

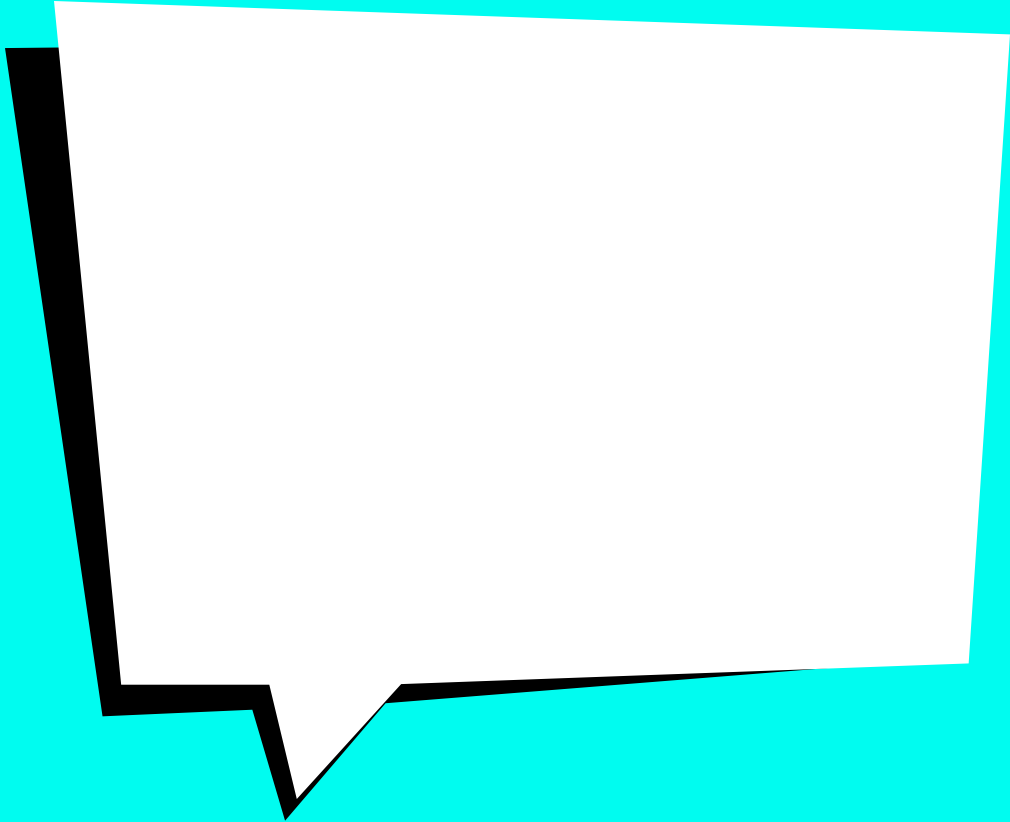
**Anti-Bullying
Week 2021**

**ONE
KIND
WORD**

#ANTIBULLYINGWEEK



**ANTI-BULLYING
ALLIANCE**



**ONE
KIND
WORD**

#ANTIBULLYINGWEEK



**ANTI-BULLYING
ALLIANCE**



“ Ask if someone’s OK. Say you’re sorry. Just say hey.

In a world that can sometimes feel like it’s filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone’s perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.

Best of all, one kind word leads to another. Kindness fuels kindness. So from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity.

It starts with one kind word. It starts today.”

Call to action

“

Last year, you helped #AntiBullyingWeek trend at No.1 on Twitter, reach over 44 million users on TikTok, and get almost 600,000 views of Odd Socks Day videos on YouTube.

”

Call to action



The Facts

<< Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online. >>





The Facts

Bullying behaviour can be:

Physical – pushing, poking, kicking, hitting, biting, pinching etc.

Verbal - name calling, sarcasm, spreading rumours, threats, teasing, belittling.

Emotional – isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion.

Sexual – unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.

