



15th IIRP World Conference  
Building a Worldwide Restorative Practices Learning Network  
August 1-3, 2012, in Bethlehem, Pennsylvania, USA.

# Restorative Practices as an Anti-Bullying Strategy

Presented by:

Les Davey, CEO & John Boulton, Director of Training and Consultancy  
International Institute for Restorative Practices (IIRP) UK & Ireland

# 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

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

# TYPES OF BULLYING

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

# QUIZ

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

a) 20%

b) 40%

**c) 50%**

d) 70%

# QUIZ

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2. What is the most common form of bullying?

a) Physical

**b) Verbal**

c) Psychological

d) Malicious

# QUIZ

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3. What percentage of incidents go unreported?

a) 25%

b) 40%

**c) 50%**

d) 55%

# QUIZ

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

a) SEN/D

b) Young Carers

c) LGBT

a) SEN/D

c) LGBT

b) Young carers



# QUIZ

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5. Outside of school where are children and young people most at risk of being bullied?

- a) Public transport
- b) Children's home

- c) Youth group
- d) After school club

- a) Public transport**
- b) Children's home**
- d) After school club**
- c) Youth group**

# QUIZ

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6. What percentage of children and young people have experienced cyber bullying?

a) 11%

**b) 22%**

c) 33%

d) 44%

# QUIZ

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7. How many pupils report that homophobic language is consistently challenged in secondary schools?

- a) 7%
- b) 14%
- c) 28%
- d) 44%

# QUIZ

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8. What percentage of persistent truancy is due to bullying?

a) 20%

b) 25%

**c) 33%**

d) 50%

# QUIZ

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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

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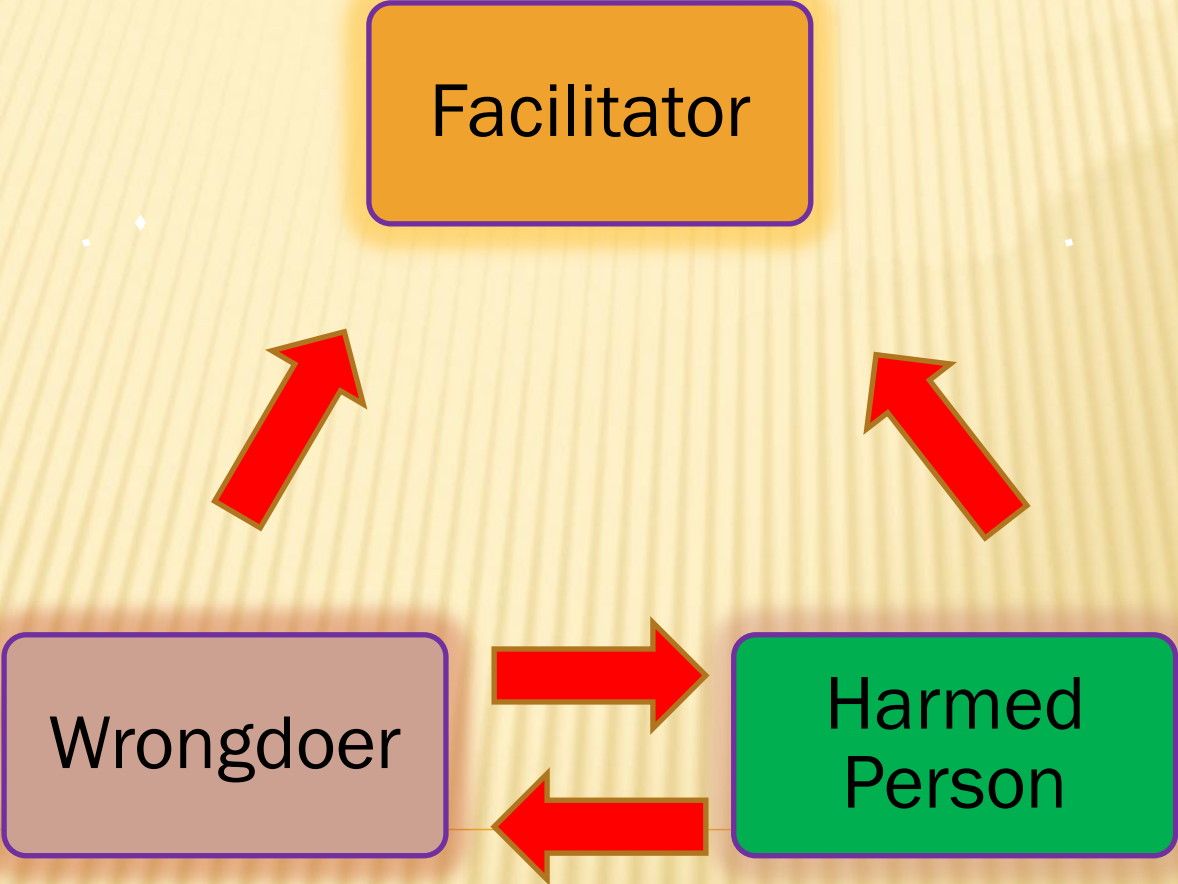
10. How many children and young people commit suicide each year in Britain due to being bullied?

