

Anti - Bullying Week 2022

An initial overview of bullying, which will be explored in an age appropriate way with each class throughout the week.

Children will have opportunity for discussion and to ask questions and the most important lesson of what they can do if they feel they are being bullied so that help can be provided straight away.

Children are made aware that bullying is not acceptable and will not be tolerated.

The Anti Bullying Alliance Definition of Bullying

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.



Bullying can be:
physical verbal or psychological.
It can happen face-to-face or online.



What is bullying?

- **Bullying happens when someone sets out to hurt another person.**
- **They make their victim feel scared and unhappy.**
- **Bullying usually happens again and again with one or more people bullying the same person.**

Physical bullying

This is when a bully attacks someone by punching, kicking, hitting or pushing them.

- It can also include spoiling or stealing someone's belongings.
- The bully may 'accidentally' trip someone up or bang into them.

Verbal bullying

This happens when a bully uses words to hurt or frighten you.

- Name calling
- Threatening
- Copying what you say in a funny voice
- Making you look silly in front of others

Silent bullying

This happens when a bully makes you feel bad but doesn't say anything.

- Sending horrible notes to others
- Spreading rumours about you



Bullying

We need to understand the difference between bullying and everyday disagreements.

What are everyday disagreements?

- Two children wanting to play with the same football
- Arguing over which TV programme to watch
- Pushing in when lining up
- A hard tackle in football which hurts the other player

At the end of the day you make up and are still friends.

What are the effects of bullying?

How does a bully feel?

- Strong
- jealous
- clever
- sad
- angry
- sorry
- mean
- ashamed
- lonely

How does the victim feel?

- angry, cross
- weak
- scared, terrified
- hurt
- lonely, no friends
- why me?
- upset
- sad

What about the bullies?

There are lots of reasons why people become bullies and it is usually a sign that they are not happy people.

- They may be unhappy at home
- Feel different themselves
- Don't know how to make friends

bully free school



We can
listen to
each
other

We do not
call people
names

We can
talk to
people we
trust

We do not
take other
peoples
things

We
respect
one
another