**“3-minute Concept” Animated Video Clips Series:**

**Bullying**

**Subtitles**

3-minute Concept: Bullying

Life and Society (Secondary 1-3)

Personal, Social and Humanities Education Section

Curriculum Development Institute

Education Bureau,

HKSAR Government

Have you ever heard of a classmate

being called an unkind name at school?

Or being isolated by others on purpose?

Or being mocked or insulted

because of physical characteristics,

such as being tall, short, fat or thin?

All of these can be regarded as bullying.

So, what is bullying?

Bullying happens when a person or a group of people

repeatedly hurt someone on purpose, physically or psychologically,

because they are more powerful or more in number.

Bullying usually involves three elements:

“Hostility”, “Imbalance of power” and “Repetition.

Hostility means hurting another person on purpose.

Imbalance of power means

the bully is obviously more powerful than the victim,

such as being more in number or stronger in strength.

This makes it hard for the victim to defend himself/herself.

Repetition means that

the act of bullying is repeated over a period of time.

Bullying can be classified into four categories:

1. Physical bullying involving aggressive behaviours,

such as punching, kicking or extorting money or properties.

2. Verbal bullying,

such as using foul language, calling unpleasant nicknames

or laughing at or making hostile comments on someone’s physical characteristics.

3. Indirect bullying,

such as ignoring, boycotting or rejecting the victim.

4. Cyber-bullying,

such as posting insulting messages on social media,

disclosing the victim’s personal information or defaming him/her in secret.

People play different roles in bullying.

The “bully” starts the bullying behaviour.

The “assistant” copies the bully

and participates directly in bullying.

The “reinforcer” supports the bullying behaviour

by teasing and cheering around.

The “victim” suffers from bullying.

The “defender” comforts and supports the victim

and tries to stop bullying.

“Bystanders” stay out of the way.

They neither support the bullying nor help the victim.

When bullying happens,

we should not join in

so as to avoid encouraging the bullying behaviour.

At the same time, we should not stay out of the way

for fear that we may become the next target of bullying.

Doing so will not reduce our chances of becoming the next victim.

Quite the opposite, if we can help the victim seek help,

we can stop the bullying behaviour.

Besides, when we ourselves are being bullied,

we must seek help from parents, teachers or social workers.

Do not bear bullying in silence.

Bullies may have to face legal consequences for their actions.

In addition, we should learn effective communication skills

and effective ways of expressing our emotions.

When you have an argument or a conflict with someone,

stay calm.

Try to look at things from the other person’s point of view.

Then, talk about how you feel and what you think.

Avoid turning to bullying or violence

as a way to deal with the situation.

Reflection Question

When we come across cyber-bullying, how should we handle it?