

**Bullying: "It's just Part of Growing Up, Isn't it?"**

**Restorative Practices as an Anti-Bullying Strategy**

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 International Institute for Restorative Practices (IIRP) Europe



**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**

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



**TYPES OF BULLYING**

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



**QUIZ**

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

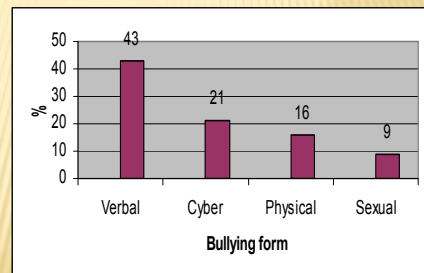
- a) 29%
- b) 49%
- c) 69%
- d) 89%



**QUIZ**

2. What is the most common form of bullying?

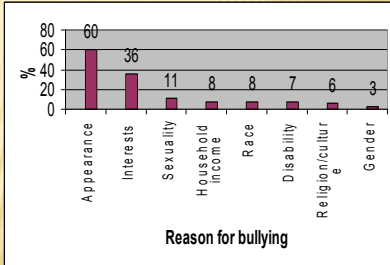
- a) Physical
- b) Verbal
- c) Cyber
- d) Sexual



## QUIZ

3. Can you put these forms of bullying in order - most to least frequent?

- a) Sexuality
- b) Race
- c) Appearance
- d) Disability



- c) Appearance
- a) Sexuality
- b) Race
- d) Disability

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7

## QUIZ

4. What percentage of young people report they are bullied on a daily basis?

- a) 11%
- b) 22%
- c) 33%
- d) 44%

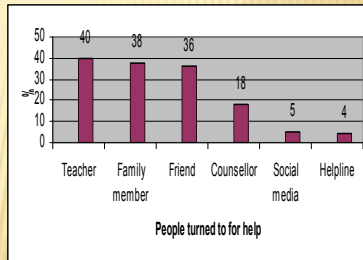
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## QUIZ

5. Who are young people most likely to report bullying to?

- a) Friend
- b) Social media
- c) Teacher
- d) Family member



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## QUIZ

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

- a) SEND (*Special educational needs and disabilities*)
  - b) Young Carers
  - c) LGBT (*Lesbian - Gay - Bisexual - Transgender*)
- a) SEND
  - c) LGBT
  - b) Young carers

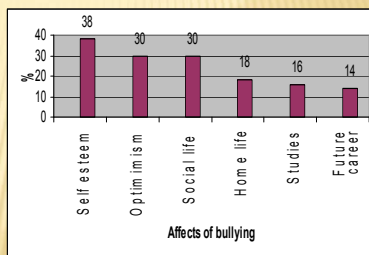
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10

## QUIZ

7. Put the list in order (most to least) in terms of areas deemed to be 'hugely impacted' by bullying?

- a) Studies
  - b) Self esteem
  - c) Future career
  - d) Social life
- b) Self esteem
  - d) Social life
  - a) Studies
  - c) Future career



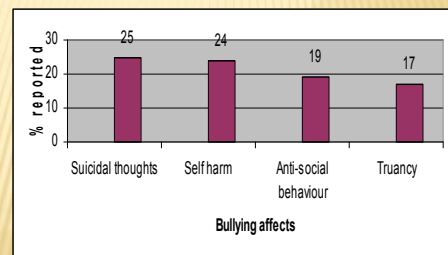
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## QUIZ

