alone. She says she now feels like an outcast when visiting Poland, too.

CASE STUDY 2: Kitti



Kitti is Hungarian and she said she is worried to speak her mother tongue in public places since she has been verbally attacked by a person on the bus and told 'to speak English'. She feels her mother tongue is important to her sense of identity and belonging and it is her home language. Kitti now feels that she needs to act more like a Scottish person to 'blend in'.

CASE STUDY 3: Oliwia



Oliwia is 12 and she moved to Scotland as a young child. She feels she is being judged by her peers for not being born in Scotland, although she has learnt the language and thinks that where you come from does not define you as a person.

- What mechanisms of reporting are available in our school/youth group?
- What can we do better?
- Where do young people report incidents, if these happen when not at school?



DISCUSSION

I WANT EVERY YOUNG
PERSON IN
[]
TO FEEL
[]



RESPECT STARTS WITH YOU
#CHOOSE RESPECT

chooserespect.scot

