

ANTI-BULLYING WEEK 2023

MAKE A
NOISE
ABOUT
BULLYING



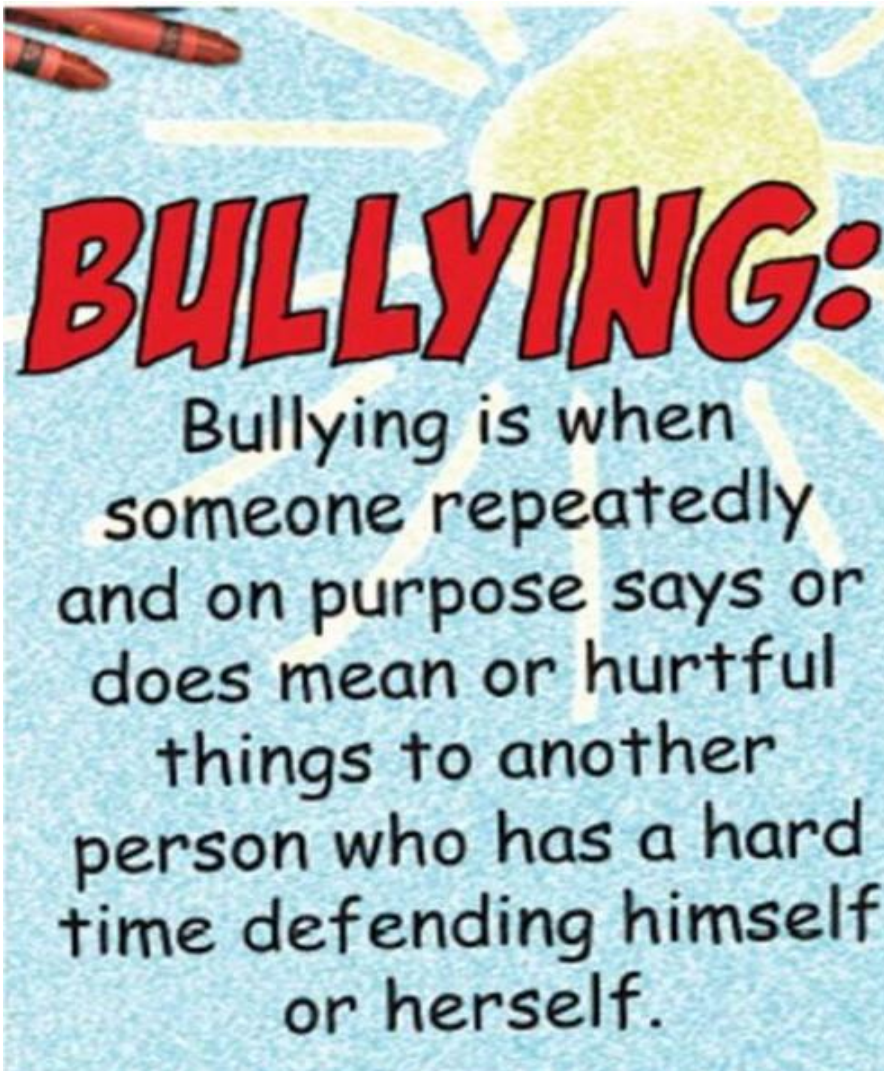


<https://youtu.be/VkU2xYJKQg4>



Aim

- To think about what bullying is and how to help your children or others who are being bullied.
- To understand what Anti-Bullying Week is and its aims and outcomes.



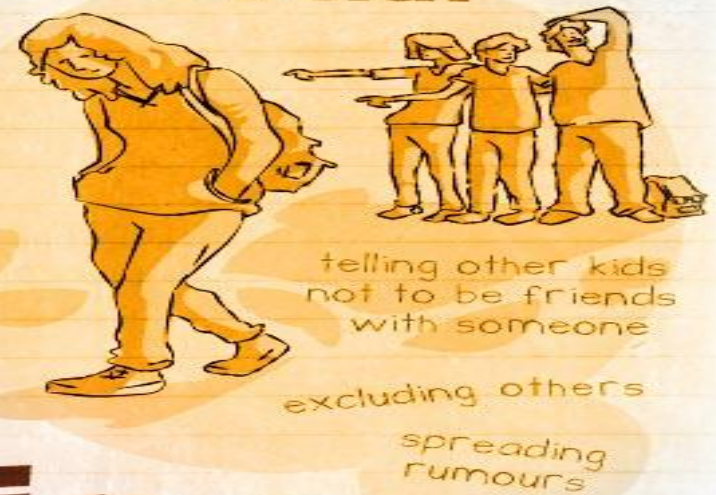
- Name calling
- Teasing
- Making fun of
- Lying
- Threats
- Hurting

- Bullying is REPETITIVE- which means it happens again and again. It is not a one off incident of name calling, arguing and fighting.
- Bullying is conscious, calculated, deliberate act and is usually repeated over a period of time.
- Bullying can lead to feelings of fear, worthlessness and low self esteem.

