



IO2: Restorative Practices in Schools – a Replicating model - A3: pilot restorative circles

Presentation:

Restorative and Relational Processes (RP)

RP and Anti-Bullying

Schools & Solutions: Upscaling school restorative approaches to foster school climate and improve students' competences on managing conflicts.

Project Number: 2020-1-RO01-KA201-080411

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What is Bullying?

How do you define bullying?

“Bullying is behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally.”

(‘Safe to Learn’, DCSF, 2007)

4 key characteristics:

- Repeated
- Intent
- Someone is harmed
- Power imbalance

Bullying Behaviour

- Cyber bullying
- Damage to property
- Inciting others to bullying behaviour
- Literature
- Physical hurt/attack
- Psychological
- Verbal
- Victimisation after previous complaint

Types of Bullying

- General bullying (including appearance)
- Homophobic
- Racist
- Sexist
- Sexual
- Disabilist
- Transphobic
- Related to home circumstances

QUIZ

1. What percentage of children and young people report that they have been bullied in school?

a) 27%

b) 47%

c) 57%

d) 77%

QUIZ

2. What % of young people have been bullied about the way they look?

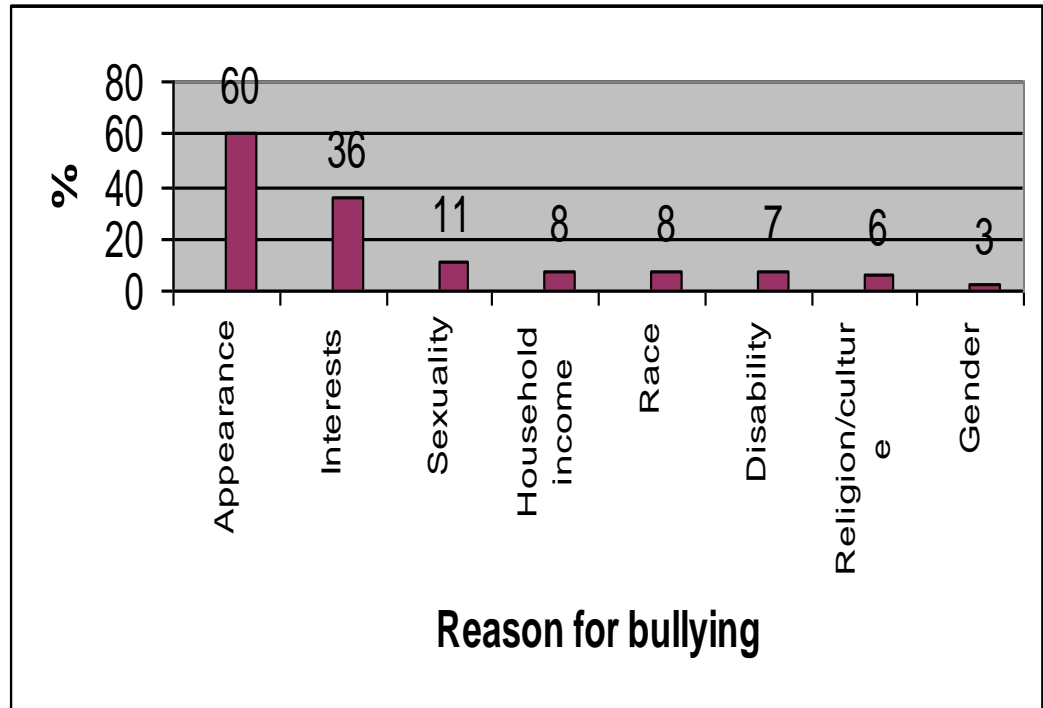
- a) 35%
- b) 45%
- c) 55%
- d) 65%

QUIZ

3. Can you put these forms of bullying in order - most to least frequent?

- a) Sexuality
- b) Race
- c) Appearance
- d) Disability

- c) Appearance
- a) Sexuality
- b) Race
- d) Disability



QUIZ

4. What percentage of young people report they knew their bullies?

- a) 100%
- b) 92%
- c) 82%
- d) 72%

91% of those bullied online also knew their bullies

QUIZ

5. Who are young people most likely to report bullying to? *(can take more than 1 option)*

- | | |
|------------------|-----|
| a) Family member | 58% |
| b) Social media | 34% |
| c) Teacher | 92% |
| d) Counsellor. | 68% |

