

RSHE (PSHE) - Respectful Relationships - Stereotyping and Bullying

# The imbalance of power

Mr Nicholson



# What is an imbalance of power?

**Imbalance of power** is when a **group** of people bully an individual or when **one** person continually bullies someone in the same way.



## **An imbalance of power through repetition**

An imbalance of power through repetition is when one person continually uses words or physical attack over and over again.

## **An imbalance of power by number**

This is when a number of different people join together to bully an individual through using the same or a similar insult. It may also include other people spreading rumours about the person being bullied.



# Helping maintain the imbalance of power

By doing or saying nothing the bystander becomes a bully by association with the person or group who are bullying the individual.



**Write a paragraph to explain what a bystander is and what an upstander is. Try and use as many of these as you can and score yourself.**

Online	Rumour	Bullying
Bully	Report it	Send a message of support
Upstander	Imbalance of power	Because
Superior	Bystander	Inferior

(1 point)	(2 point)	(3 point)	(4 point)
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# A bystander is ...

Someone who is there when bullying occurs or knows that bullying is happening but chooses not to do or say anything about it

Maybe add some of your own ideas to this definition



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**Highlight the key words in these definitions**



# Read these scenarios, can you identify if it is about bystanding or upstanding?

**Salim**

In a group chat someone says he is stupid and he reports it at school

**Angela**

She reports the comments that Salim has received

**Maya**

She is one of the people who liked the comment about Salim

**James**

James sends a text to Salim to see if he is alright



# Write a pledge about being an upstander

I pledge to be an upstander ...

