

Intro:  
Icebreakers

HIGH VS.  
LOW  
SELF-  
ESTEEM

Dearbhla's  
Stories

# Peer

# Education

Bullying  
and how  
to deal  
with it

mental health  
is just as  
important as  
physical  
health!

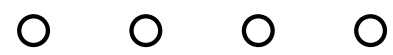
Peer  
Pressure

videos

Bullying and  
mental health

How to  
resist

# Today's Agenda



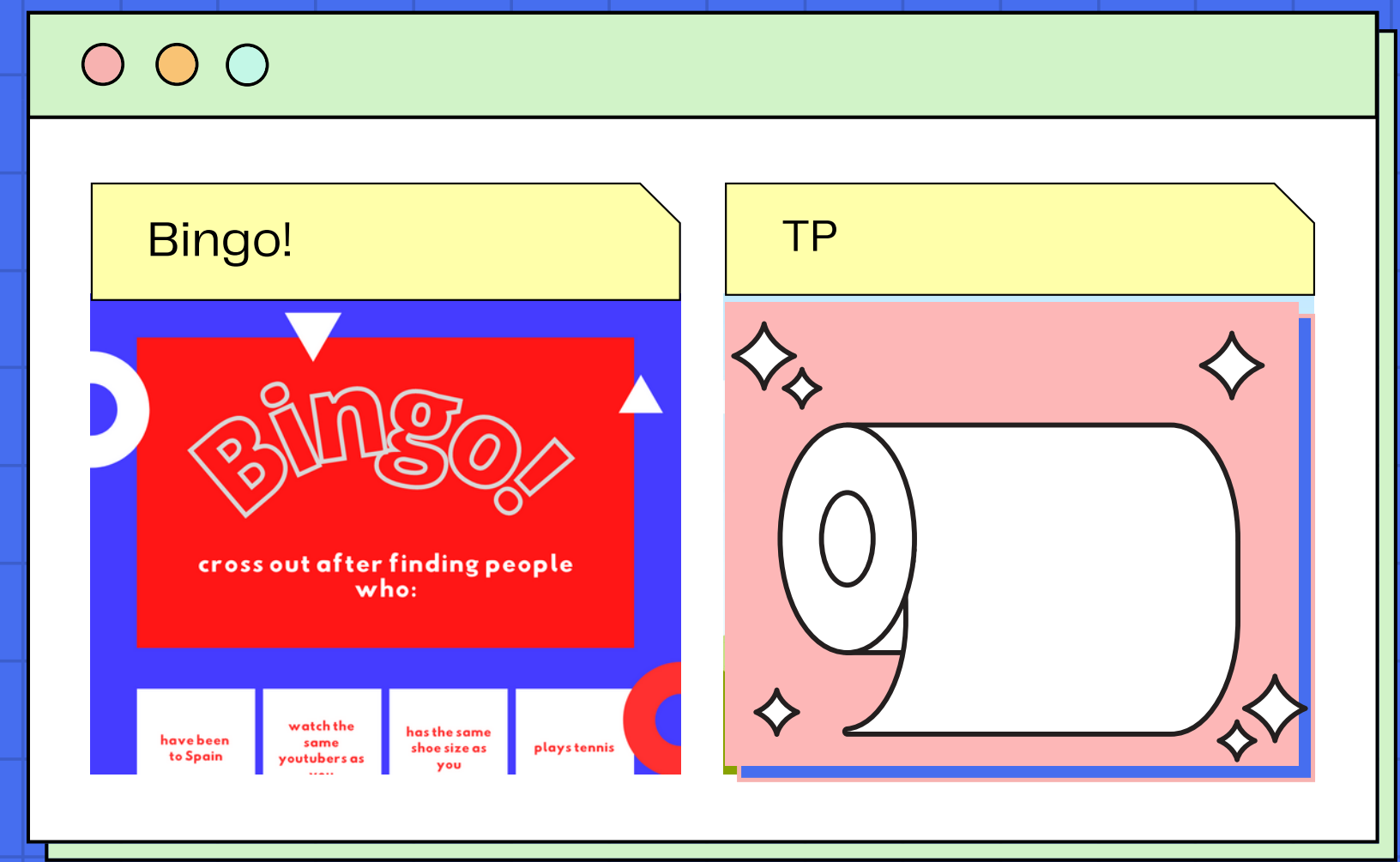
- 1 Introduction , Contract and Icebreaker
- 2 Self-Esteem
- 3 Peer Pressure
- 4 Bullying