27% have witnessed bullying in the last 12 months

24% are worried about getting abuse online

QUIZ

6. Out of the following vulnerable groups which is the group which experiences the most bullying?

- a) SEND (*Special educational needs and disabilities*)
- b) Young Carers
- c) LGBT (*Lesbian – Gay – Bisexual – Transgender*)

- a) SEND
- c) LGBT
- b) Young carers

QUIZ

7. Put the list in order (most to least) in terms of areas deemed to be 'hugely impacted' by bullying ?

- | | |
|-------------------------|--------------------------|
| a) Self harm | Felt depressed 45% |
| b) Antisocial behaviour | Suicidal thoughts 33% |
| c) Suicidal thoughts | Self harm 26% |
| d) Ran away from home | Antisocial behaviour 13% |
| e) Attempted suicide | Attempted suicide 11% |
| f) Felt depressed. | Ran away from home 9% |

QUIZ

8. What percentage of young people (13 to 25 year olds) have experienced online abuse?

- a) 20%
- b) 30%
- c) 40%
- d) 50%

1 in 4 children have received an unwanted sexual message or image from a stranger online

QUIZ

9. What % of unwanted sexual experiences occurred for the first time when girls were under 14?
- a) 26%
 - b) 36%
 - c) 46%
 - d) 56%

QUIZ

10. How many schoolchildren and young people commit suicide each year in Britain due to being bullied?

- a) 40
- b) 50
- c) 60
- d) 70

50 with an explicit link to bullying

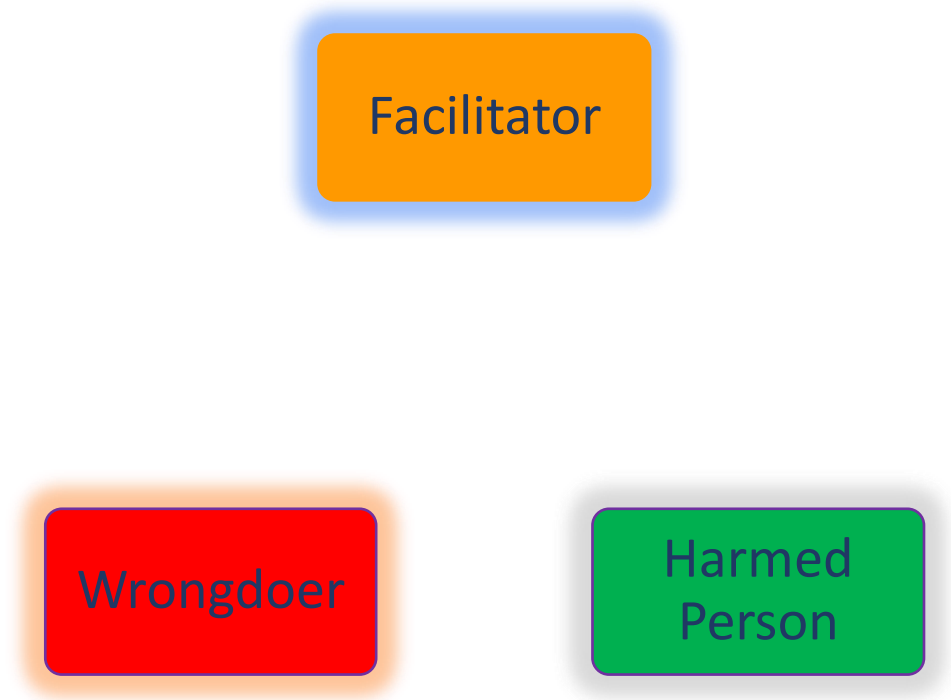
Restorative and Relational Processes (RP)

Aim to ...

