



& Community Education Centre

Nusratul Islam Masjid

**ANTI-BULLYING**

**WEEK**

# WHAT IS BULLYING?

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



Repeatedly saying or doing  
something intentionally hurtful.

WHAT IS A

**BULLY?**



One who is habitually cruel  
(directly or indirectly), insulting,  
or threatening to others who  
are weaker, smaller, or in some  
way vulnerable.

**CAN YOU NAME ANY  
PROPHET/PIOUS  
PERSONALITY THAT  
WAS BULLIED?**

**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

Leaving people out, gossiping, ignoring and harming someone's reputation.

# CYBER BULLYING

Sending nasty messages, spreading , sharing private information or sending inappropriate photos.

**CHILL OUT!!!**

**IT WAS A JOKE!**



# Are you **sure** it was a **Joke**?

- *Was it offensive? Was it humiliating? Was it belittling? Was it a lie?*
- *The objective of joking is to cheer someone up*
- *If your joke makes someone sad, then you should apologise without any delay*
- *Before you joke, ask yourself “Would I like it if anyone said this to me?”*
- *Most of our jokes are in actual fact insults which results in hurting another's feelings, which is the worst form of Haram.*

**Watch the  
video**

<https://www.youtube.com/watch?v=2QQTtW-aQH0>

**Why do bullies feel  
the need to bully?**

**They think  
they're better**

**Looking down  
at others**



لَيْسَ مِنَّا مَنْ لَمْ يَرْحَمْ صَغِيرَنَا، وَيُوقِرَ كَبِيرَنَا

“He is not one of us who shows no **mercy** to younger ones and does not acknowledge the **honour** due to our elders.”

We need to respect one another despite our differences.

# Who's a Bystander?

What does Islam say  
about bystanders?

Would you be a helper  
or a bystander?

# 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 the  
innocent person who  
is getting bullied  
feels?



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



RESPOND WITH CONFIDENCE  
WITHOUT BEING **AGRESSIVE**



TELL A RESPONSIBLE ADULT  
REMEMBER TELLING IS NOT **SNITCHING**



DO NOT RETALIATE  
RETALIATING MAKES YOU JUST AS **BAD**



DON'T THINK YOU ARE WEAK

REMEMBER IT'S THE **BULLY**

WHO IS WEAK

**REMEMBER YOU ARE  
NOT ON YOUR OWN**