# Introduction



We want to get to know you!

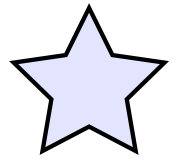
Let's play some games!!



# Contract!

2

3



Brainstorm Area

## What should be on our contract?

One At A Time!

Participate

Enjoy yourself

Have Respect

Listen



We'll bring  
this  
back every  
class

**Self-Esteem**

A diagram featuring the word "Self-Esteem" in a bold, blue, sans-serif font. The text is centered within a red, hand-drawn, cloud-like outline. Six blue arrows of varying lengths and directions radiate outwards from the red outline, pointing towards the top, bottom, left, and right edges of the frame. The entire diagram is set against a white background within a rectangular frame.

# High Self-Esteem



Thumbs Up if it's High!



# Low Self-Esteem



Thumbs Down if it's Low!

# Anna Freud National Centre for Children and Families

supported by

**J O M A L O N E**

L O N D O N

June 1, 2021

# Peer Pressure



What is it?

How do self-esteem and  
peer pressure link?

Is it all bad?

How to deal with it?

Dearbhla's Stories



# Peer Pressure . . . .

## Definition of Peer Pressure:

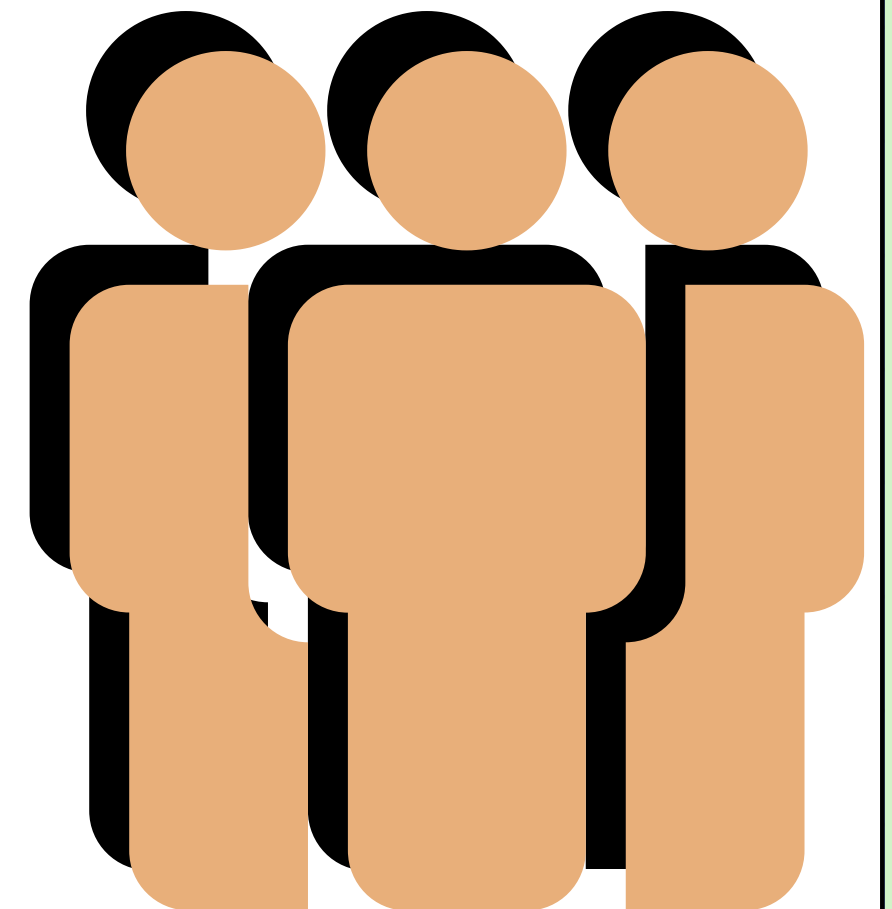
The strong influence of a group, on member/s of that group to behave as everyone else does and it can be either in a positive or negative way.