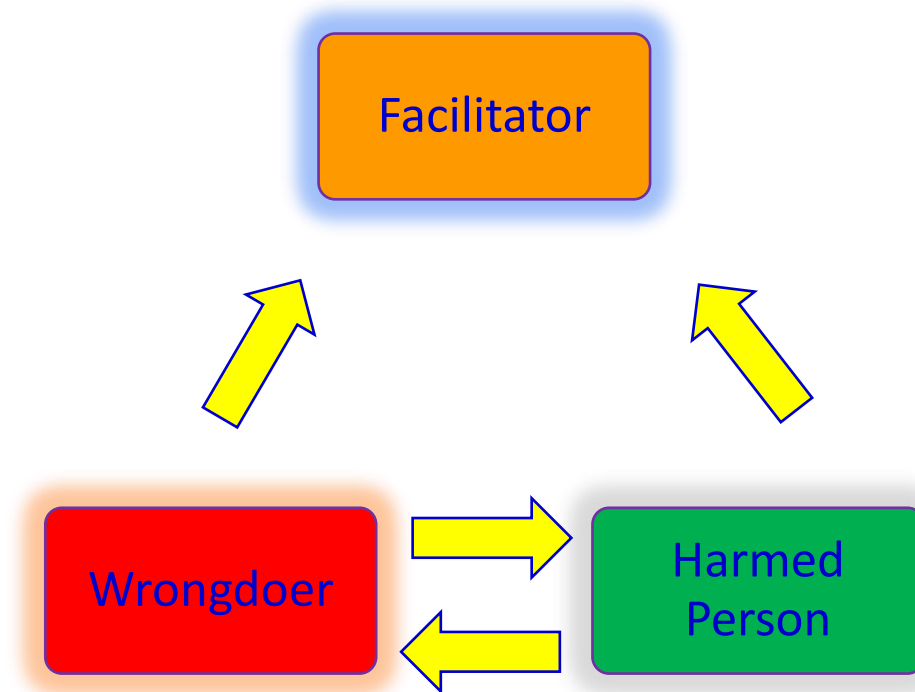
“Develop community and manage conflict through building, strengthening and maintaining existing relationships plus repairing harm and broken relationships”

This statement identifies both **proactive** (developing community) and **reactive** (repairing harm and building relationships) approaches.

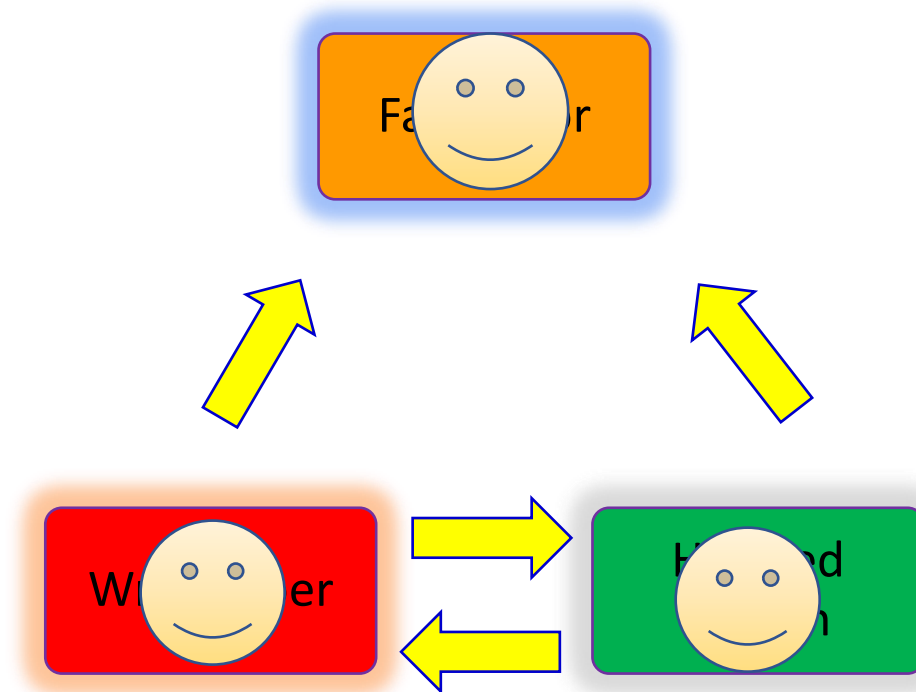
The Traditional approach and its impact upon relationships:



