

## POST PRIMARY

### What is Bullying Type Behaviour?

*The Addressing Bullying in Schools Act 2016 (NI)*

Bullying type behaviour exists in all communities including schools. To respond to this, a new law commenced on 1st September 2021 in Northern Ireland. It provides schools with **one** legal definition to assess all reported alleged incidents of bullying type behaviour in schools.

**The law states that in all schools:**

**“Bullying” includes, but isn’t limited to, repeated verbal, written or electronic communication, by a pupil(s) against another pupil(s) that is intended to cause physical or emotional harm. This also includes leaving someone out on purpose.”**

To support a relational and solution focused approach, we no longer use the words **‘bully’** or **‘victim’**.

Instead we talk about:

**‘pupil displaying bullying type behaviour’**  
AND  
**‘pupil experiencing bullying type behaviour’.**

Behaviour that does not meet **TRIP** is referred to as **socially unacceptable behaviour**.

Whether **socially unacceptable** OR **bullying type behaviour**, school will support all young people involved to address the behaviour effectively.

### When is it Bullying Type Behaviour?



When a concern of bullying type behaviour is shared, staff will clarify facts, perceptions and the individual needs of all pupils involved.

Staff will assess the reported incident using TRIP criteria and identify appropriate interventions aimed at repairing relationships.

Socially unacceptable behaviour becomes bullying type behaviour when, on the basis of the information gathered, **TRIP** criteria are confirmed:

#### Targeted

When the behaviour is **TARGETED** at a specific pupil or group of pupils.

#### Repeated

When the behaviour is **REPEATED** over a period of time.

#### Intentional

When the behaviour is deliberately **INTENDED** to cause harm.

#### Psychological/Physical

When the behaviour causes **PSYCHOLOGICAL, EMOTIONAL** or **PHYSICAL** harm.

A significant **One-off Incident** can be considered bullying type behaviour if included in the school policy e.g. where a digital communication has been intentionally shared widely to cause harm.

#### Why does bullying type behaviour happen?

Bullying type behaviour in school usually involves a breakdown in peer relationships. Motivation can be related to vulnerable, or minority groups based on e.g. *race, religion, gender identity, sexual orientation, (dis)ability, age, appearance, child looked after (CLA), community background, cultural, family circumstances and political affiliation.*

#### How might bullying type behaviour present?

Bullying type behaviour can present as relational, verbal, or physical and can take place online and offline.

#### Imbalance of Power

When assessing a concern, schools can consider if some pupils involved appear more powerful than others.

### What to do if you need help?

#### Speak to an Adult You Trust

Speak to a family member, Form Tutor, Head of Year, Head of Pastoral Care or other safe adult who will listen and agree a support plan.



#### Keep a Record

Keep a record of what’s been going on. Report inappropriate online communication to the social media company and block the user. Don’t reply.



**Identify opportunities to meet new friends.** Try morning, lunch or after school activities.

**You may want to contact a free, confidential helpline** e.g. Childline 0800 11 11



#### Stay Positive

You have done the right thing in coming forward.

Focus on the positives in your life.

Celebrate your unique qualities.

Find healthy ways to relieve stress such as exercise, meditation, positive self-talk, join a sports club and do things you enjoy.



#### Other things to do in school:

Speak to your student council about setting up a peer support scheme; or a student diversity, equity and inclusion committee.



### What will happen when I report my concern?

**Pupils can report concerns confidentially. Staff will support concerns relationally in line with statutory guidance.**

Concerns are reported to school staff.

Staff gather information and record the concern digitally e.g. they may use a Bullying Concern Assessment Form (BCAF).

The legal definition and TRIP criteria used to assess behaviour. Parents/ Carers consulted.

Legal definition of bullying type behaviour NOT met.

Socially unacceptable behaviour identified is supported using Positive

Legal definition of bullying type behaviour IS met.

Behaviour, Safeguarding and Pastoral Policies.

Bullying type behaviour identified and supported using the school Addressing Bullying Policy.

Solution orientated supports for **all pupils** involved agreed, implemented, tracked and reviewed to determine if the situation has improved or if further support is required that may involve other agencies.

### If a friend shares that they are being bullied?

**Thank your friend for trusting you and listen without interruption.**

**Mirroring.** Focus solely on what you are being told and show you are listening without giving your opinion.

**Use Body Language.** e.g. nod, make eye contact to show you are listening.

**Ask questions and don’t rush the conversation** as it is important that your friend feels heard and supported.

**Approach a staff member** if you are concerned about your friend’s safety and wellbeing. Encourage them to speak to an appropriate adult.

**Be aware that only the Northern Ireland legal definition applies to our schools. Further information and advice.**



[Text-a-Nurse | HSC Public Health Agency \(hscni.net\)](https://hscni.net)



[Youth Wellness Web – Children and Young People’s Strategic Partnership \(CYPSP\) \(hscni.net\)](https://hscni.net)