

CHOOSE

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# Anti-Bullying Week 2024

11<sup>h</sup>-15<sup>th</sup> November



MAKE A  
**NOISE**  
ABOUT  
BULLYING



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## What is 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**.”



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This year we are focusing having respect for each other



Change starts here | Change starts now | Change starts with us

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So what? What is the impact of bullying?

**FROM ALL YOUNG PEOPLE:**

**1 IN 2 HAVE BEEN BULLIED AT SOME POINT.**

**1 IN 5 HAVE BEEN BULLIED WITHIN THE PAST YEAR.**

**1 IN 10 HAVE BEEN BULLIED AT LEAST ONCE IN THE PAST WEEK.**

- People who have been bullied are almost twice as likely to bully others
- Twice as many boys as girls bully
- 24% of those who have been bullied go on to bully.
- 20% of all young people have physically attacked somebody.
- 44% of young people who have been bullied experience depression.
- 41% of young people who have been bullied experience social anxiety.
- 33% of those being bullied have suicidal thoughts.

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## 2024 Campaign Video



Click video to play

or click here: [https://www.youtube.com/watch?v=sZ\\_CkltlgS4](https://www.youtube.com/watch?v=sZ_CkltlgS4)

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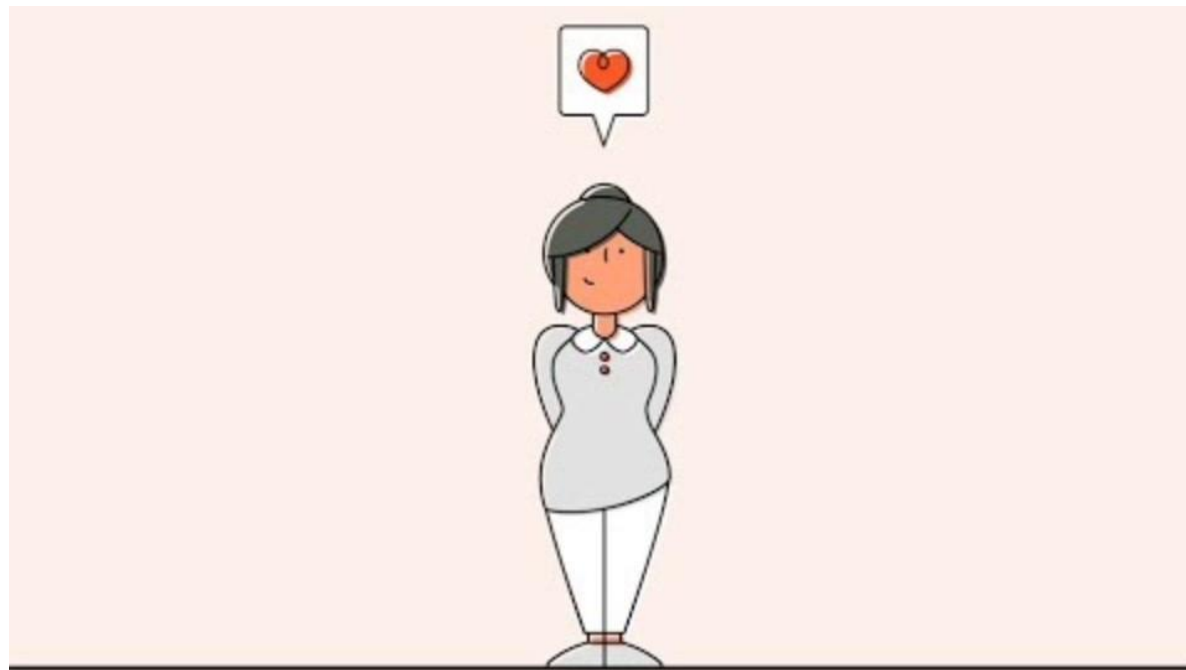
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## So, how can we create a positive culture?

A positive or negative action can create a ripple effect or a chain reaction. If we are kind to each other, it creates a positive ripple effect. If we are mean to each other, it creates a negative ripple effect. Be part of a positive chain of events.



Click video to play

or click here: <https://www.youtube.com/watch?v=O9UByLyOjBM>

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## So, **why** do bullies bully?

Bullies have a **choice** and **choose** to bully.

Bullies bully because it is **learned behaviour** i.e., they have been bullied (when younger / by a family member, etc).

Bullies often bully due to some **stress or trauma in their life** [death, parents splitting, domestic abuse and violence].

People respond to stress differently.

Bullies are more likely to come from **a difficult home life**.

Bullies are more likely to be **insecure** in themselves, their achievements and their relationships.

Bullies often have **low self-esteem** and use bullying to feel some sort of control in their lives.



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So, **why** do bullies bully?



Click video to play

or click here: <https://www.youtube.com/watch?v=Eo-SdtBuDhw>



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## What's banter then?

### Banter is...

Tailored to the person it's aimed at.  
The person who is on the receiving end is aware that it is playful and is not designed to cause offense.



### Bullying is...

behaviour, usually repeated over time that intentionally hurts another individual or group, physically or emotionally.