- a) 6 to 10
- b) 16 to 20**
- c) 26 to 30
- d) 36 to 40

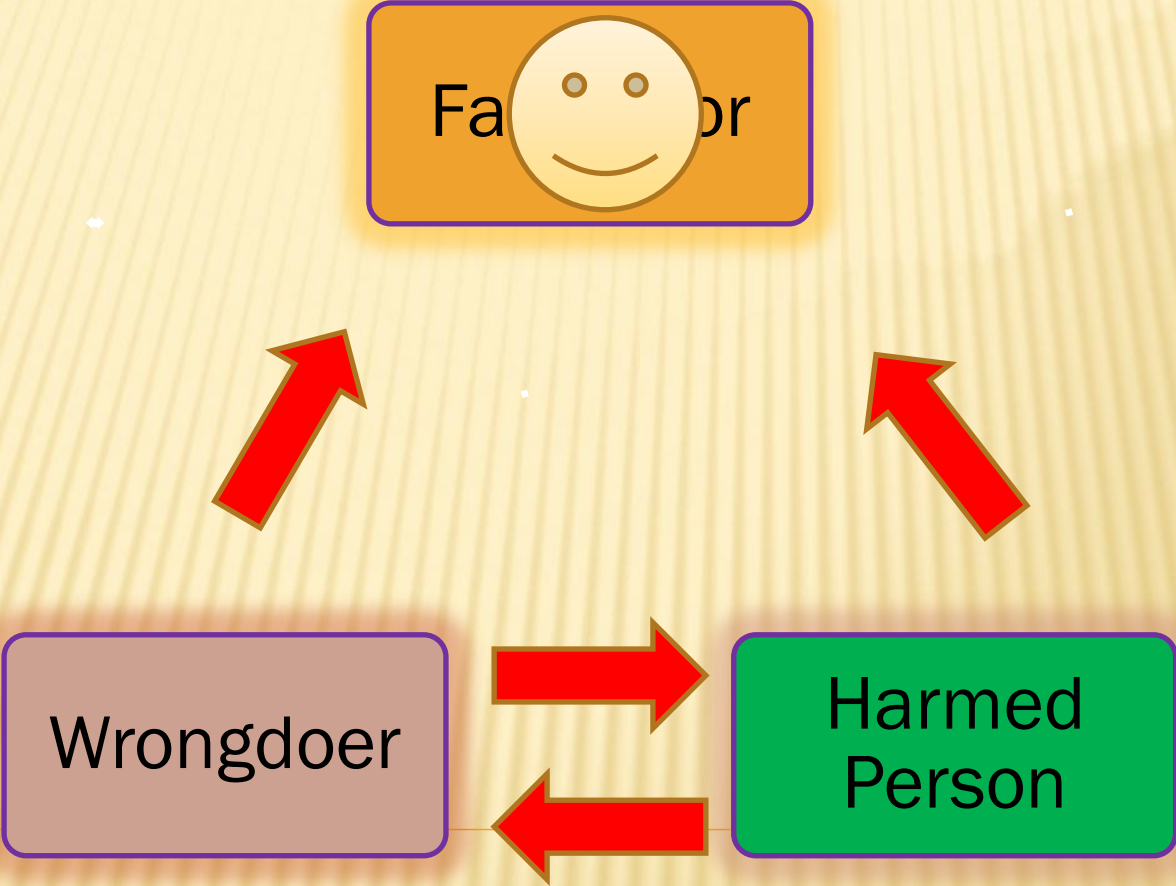
Facilitator

Wrongdoer

Harmed  
Person







# RESTORATIVE PRACTICES

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**Restorative practices develop community and manage conflict and tensions by repairing harm and building relationships.**