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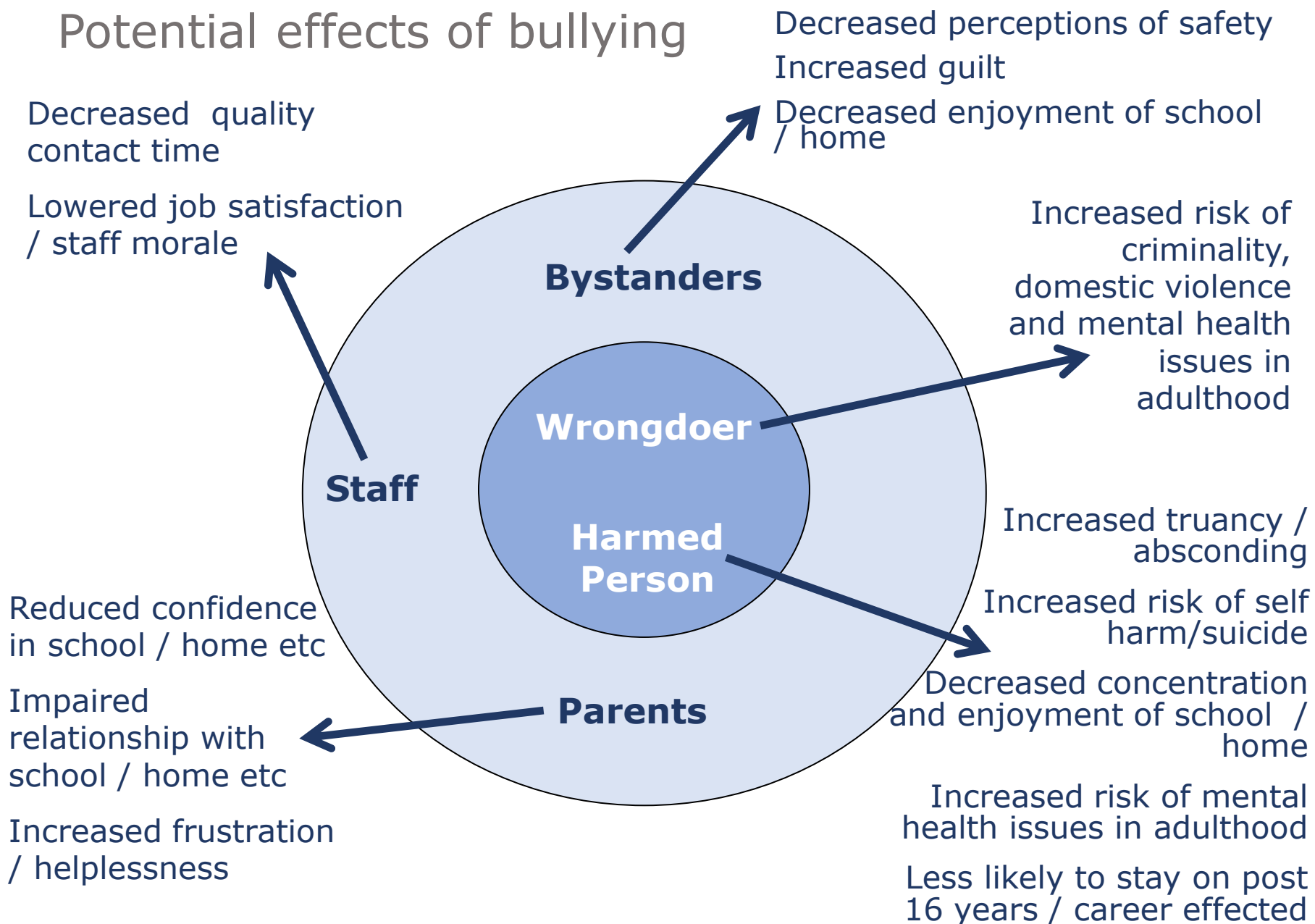
Connectedness and Relationships

Restorative practices help those being bullied who are experiencing isolation and exclusion by repairing damaged connections and even building them where they do not currently exist.

Recognising bullying

- Approximately 50% of all bullying incidents are never reported so it's important to know the signs
- Physical signs – Physical injuries/damaged clothing with no convincing explanation, general ill-health due to stress
- Emotional signs – Mood swings/apparent changes in personality, anxiety/nervousness, depression/tearfulness for no apparent reason, low confidence/self-image, hostility and defensiveness
- Behavioural signs – Withdrawn, frequent, unexplained absences, poor concentration, eating disorders, alcohol /substance misuse, self-harm, disruptive/challenging/ bullying behaviour
- General – frequently “lose” money/possessions, appears tired / lethargic, avoids playtime or entering / leaving school

Potential effects of bullying





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