### When does banter become bullying?

Click image to play video or click here:

<https://www.youtube.com/watch?v=M28kRqoTWHo>



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So, what can I do to make things better if I suffer this?

Whether you are a victim of bullying or see it happen, the key to fixing it is to call it for what it is and speak about it. Some of your options are:



Trusted adults  
outside school



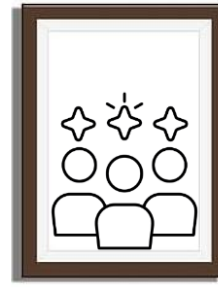
Form teacher



Pastoral Staff



Trusted friends



Any school  
staff



Phone /web  
support



Text Shout to  
85258 if you are  
in crisis



**childline**

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111



Child  
Exploitation  
and Online  
Protection

**POLICE.UK**

**SAMARITANS**

**NSPCC**

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#ANTIBULLYINGWEEK

*"In the end, we will remember not the words of our enemies, but the silence of our friends." - Martin Luther King Jr.*

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FOLLOW-UP FORM TIME  
ACTIVITIES



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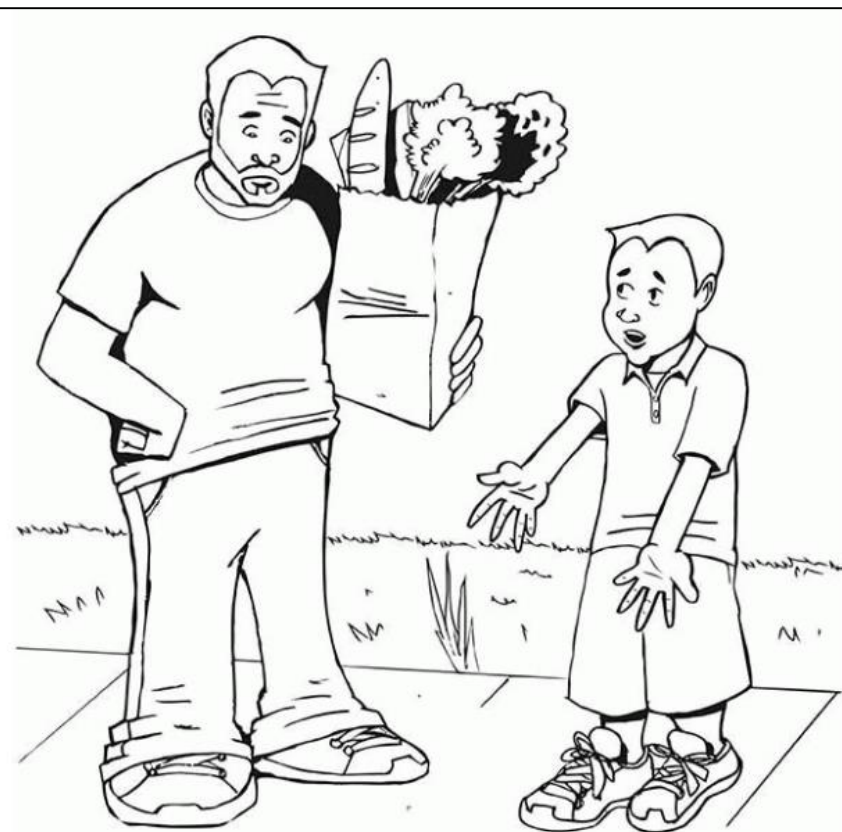


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**IF THESE TACTICS DON'T WORK,  
GO TO A TEACHER, PRINCIPAL,  
PARENT OR GUARDIAN FOR HELP!**



**SOME KIDS ARE AFRAID TO TELL A TRUSTED ADULT.  
REMEMBER,  
SILENCE IS A BULLY'S ALLY!!!**

**Form Time Activities: Discuss the above ...**

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**HOW TO SURVIVE  
SCHOOL BULLYING**

**REAL  
STORIES**



Form Time Activities: Watch a longer film [45 mins]

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U F S B M P D P M V B H S J N O V  
 C R U E L L D Z P W W T A S U I Q  
 L T N E R E F F I D L L A G W O N  
 Y A T G N O R W C M S H N F G W W  
 P Q U T A P Q V T W Q A Y O O S Q  
 M U S Q I A L S Y P C W H D L T W  
 G P Q M E E T E X D C D O E S O E  
 L H X U I L X A H E Y V Q G E P S  
 B Q S T F B L K Y R B Y Z U V D M  
 Z P C S C W Z A V A G Q Q A N W X  
 F B Y P E O W T A C P I R E N E H  
 V R J N C N E C O S N Z I F J B T  
 Q O V B G A D Y O U G R E L E P G  
 V Q Z A L T A N L K F X L O F I E  
 E K F W R T T X I Q B E D V A W S  
 Y D E M E A N P T K T W T S X C U

## BULLYING WORDSEARCH

NAME:

DATE:

CLASS:

TEACHER:

wrong	all equal	unique
all different	scared	help
kindness	cruel	friend
stop	mean	tell

Form Time Activities: Complete the wordsearch

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In the schoolyard shadows, where whispers do creep,  
A tale of bullying, it's time to break the keep.  
The silence we've held, it's time to shout,  
For standing up together, there's no room for doubt.

