

# Bullying, Boredom and Problematic Behaviour in School

Dr Elizabeth Nasseem

**37mins**

Dr Elizabeth Nasseem is a consultant and researcher who supports schools to resolve bullying. In her doctorate she examined where bullying exists in children's everyday experiences of school. Elizabeth has developed strategies to resolve bullying based on her doctoral and post-doctoral research, this includes tailoring interventions to children's specific experiences. She has also developed a programme to mentor children who persistently engage in bullying to refrain from bullying and learn how to interact with others more respectfully. Elizabeth has recently written a book '*The Teacher's Guide to Resolving Bullying: Evidence-based Strategies and Pupil-led Interventions*' which was NSPCC Book of the Week for anti-bullying week. She has written for journal articles, educational magazines and *The Guardian*. Elizabeth has presented her research to the All-Party Parliamentary Group on Bullying in the House of Lords and has been an invited expert who has presented her research to Ofsted. Her work has frequently featured in the national media such as *BBC Radio 5 Live* and *The Daily Telegraph*.

# Learning Outcomes

Aim: Understand the impact boredom has on bullying, and how harnessing the voices of pupils can reduce bullying and improve behaviour.

## Objectives

- Discuss the effect boredom has on pupils.
- Analyse how boredom contributes to bullying and problematic behaviour.
- Examine how mentoring and establishing a system of dialogue with pupils can reduce bullying and develop respectful behaviours.

**Copy and paste the link into your browser  
to view the presentation**

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[https://www.youtube.com/watch?v=edtV35\\_Br6w](https://www.youtube.com/watch?v=edtV35_Br6w)

# References

Elizabeth Nasseem's publications can be accessed on the following link:

<https://www.bulliedvoices.com/publications.html>

- Resources to help you tackle bullying are available on the following link:

<https://www.bulliedvoices.com/resources.html>

- Additional resources about the nature of bullying and strategies to resolve bullying are available at:

<https://www.bulliedvoices.com/>

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