## Can Peer Pressure be Good?

Peer pressure can be positive or negative depending on the circumstances.

## For example:

- positive peer pressure: taking part in a sport activity
- Negative peer pressure: consuming unwanted alcohol



# Resisting Peer Pressure



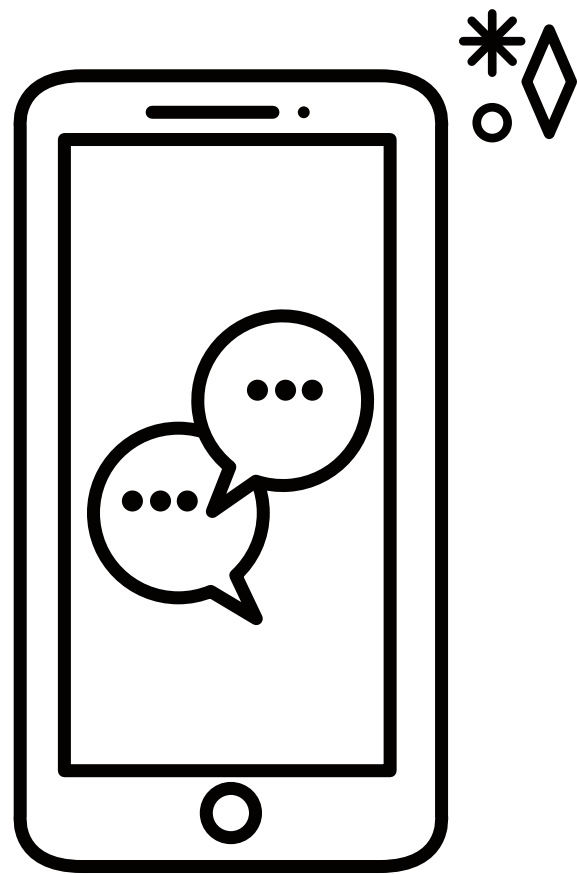
**Remember, you shouldn't feel forced to talk, dress or act in a way that you are unhappy with. It may be difficult to stand up for your beliefs, but you will be happier and stronger if you do.**



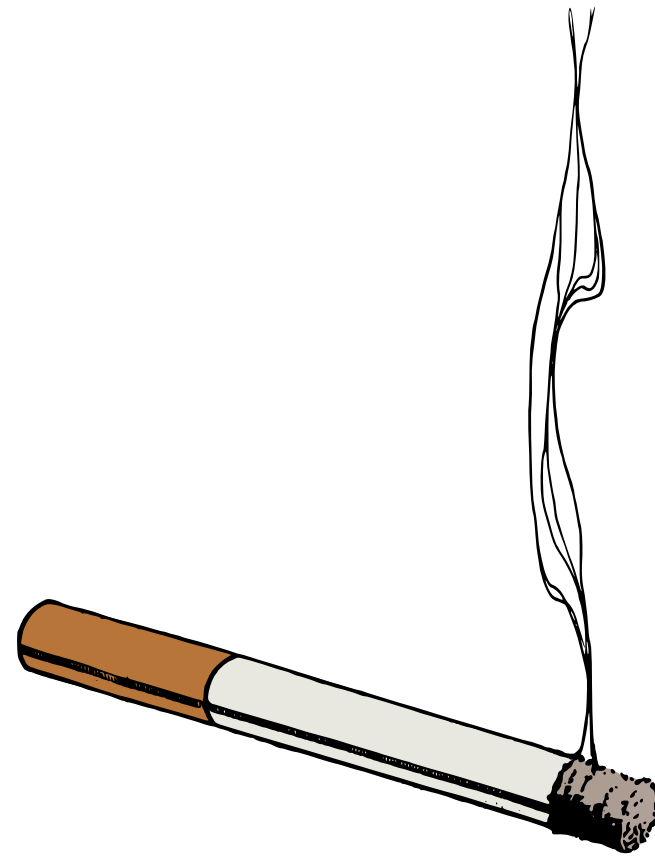
- Choose your friends carefully
- Develop your own self-worth
- Confide in your parents/guardians
- Keep yourself occupied
- Realise that compromising your standards will not make you happy or lead to anything worthwhile