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

# POTENTIAL EFFECTS OF BULLYING

- Decreased quality contact time

- Lowered job satisfaction / staff morale

- Reduced confidence in school / home etc

- Impaired relationship with school / home etc

- Increased frustration / helplessness

- Decreased perceptions of safety
- Increased guilt
- Decreased enjoyment of school / home

- Increased risk of criminality, domestic violence and mental health issues in adulthood

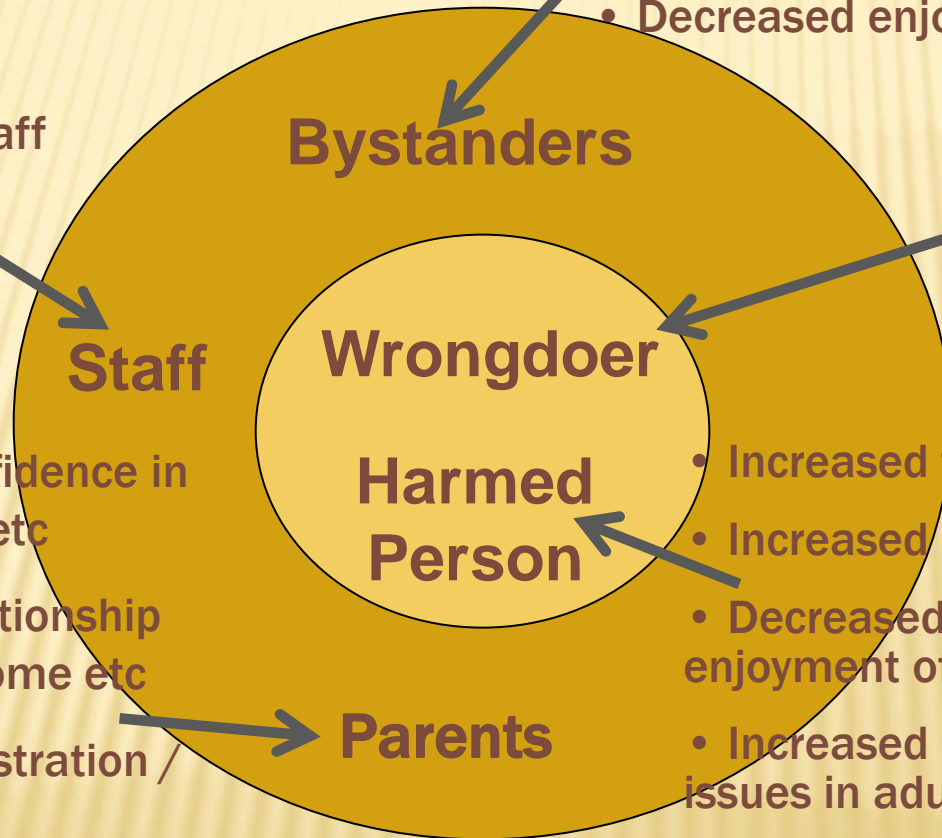
- Increased truancy / absconding

- Increased risk of self harm/ suicide

- Decreased concentration and enjoyment of school / home

- Increased risk of mental health issues in adulthood

- Less likely to stay on post 16 / career effected

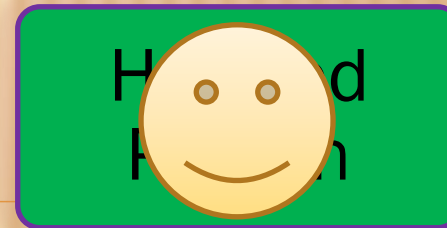


# USING A RESTORATIVE APPROACH



Explanation  
Shared understanding  
Empathy  
Acknowledgement

Taking responsibility  
Repairing harm  
Building relationships



# POTENTIAL EFFECTS OF BULLYING

- **Increased** quality contact time

- **Raised** job satisfaction / staff morale

- **Increased** confidence in school / home etc

- **Improved** relationship with school / home etc

- **Reduced** frustration / feeling of helplessness

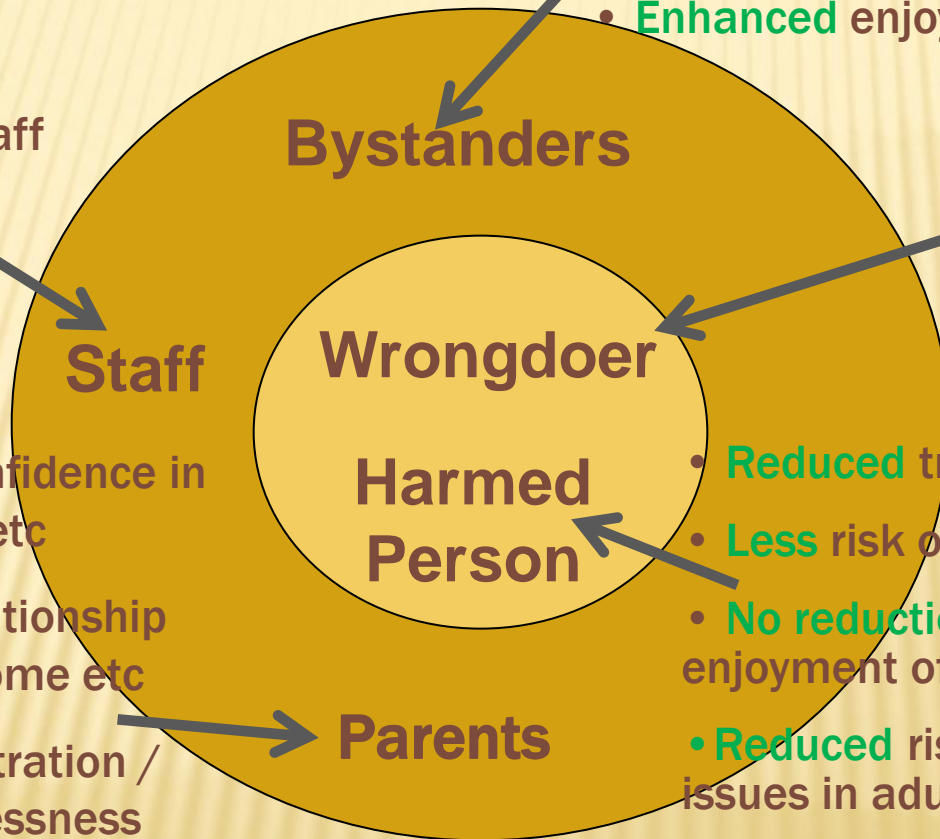
- **Increases** perceptions of safety
- **Reduced** feeling of guilt
- **Enhanced** enjoyment of school / home

- **Reduced** risk of criminality, domestic violence and mental health issues in adulthood

- **Reduced** truancy / absconding
- **Less** risk of self harm/ suicide
- **No reduction** in concentration and enjoyment of school / home

- **Reduced** risk of mental health issues in adulthood

- **More** likely to stay on post 16 / career effected



# WHY ADOPT RP AS AN ANTI-BULLYING STRATEGY?

- ✘ Restorative approaches provide an effective, flexible range of strategies to prevent and respond to bullying.
- ✘ Ranked in the top 2 approaches in both primary and secondary settings at effectively stopping physical, verbal, relational and cyber bullying with an 84% success rate.