Online /cyber – posting on social media, sharing photos, sending nasty text messages, social exclusion

Indirect - Can include the exploitation of individuals.





The Facts

- **40% of young people were bullied in the last 12 months**
- **6% of all young people had experienced bullying daily. 9% between once a week and once a month.**
- **Most common form of bullying was name calling (including via text and email) at 26%, followed by exclusion from social groups at 18%**





Baiting

What NOT to do:

- Don't take the bait!
- Don't argue with a person or appeal to their sense of reason or logic while they are baiting you. They want you to rise to it!
- Don't retaliate and fall into a trap.



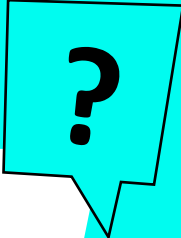


Baiting

What TO do:

- Learn to recognise baiting for what it is. If you know what they are trying to do it is easier to rationalise it.
- Remember that the bait you can see often has nothing to do with what the other person really wants.
- Remember that what the person is feeling is temporary and they will probably feel different in a few days or a few hours.
- Talk to an adult you trust such as a teacher or parent and explain what they are doing and why you think they are doing it.
- If falsely accused, politely, briefly and calmly state the truth one time only.
- Try to remove yourself from the situation calmly. End the conversation and exit the space/room.
- Get support - describe what has happened to someone who understands your situation and can help you come up with a reasoned, effective plan of how to deal with it.





Banter

When banter is actually
bullying



Online bullying

Always respect others: be careful what you say online and what images you send.

Think before you send: whatever you send can be made public very quickly and could stay online forever.

Keep it private! Only give your mobile number, personal email address and other contact details to trusted friends. If you are active on social networking services think about what you are sharing and who you are sharing it with. You can set your privacy settings to limit who can see your content.

Block the bully: learn how to block or report someone who is behaving badly.

Don't retaliate or reply!

Save the evidence: learn how to keep records of upsetting or mean messages, pictures or online conversations.

Make sure you tell:

Your parent/carer or an adult you trust.

Your school: your teacher or the anti-bullying coordinator can help you

Report it to the social network or app: you can check their help centre to see where to report concerns

Remember you can visit ChildLine to chat to a counsellor online, or call 0800 1111.

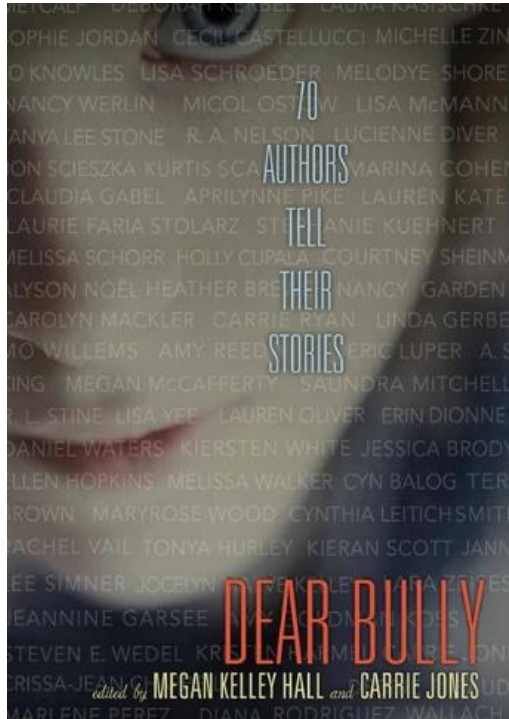
Finally, don't just stand there, if you see cyberbullying going on, support the victim and report the bullying!