# Dearbhla's Stories

Social Media



Smoking



Time



There are  
7 types,  
can you  
think of  
any?

## What is Bullying?

"Unwanted negative behaviour, verbal, psychological or physical, conducted by an individual or group against others person or persons and which is repeated over time".



Bullying is:

H.A.R.D

**H**urtful

**A**ggressive

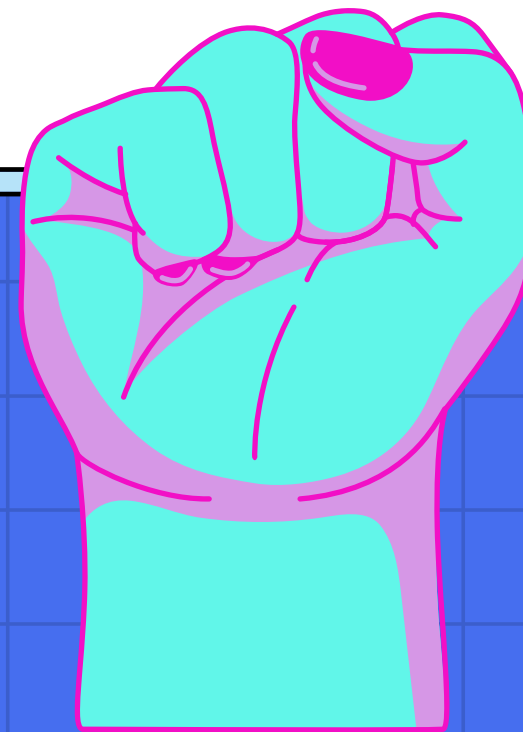
**R**epetitive

**D**eliberate

# What are the 7 Types of Bullying?



- **VERBAL** - Name calling, racist remarks, bad rumours, etc...
- **PHYSICAL** - Thumping, pinching, kicking, tripping, etc...
- **GESTURE** - Giving the fingers, standing aggressively, evil look or stare, throat signal, etc...
- **EXCLUSION** - Not invited to places or things, not asked or allowed to join in, being left out, etc...