With courage in our hearts, we'll stand so tall,  
No more tears in silence, we won't let it befall.  
Together we'll rise, united, no fear to hide,  
In our voices and actions, our strength will reside.

In this battle against bullies, let kindness win the bout,  
For when we stand together, we'll cast the darkness out.  
Let's raise our voices high, break the silence's spell,  
And in unity, we'll triumph, our stories to tell.



**Class Charts Optional Homework Activity: Write a poem**



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## Bullying Quiz 1

**When is Anti-Bullying Day celebrated in the UK?**

- A) January 1
- B) March 20
- C) November 12
- D) October 31

**Why is it important to speak out against bullying?**

- A) Because it's fun
- B) Because it's cool
- C) Because it helps stop the bullying and support the victim
- D) Because it's trendy

**Which of the following is NOT a way to speak out against bullying?**

- A) Telling a teacher or trusted adult
- B) Ignoring the bullying
- C) Supporting the person being bullied
- D) Being a friend to someone who's bullied



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## Bullying Quiz 2

**What should you do if you witness someone being bullied?**

- A) Walk away and ignore it
- B) Join in to avoid being bullied yourself
- C) Speak up, support the person being bullied, and report it
- D) Laugh and take pictures

**Who should you speak to if you're being bullied or if you know someone who is?**

- A) Nobody, keep it a secret
- B) Your friends
- C) A trusted adult or teacher
- D) The school bully

**Cyberbullying is:**

- A) A fun online game
- B) Sending kind messages to friends
- C) Using digital communication to harass or harm others
- D) Creating a positive online community



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## Bullying Quiz 3

**Which of the following is an example of verbal bullying?**

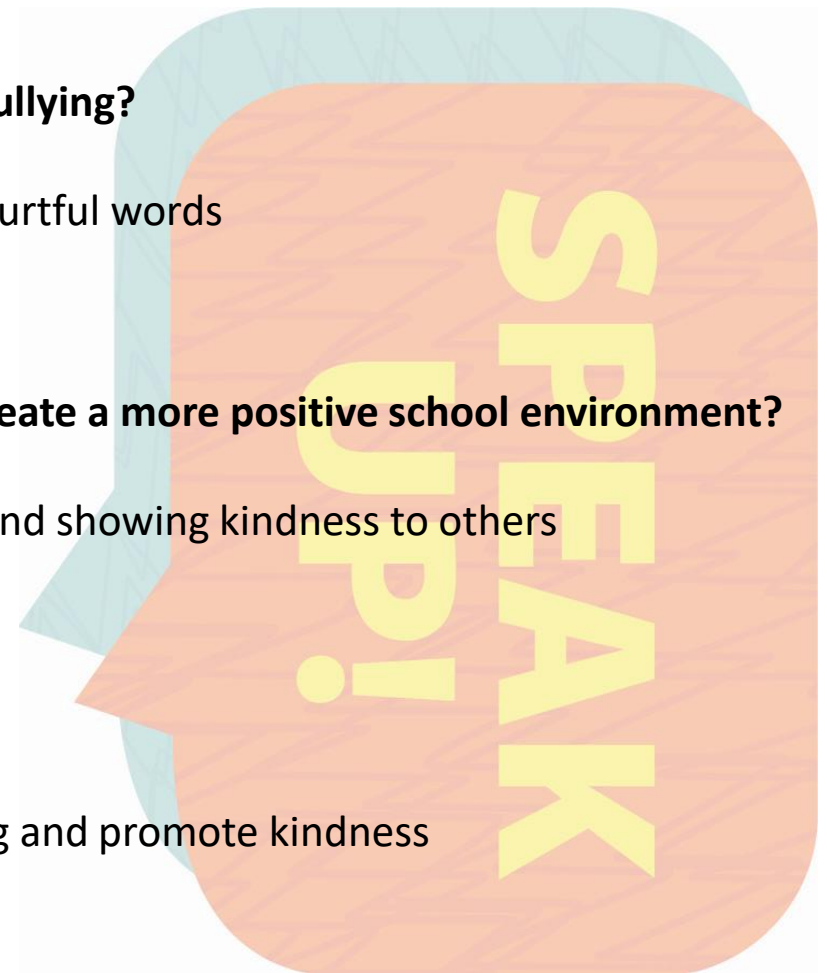
- A) Sending a friendly text
- B) Calling someone names or teasing them with hurtful words
- C) Sharing a joke with friends
- D) Giving a compliment

**What is the best way to "beat the bullies" and create a more positive school environment?**

- A) By staying silent and not getting involved
- B) By standing up, speaking out against bullying, and showing kindness to others
- C) By becoming a bully to protect yourself
- D) By ignoring the issue

**What is the purpose of Anti-Bullying Day?**

- A) To encourage bullying behavior
- B) To raise awareness about the impact of bullying and promote kindness
- C) To celebrate bullies
- D) To have a day off from school



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