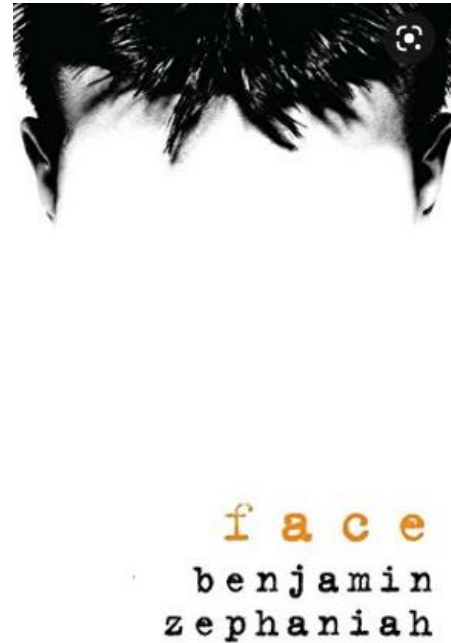


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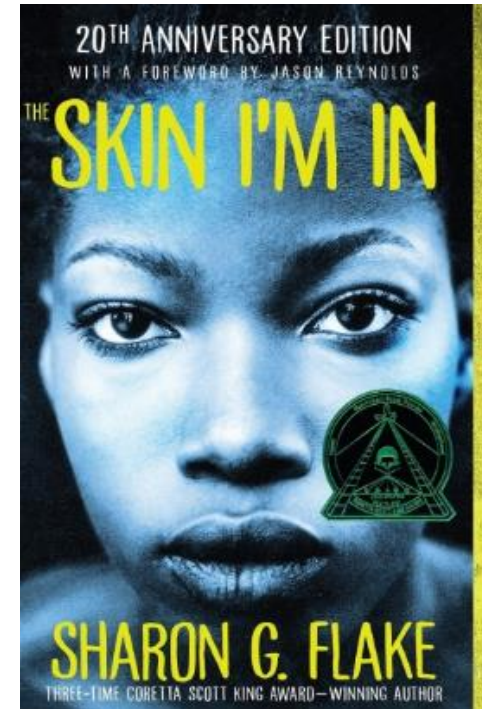
Books about Bullying and Difference



Dear Bully



Face



The Skin I'm In

Who can help us in our school?