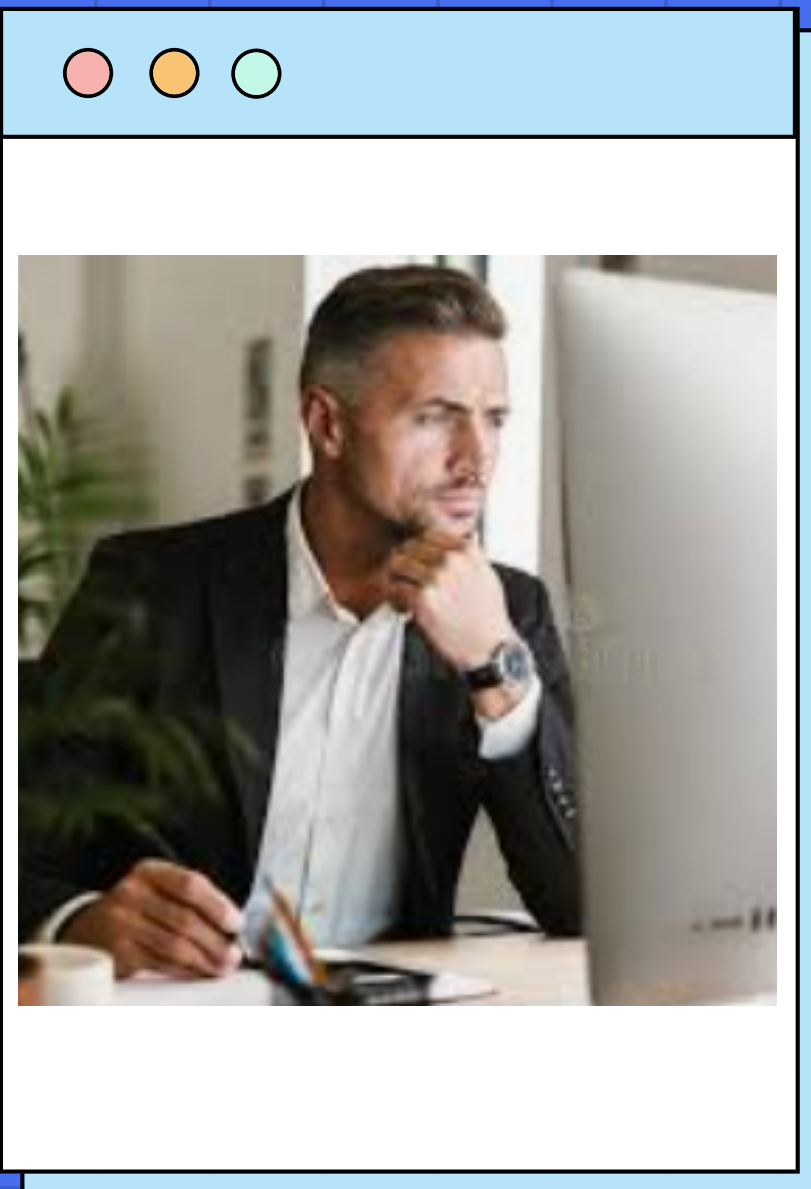
# What are the 7 Types of Bullying?

- **EXTORTION** - Taking money/belongings/lunch, bribery etc...
- **E-BULLYING** - (Electronic devices/eyber)- Texts, E-mails, Facebook, Social media etc..
- **SEXUAL** - Unwanted touches, unsuitable language etc...



