

ANTI-BULLYING WEEK 2023



MAKE A

NOISE

ABOUT
BULLYING

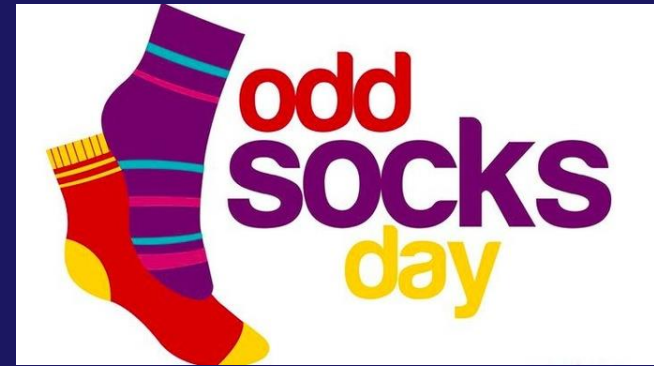
Standard of the Week:
Be Kind and help others!



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Anti-Bullying Week 2023
Make A Noise About Bullying



MONDAY 13th November

Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'.

Together, we can make a difference and take a stand against bullying.

From the playground to Parliament, and from our phones to our homes, let's make a noise about bullying.

It doesn't have to be this way.

Of course, we won't like everyone, and we don't always agree, but we can choose respect and unity.

This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying.

This year we are taking part in

7-Day Kindness Challenge - Anti-bullying week 2023

	ACTS OF KINDNESS	ACTS OF KINDNESS	CLASS/HOME DISCUSSIONS
Monday	Make a card, write a thank you note or draw a picture for someone.	Smile more.	What is the kindest thing someone has ever done for you?
Tuesday	Help to clean up at school and at home too.	Use kind words with everyone you meet.	How do you feel when you do?
Wednesday	Phone up or speak to someone you haven't spoken to in a while.	Always say 'please' and 'thank you'. Show you are grateful.	How can you encourage others to be kind?
Thursday	Invite someone who is alone to join in with a game or chat.	Show someone you are listening by looking at them and being present.	What would it be like if everyone did one kind thing each day?
Friday	Offer to help someone with a task at school or at home.	Always put things back where they belong.	Why is it important to be kind to someone and others?
Saturday	Do some local litter picking with your family or friends.	Volunteer to help out with any task or jobs. Many hands make light work.	What brightens your day?
Sunday	Donate old clothes to charity or raise money for charity.	Offer hugs to cheer people up.	What does kindness teach people?

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.



WHAT IS BANTER?

“

The playful and friendly exchange of teasing remarks.



”

IT'S NOT BANTER IF...

1. You would be upset if someone said it to you
2. It's hurtful
3. You're not friends
4. Someone's asked you to stop
5. The target isn't laughing
6. It focuses on someone's insecurities



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“

BULLYING ISN'T WELCOME HERE!

”



Who can you speak to at school?



Miss Collins
Safeguarding
Officer



Miss Roberts
Assistant Head



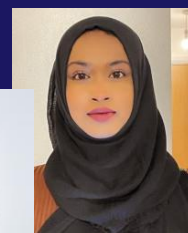
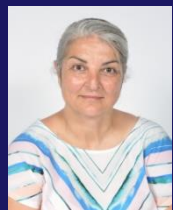
Mr Power
Assistant Head



Miss Corpe
Head of School

Safeguarding Team
Request a Time2talk

Who can you speak to at school?



This Anti-Bullying Week,
let's make a noise about bullying.

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**Monday 13th to
Friday 17th November**

#AntiBullyingWeek
#MakeANoise

