



& Community Education Centre

Nusratul Islam Masjid

**ANTI-BULLYING**

**WEEK**

WHAT IS

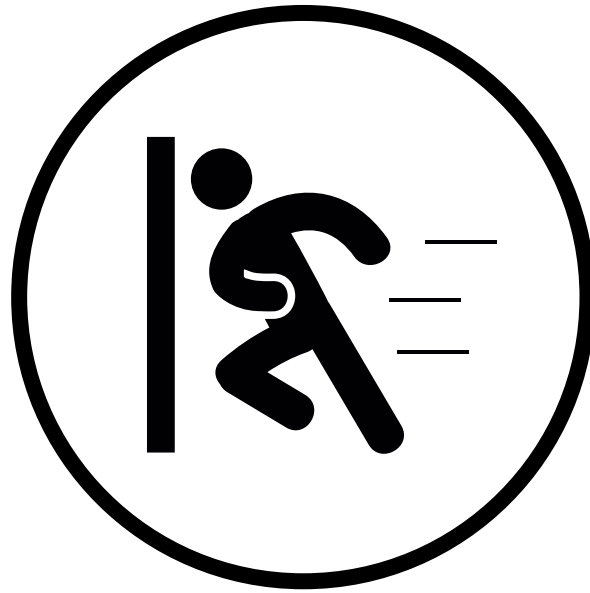
BULLYING?

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

# Is this Bullying?



CALLING SOMEONE NAMES



PUSHING SOMEONE



JOKING

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

If someone **IS THIS** hurts you **BULLYING?** intentionally but 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

Leaving people out, gossiping and ignoring.

# 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.”

# WHAT HAPPENS IF YOU'RE A **BULLY?**

- *You hurt someone's feelings*
- *The bully will be caught one day*
- *Allah becomes **DISPLEASED** WITH YOU*
- *Pay back on the day of judgement*

# 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



**REMEMBER YOU ARE  
NOT ON YOUR OWN**