Physical

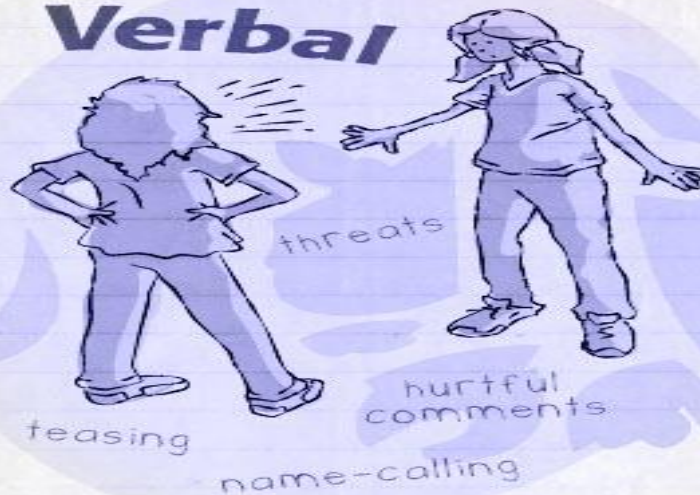


Social



Types of Bullying

Verbal



on the internet

Cyber



Physical Bullying

Physical bullying involves real bodily contact between a bully and his/her victim.

Some examples of **physical actions**.

- Attacking / hitting
- Kicking
- Stealing / Taking other belongings
- Punching
- Shoving
- Slapping
- Spitting
- Scratching
- Teasing
- Sexual harassment

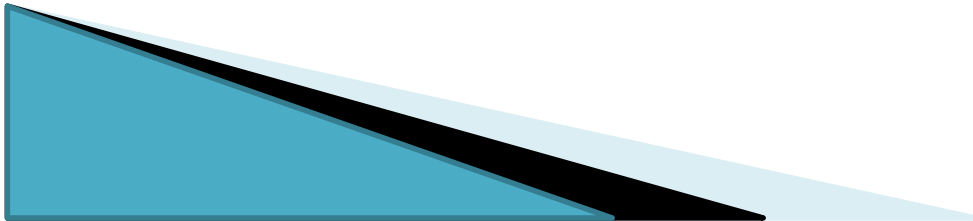


Verbal Bullying

Verbal bullying relates to what is being said to the victim.

Some examples of verbal bullying are:

- On-going name calling
- Insults
- Teasing
- Threatening
- Making unkind comments about someone's appearance, religion, ethnicity or a possible disability.

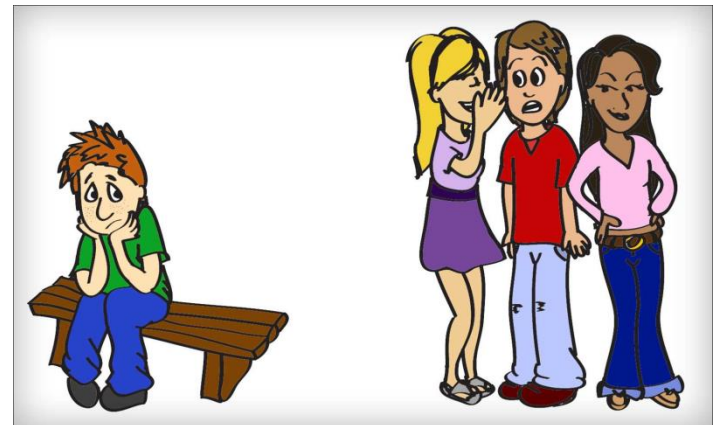


Social Bullying

Social Bullying is often harder to recognise as it is often carried out behind the bullied person's back.

Some examples of Social bullying are:

- Lying and spreading rumours
- Negative facial or physical gestures
- Playing nasty jokes to embarrass or humiliate
- Encouraging others to socially exclude someone.



Cyber bullying

Cyber bullying is when a person uses the internet, mobile phones or other technological devices to send or post texts or pictures which are intended to hurt, embarrass, torment, threaten or intimidate their victim.



Cyberbullying

For example



How Children Can Stay Safe Using the Internet?

Remind children to:

- Never post personal details online, e.g. address, date of birth, phone numbers or pictures.
- Don't post full name, use a nickname.
- Don't post pictures.



Anti-Bullying Week

- Anti-Bullying Week highlights and focuses on bullying and encourages all children, teachers and parents to take action against bullying, not just this week but throughout the year.
- The theme of Anti-Bullying this year is



Our Aims

- At Pye Bank we aim to create and maintain a safe and supportive environment. We use a variety of strategies to address bullying.
- Prevent bullying through promoting positive whole- school culture, based on values agreed to, by the whole school.

How?

- We have an Anti-bullying policy
- We have an E-safety policy
- As a school we take part in the national anti-bullying week strategy.
- Pupils are made aware of the different types of bullying through the curriculum during RE, PHSE, circle times and drama.

Effective school responses

School deals with bullying swiftly and effectively by

- Relationship building speaking to the children involved.
- Making all the adults working with the children aware of the situation
- Speaking with the parents of the children involved
- Recording incidents so we can monitor situation and make changes to systems if needed

What can parents do if bullying happens

- Listen to your child without getting angry or upset
- Ask them how they would like you to help them
- Decide with your child the best way of dealing with it.
- Reassure your child it is not their fault.
- Help to build up your child's confidence.

Useful websites for parents

<https://www.anti-bullyingalliance.org.uk/>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/>

<http://www.bullying.co.uk/advice-for-parents/>

<https://www.kidscape.org.uk/>