



SMARTYPANTS AND THE SWORDFISH

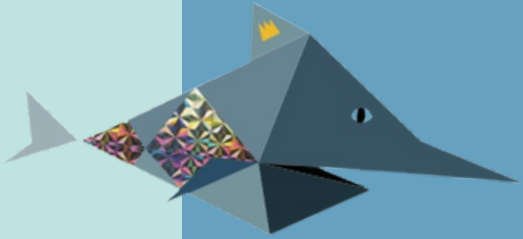


**POST SHOW GUIDE
(BULLYING)**

WHAT IS BULLYING?

Bullying is being mean to another person on purpose, multiple times, by using unkind words, making fun of them, or hurting them.

This may include verbal bullying, cyberbullying, and physical bullying.



VERBAL BULLYING

Verbal bullying can include saying hurtful words to someone over and over again. It can be name-calling, throwing insults, or spreading rumors.

CYBERBULLYING



Cyberbullying can include saying unkind words online (e.g. social media, messaging apps) that make another person feel angry, sad, or scared.

PHYSICAL BULLYING



Physical bullying is a type of bullying where someone uses their body or an object to hurt or scare someone else. It can also include damaging someone's property.

IS IT STILL BULLYING IF THE TARGETED DO NOT IDENTIFY THEMSELVES AS VICTIMS AND GENERALLY SEEM UNAFFECTED?



The answer is YES!
This is because all bullying-related experiences will result in poorer mental health and thus need to be addressed.



WHAT TO DO IF YOU GET BULLIED?



Stay calm, tell the bully to stop in a strong and clear voice, then walk away. Remember that it is not your fault, and you do not have to stay on the spot and listen to them.

Tell a trusted adult (such as your teacher or parent) as soon as possible about what happened so they can help you.

WHAT TO DO IF YOU SEE SOMEONE BEING BULLIED?

Do not join in the bullying.
Speak up and tell the bully to stop.
Accompany the person being bullied
away from the bully.



WHAT TO DO IF YOU/ YOUR FRIEND IS BULLIED?

Bullying is scary but it is important to know you are NOT alone.

You can:

- Talk to a trusted adult
(teacher, parent, school counsellor)
- Be present for your friend
- Call helplines e.g. TOUCHline (1800-377-2252)



WHY SHOULD I TALK TO A TRUSTED ADULT?



When your feelings get too big, it is important to talk to a trusted adult as they can help to calm you down by:

1. Identifying your emotions
2. Understanding how your body feels when you are going through a negative emotion
3. Identifying appropriate ways to respond to your emotions

HOW CAN I BE PRESENT TO MY FRIEND?

Bullying can be a scary and lonely experience.
Be there to support your friend
physically and emotionally,
letting them know that they are not alone.

WHO CAN I CALL FOR HELP?



If you or someone you know is experiencing mental health struggles as a result of bullying, please call TOUCHline at 1800-377-2252 (Mon - Fri, 9am to 6pm)



HOW CAN I COPE WITH OVERWHELMING EMOTIONS?

Our feelings are valid. However, sometimes, when people say hurtful things to us, our emotions may seem too big to control.

The following deep breathing exercise can help us to better cope with our emotions.



DEEP BREATHING EXERCISE

Deep breathing helps to regulate stress levels by bringing oxygen to your body, and enlivens your body.

STEP 1

Put your hand at your diaphragm

STEP 2

Breathe in through your nose for 4 seconds

STEP 3

Hold your breath for 7 seconds

STEP 4

Breathe out through your mouth for 8 seconds

THANK YOU FOR WATCHING SMARTYPANTS AND THE SWORDFISH!

Co-presented by

ART:DIS
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SINGAPORE

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