

# Safeguarding News



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## Bullying

THERE ARE 3 MAIN TYPES OF BULLYING

### PHYSICAL BULLYING

This type of bullying basically involves the use of physical force. This bullying technique may involve the spiting, shoving, kicking or even punching.

### VERBAL BULLYING

Verbal bullying incorporates the use of words to carry out an act of bullying. In this type of bullying, the aggressor also known as the bully tries to verbally upset the victim through taunting and teasing. The verbal assault might focus on an individual's appearance, lifestyle choices, intellect, skin colour and even ethnicity.

### EMOTIONAL BULLYING

Emotional bullying is most common in relationships whereby, one partner might make statements or act in such a manner as to bring about distress to the other partner. Emotional bullying may also involve the spreading of rumours, excluding an individual from certain activities, refusing to talk to someone and even making statement with an intention of hurting a person's feelings

### SUB-TYPES OF BULLYING

The following are the various sub-types of bullying. They will all include at least one of the main types, while some include 2 or all 3.

#### CYBER BULLYING

#### DISABILITY BULLYING

#### PREJUDICIAL BULLYING

#### LGBTQ



## Peer on Peer Abuse

Peer on peer abuse occurs when a young person is exploited, bullied and / or harmed by their peers who are the same or similar age; everyone directly involved in peer on peer abuse is under the age of 18. 'Peer-on-peer' abuse can relate to various forms of abuse (not just sexual abuse and exploitation), and crucially it does not capture the fact that the behaviour in question is harmful to the child perpetrator as well as the victim.

Research suggests that girls and young women are more at risk of abusive behaviours perpetrated by their peers; however it can also affect boys and young men, those with learning difficulties or disabilities, LGBTQ Children and young people (CYP) and those who are from different communities.



If you have concerns about a young person that you know or want more information on these topics please speak to a member of your safeguarding team