# Who gets Bullied?

○ ○ ○ ○







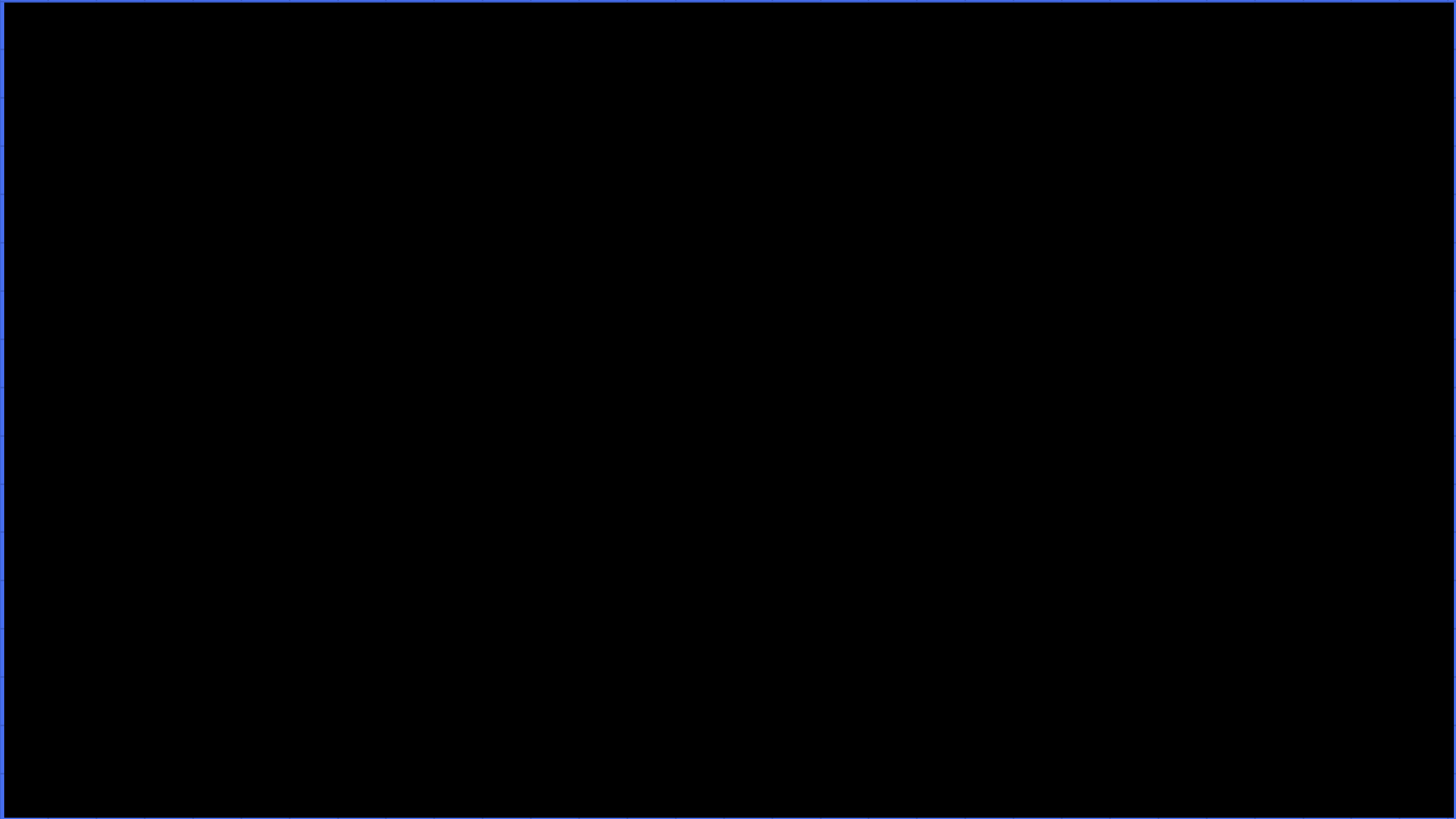
Anyone can be bullied or be a bully.

Bullying knows no boundaries and can happen short term or long term. Bullying is not normal or acceptable, it is wrong.

Everyone in the last slide was being bullied.



Ways to  
Deal  
with Bullying



# Cyberbullying

● ● ●  
**If you are being bullied on social media here a few things you can do:**

1. Tell someone
2. Text "Bully" to 50101
3. Don't reply
4. Take a screenshot
5. Block Sender
6. Don't re-tweet or like bully
7. Don't answer the call or message



# Staying Safe on the Internet

- Use a nickname instead of your real name
- Don't discuss personal things about yourself or family/friends
- Don't give out your address, phone number or school name
- Use a cartoon picture for your profile rather than one of yourself
- Don't tell anyone your password

# Stayin Safe on the Internet

- Change your security settings on your profile so only friends can see
- Don't add anyone you don't know to your list of friends
- Avoid sites that are meant for adults
- Report any problems to an internet service provider or website moderator



# Recap of Today's Agenda



Introduction, Contract and Icebreaker



Self-Esteem



Peer Pressure



Bullying

**That's a  
wrap!** . . . .

Thank you  
for  
participating  
See you next  
week!