- ✘ Of the 27 approaches schools reported using they reported restorative practices the **most effective proactive** approach when dealing with bullying and the **second most effective reactive** strategy.

**“RP training has changed everything for me, especially how I relate to others.”**

**Year 11 Student, St Marks School**



**“Since my RP training I have used the skills I gained not only in school but in my life at home and in the community. I have found another way for dealing with difficult conversations without arguments.”**

**Year 11 Student, St Marks School**



**The changes in these students are remarkable. They have become incredibly positive, self assured and confident. The students have developed an empathy and a maturity that I feel would not have emerged were it not for RP and have become incredibly creative in the use of RP... ...they have won a citizenship award and a digital media award for their work this year in the school and the community.**

**Ollwyn Moran, Teacher - Year 11 St Marks School**



**“It is really emotional when restorative practice is being used because it can be hard for people to sit in the same room as the person they have hurt or been hurt by, then listening to what they have to say about how they feel about you. This is why it works really well though. I think it could work for life.”**

**Year 11 Student, St Marks School**



# FURTHER INFORMATION

- [www.teachernet.gov.uk/wholeschool/behaviour/tackling bullying](http://www.teachernet.gov.uk/wholeschool/behaviour/tackling_bullying)

Contains downloadable copies of:

- ‘Safe to learn’ (DCSF *now DFE*) – guidance on anti-bullying for schools. Gives information on legislation, policy and practice. It also looks at specific types of bullying e.g. homophobic, cyber bullying, racist etc.
- ‘Safe from Bullying’ – guidance for non-school settings including youth activities, extended services, play and leisure, FE colleagues, journeys and Children’s homes
- [www.beatbullying.org](http://www.beatbullying.org)
- [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)
- [www.iirp.org/uk](http://www.iirp.org/uk)