



& Community Education Centre

Nusratul Islam Masjid

ANTI-BULLYING

WEEK

WHAT IS BULLYING?

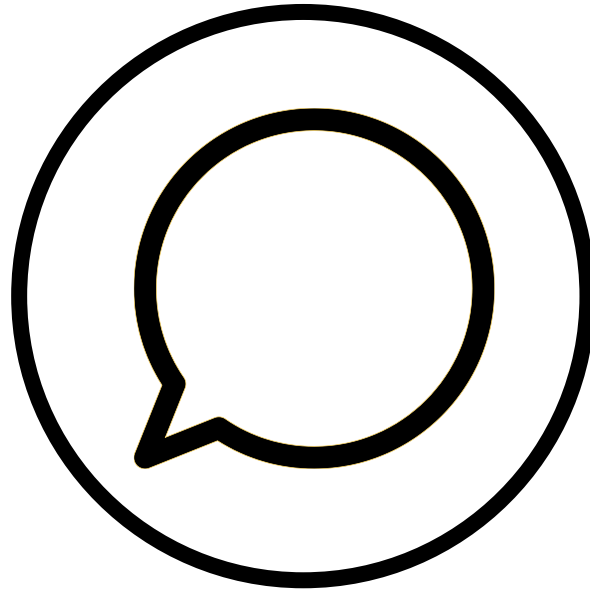
What definition did we learn in the previous Anti-Bullying week?

When someone says or
does something
intentionally hurtful and
they keep on doing it

Is this Bullying?



THREATENING



GOSSIPING



WHEN SOMEONE DOESN'T
BECOME YOUR FREIND

IS THIS BULLYING?
If someone hurts you unintentionally, it's a one off.

If someone **IS THIS** hurts you **BULLYING?** Intentionally, it's a one off.

Share some
examples of
Bullying

VERBAL BULLYING

Repeatedly name calling, threatening or making nasty and hurtful comments.

PHYSICAL BULLYING

Hitting, kicking, pushing, punching or hurting somebody

EMOTIONAL BULLYING

Repeatedly leaving people out, gossiping and ignoring.

CYBER BULLYING

Repeatedly sending nasty messages, spreading or sharing private information.

Watch the video

How do you think Badr is feeling?

What advice does Zaky give to Badr?

How can we stop someone from being bullied?

Click this link:

<https://youtu.be/mFzA3a07iY4>



الْمُسْلِمُ مَنْ سَلِمَ الْمُسْلِمُونَ مِنْ لِسَانِهِ وَيَدِهِ

“ A Muslim is the one who **avoids harming** Muslims with his tongue and hands.”

WHY SHOULD I NEVER BE A **BULLY?**

- *Allah is watching*
- *I can end up destroying someone's life*
- *I will get caught one day*
- *What goes around, will definitely come around*
- *Allah will listen to the cry and dua of the person being bullied*
- *Pay back on the day of judgement*

How do you think
an innocent person
who is getting
bullied feels?

OUR RESPONSIBILITIES

1. Always remember the hadith of our Prophet ﷺ
2. We should help one another
3. We need to respect everyone
4. We should help everyone

**WHAT TO DO IF YOU
GET BULLIED?**



TELL A GROWN UP



TRY NOT TO GET UPSET



MAKE FRIENDS



DON'T THINK YOU ARE WEAK
REMEMBER IT'S THE **BULLY** WHO IS WEAK



RESPOND WITH CONFIDENCE

**REMEMBER YOU ARE
NOT ON YOUR OWN**