

Broughton and West Tytherley Primary School

Not bullying list:

Excerpt from Family Matters: <https://www.ronitbaras.com/emotional-intelligence/personal-development/what-is-not-bullying/>

1. Not liking someone – It is very natural that people do not like everyone around them and, as unpleasant as it may be to know someone does not like you, verbal and non-verbal messages of “I don’t like you” are not acts of bullying.
2. Being excluded – It is natural for people to gather around a group of friends, and we cannot be friends with everyone, so it is acceptable that when children have a party or play a game at the playground, they will include their friends and exclude others. Although exclusion is unpleasant, it is not an act of bullying.
3. Accidentally bumping into someone – When people bump into others, the reaction depends mostly on the bumped person’s mood. If they have had a bad day, they think it was an act of aggressive behaviour, but if they are in the good mood, they smile back and attract an apology. This is also relevant for playing sport: when children throwing the ball at each other hit someone on the head. It is very important for teachers and parents to explain that some accidents happen without any bad intention, and it is important not to create a big conflict, because it was NOT an act of bullying.
4. Making other children play in a certain way – this is natural behaviour. Wanting things to be done our way is normal and is not an act of bullying. To make sure children do not fall into considering it as an aggressive or “bossy” behaviour, we need to teach them assertiveness. If your children come home and complain that Jane is very bossy and she always wants things to be done her way, you can show them that they

want it too and that Jane is miserable, because she is not flexible enough and she will suffer in life for insisting that things be done her way. Again, although it is not fun or pleasant, this is NOT bullying.

5. A single act of telling a joke about someone – Making fun of other people is not fun for them, but the difference between having a sense of humour and making fun of someone is very fine. It is important to teach children (and grownups) that things they say as jokes should also be amusing for the others. If not, they should stop. Unless it happens over and over again and done deliberately to hurt someone, telling jokes about people is NOT bullying.

6. Arguments – Arguments are heated disagreements between two (or more) people (or groups). It is natural that people have different interests and disagree on many things. Think about it, most of us have disagreements with ourselves, so it is very understandable to have disagreements with others. The argument itself is NOT a form of bullying. It is very important to distinguish between natural disagreements and bullying during an argument.

7. Expression of unpleasant thoughts or feelings regarding others – communication requires at least two players. Although it may be unpleasant to hear what someone thinks about you, it is NOT a form of bullying but a very natural thing. In every communication, there are disagreements and some form of judgment about each other's attitude and behaviour, this is NOT bullying but an expression of thoughts and feelings.

8. Isolated acts of harassment, aggressive behaviour, intimidation, or meanness – The definition of bullying states that there is repetition in the behaviour. Bullying is a conscious, repeated, hostile, aggressive behaviour of an individual or a group abusing their position with the intention to harm others or gain real or perceived power. Therefore, anything that happens once is NOT an act of bullying.