**Year
Manager
or Leader**

1

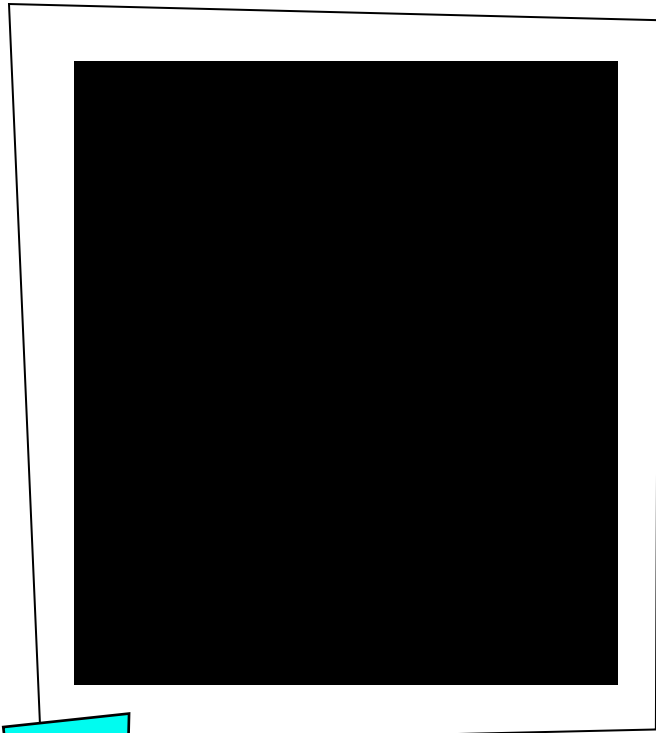
Tutor

2

**Wellbeing
Ambassador**

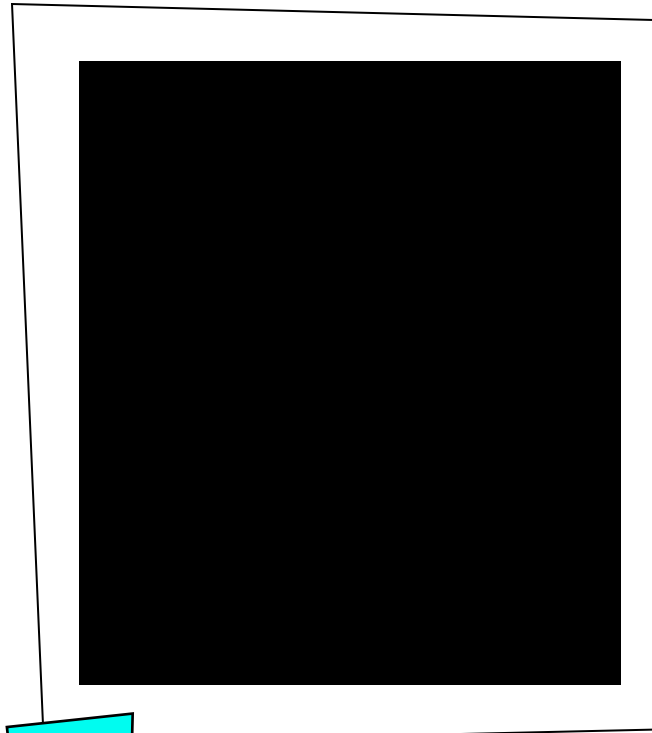
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Could your face be here?



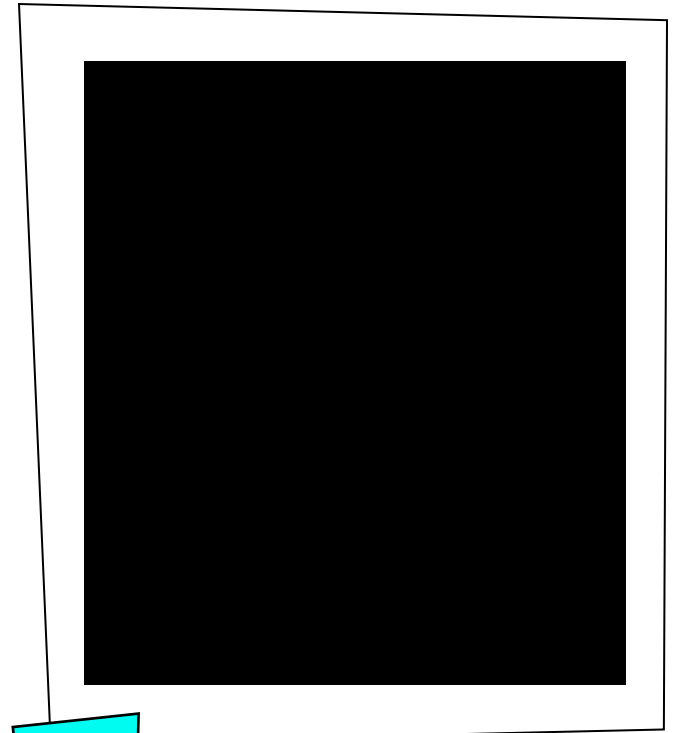
1

Your Name Here



2

Your Name Here



3

Your Name Here



Wellbeing Ambassadors

The reason I wanted to become a wellbeing ambassador is because of how rewarding it is. You know that you can help people and that everyone always has someone to turn to. The reason you should become a wellbeing ambassador is because you could save someone one day and because of you they go home having all of their problems off their shoulders.





Wellbeing Ambassadors

It's extremely easy, especially in adolescence, to become overwhelmed with anxiety and stress. The role of the wellbeing ambassador is having someone to reach out to. We're easily spotted with our yellow lanyards. It's really easy to sign up: speak to one of us or to Mrs. Gilbert or Ms. Smith after the assembly.

We aim to make the school a positive, safer, healthier space for the whole community.



?

**What will you do to start our
ripple effect of kindness?**

One Kind Word

Thank you for being a part of

**Anti-Bullying
Week 2021**

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