

# WHAT IS SPECIAL ABOUT THIS WEEK?



# IT'S ANTI-BULLYING WEEK!!!

By Nicola Robe – Family Outreach Worker

A graphic for Anti-Bullying Week featuring a grid of speech bubbles. The central bubble is yellow and contains the text "All Different". Below it is a white bubble with "All Equal". At the bottom, a dark blue bubble contains the text "#ANTIBULLYINGWEEK" and "13th – 17th November". Other speech bubbles in the grid are empty and colored in shades of blue and orange.

**All Different**

**All Equal**

**#ANTIBULLYINGWEEK**  
**13th – 17th November**

# BULLYING IS:

## INTENTIONAL, REPEATED AND HARMFUL

We say bullying is:

- **S**everal
- **T**imes
- **O**n
- **P**urpose

What is Bullying?  
We can define this as...

**S** Several

**T** Times

**O** On

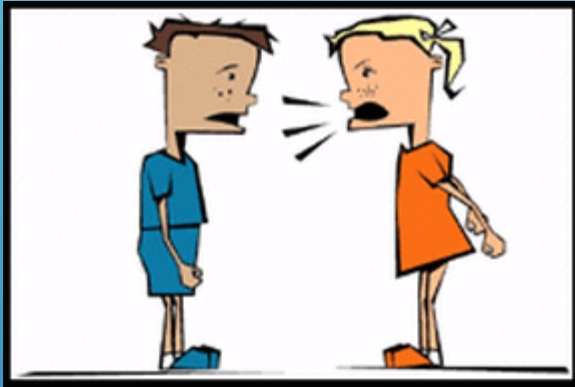
**P** Purpose

*Ambition for change* 

# TYPES OF BULLYING

There are various ways in which you can be bullied:

- Verbal
- Physical
- Emotional
- Cyber





## \* Verbal

Name calling, threatening, nasty or hurtful comments, racial slurs, and rude remarks.

## \* Emotional

Spreading rumours, leaving people out, gossiping, harming someone's reputation, ignoring.

# BULLYING

## Cyberbullying \*

Using the Internet to: send nasty messages, spread rumours, send inappropriate emails, share private information and post inappropriate photos.


## \* Physical

Hitting, kicking, pushing, punching, hurting, slapping.

# CYBER BULLYING



# HOW MIGHT BULLYING MAKE YOU FEEL?

- Sad
  - Angry
  - Embarrassed
  - Scared
  - You might be sleeping badly
  - You may complain more of headaches or stomach aches
  - You might start wetting the bed
  - You may be worrying about going to school
- 



## BULLYING IS NOT:

An unkind word once or twice.

Not being liked by someone.

Accidentally bumping into someone.

An argument.





# BULLYING CAN BE AGAINST:

- PEOPLE WITH A DISABILITY
- RELIGIOUS BELIEFS
- DIFFERENT CULTURES
- RACE (COLOUR OF YOUR SKIN)
- GENDER (GIRL OR BOY)
- SOCIAL CLASS (RICH OR POOR)
- **ANYONE!!**



# What if you are bullied?

You should also Stop and ...

- S** Start
- T** Telling
- O** Other
- P** People

*Ambition for change*



# WHO CAN YOU TALK TO?

Talk to:

- Your teacher
- The headteacher
- Any adult in school
- Your Mum or Dad
- Your Grandparents
- Your carer
- Any trusted adult



# WHAT SHOULD YOU DO IF YOU SEE SOMEONE BEING BULLIED?

Be kind to them

Help them

Tell someone

Include them in your game






# HOW CAN PARENTS HELP?



- Teach your child the bullying definition of **Several Times On Purpose**.
- Help school to address bullying effectively.
- Create healthy anti-bullying habits at home.
- Teach your child to be kind in their thoughts, words and deeds.
- Be a good example of kindness.

# WHAT IS OUR SCHOOL DOING TO PREVENT BULLYING?

- We have an effective up-to-date Anti-bullying policy in place.
  - By involving parents either through information on the schools website, by inviting them to assemblies and meetings, through the text service and by issuing bulletins and newsletters.
  - Involving the pupils so that they are aware of the schools approach to bullying.
  - By having a clear and consistent approach to dealing with bullying issues as and when they arise.
  - We use a consistent bullying definition across the whole school – i.e. Several Times On Purpose.
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# LET US PRAY

Dear Lord,

We come before you and ask you to help those who are being bullied; for those who are being hurt with cruel words, who are being tormented and suffering from physical abuse.

Help us to remember to treat people the way we want to be treated.

For all who are suffering right now, we ask for your protection to surround them.

For those who are being bullied at home, school, work, online, or within their community, encircle them with your love.

Amen.





13+

**Minimum age according to Instagram**

This is Instagram's minimum age.



13+

**Minimum age according to Snapchat**

This is Snapchat's minimum age



13+

**Minimum age according to Facebook and Messenger**

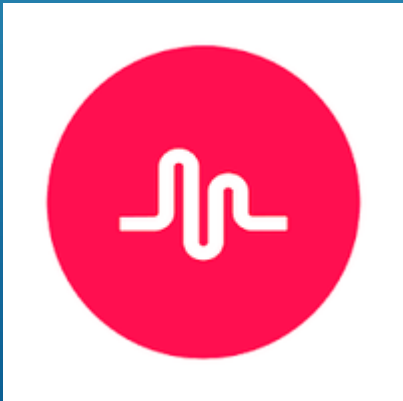
This is Facebook's minimum age.



13+

**Minimum age according to Twitter**

This is Twitter's minimum age.



13+

**Minimum age according to Musical.ly**

This is Musical.ly's minimum age.

Our advice is that if you allow your children to have these apps, then you must take responsibility for them. It is very difficult for school to become involved in issues involving social media, especially as they are under-age.



# HIDING APPS AND OTHER INFORMATION

Have a look at the following:

<http://resources.uknowkids.com/blog/calculator-or-hidden-app-teens-are-disguising-content-with-apps>

For information regarding apps that can be used to hide! Some of the logo's look like a calculator on the phone.

<https://www.net-aware.org.uk/>

A resource from the NSPCC - Your guide to the social networks your kids use Stay up to date and keep your child safe in today's digital world