8. What percentage of young people who experience bullying report having suicidal thoughts?

- a) 5%
- b) 10%
- c) 25%
- d) 50%



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12

## QUIZ

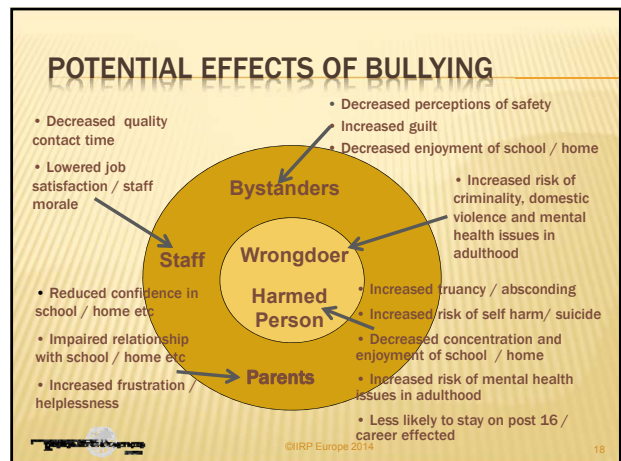
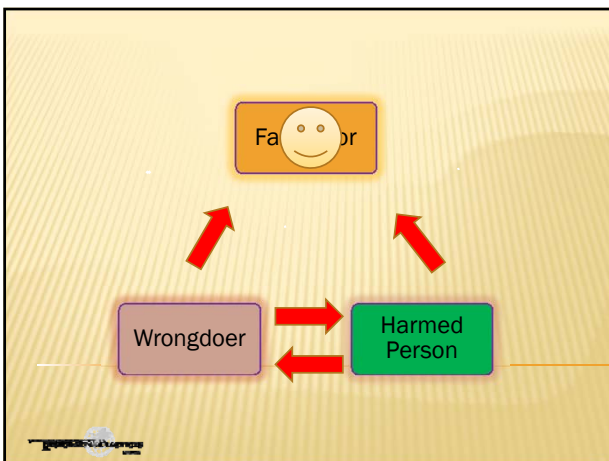
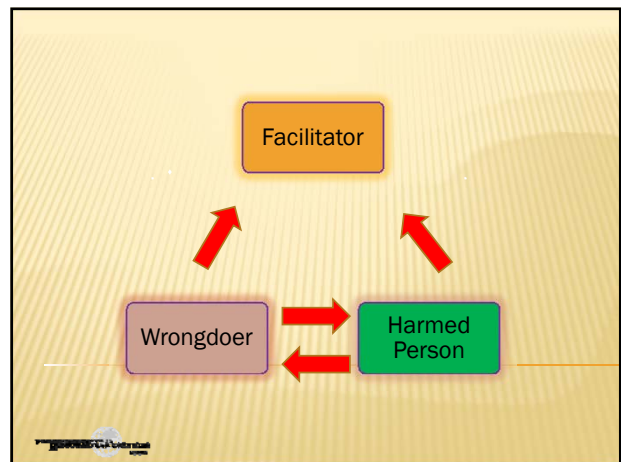
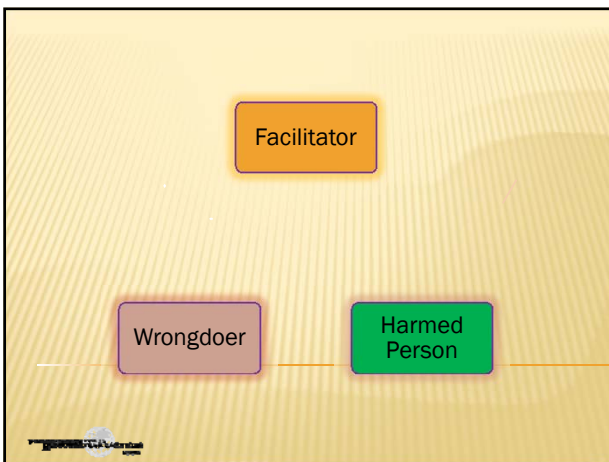
9. What % of unwanted sexual experiences occurred for the first time when girls were under 14?

- a) 26%
- b) 36%
- c) 46%
- d) 56%

## QUIZ

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



## RESTORATIVE PRACTICES

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.



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19

## USING A RESTORATIVE APPROACH



Explanation  
Shared understanding  
Empathy  
Acknowledgement

Taking responsibility  
Repairing harm  
Building relationships



## RP - POTENTIAL EFFECTS ON 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



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21

## 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.

*The use and effectiveness of anti-bullying strategies in schools'*  
- Goldsmiths, University of London - April 2011



22

"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



23



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.  
Oilwyn Moran, Teacher - Year 11 St Marks School



24

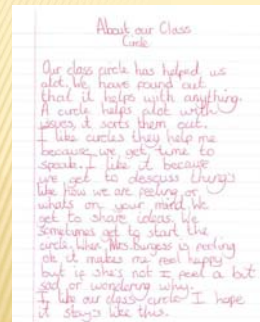
“It is really emotional when restorative practice is being used because it can be hard for people to sit in the same room as the person they have hurt or been hurt by, then listening to what they have to say about how they feel about you. This is why it works really well though. I think it could work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

Year 11 Student, St Marks School



25

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About our Class Circle

Our class circle has helped us a lot. We have found out that it helps with anything. A circle helps a lot with issues, it sorts them out.

I like circles they help me because we get to speak. I like it because we get to discuss things like how we are feeling or what's on our mind. We sometimes get to start the circle.

When Mrs Burgess is feeling OK it makes me feel happy but if she's not I feel a bit sad or wondering why. I like our class circle I hope it stays like this.

Year 5 (10/11 years old) Student – May 2010  
St. Edmunds Community Foundation School  
Norfolk, England, UK



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26

## 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.eu](http://www.iirp.eu)



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27