



What Is Anti-Bullying Week?

BEYOND
SECONDARY RESOURCES



**ANTI-BULLYING
ALLIANCE**

What Is Bullying?

Bullying is repeated behaviour that is intended to hurt someone either emotionally or physically. It can take many different forms. For example:

name-calling

pushing

spreading rumors

teasing

intimidating

trolling

inappropriate touching

social exclusion

hitting

sharing private photos of someone

making nasty comments

threatening

What Is Bullying?

Bullying can happen to anyone. People who bully others often do so to gain a feeling of power, purpose and control over another person.

Bullying is more than just a disagreement or a 'falling out'. Everyone may say or do things that are hurtful to others sometimes, but when this behaviour becomes repetitive and intentional, it can be extremely harmful to the person on the receiving end.

You can usually tell that bullying is taking place if:

- the actions are intended to cause harm;
- the behaviour is repeated over a period of time;
- the person being targeted is physically or emotionally impacted;
- there is an imbalance of power (e.g. one person is physically stronger or has some kind of advantage over the other person).

What Is Bullying?

Bullying behaviour can be split into several different groups. These include:

Physical bullying

- physical action intended to hurt or intimidate another person.

Verbal bullying

- using cruel or abusive language (written or spoken) to hurt another person.

Psychological bullying

- using actions and behaviours intended to have a detrimental effect on a person's mental health and wellbeing.

Sexual bullying

- targeting someone with sexual actions or comments.

Cyberbullying

- using electronic communication to hurt another person.

! Some bullying actions might fall into more than one of these groups, while others may not obviously fit into any of them.

Physical Bullying

Physical bullying involves physical action intended to hurt or intimidate another person.

Examples include:

- punching, hitting or slapping;
- pushing or tripping;
- kicking;
- spitting;
- unwanted or inappropriate touching;
- stealing or damaging of possessions, including clothing, books or money.



Verbal Bullying

Verbal bullying involves using cruel or abusive language (written or spoken) to hurt another person.

Examples include:

- name-calling, including racist, homophobic and ableist language;
- making threats;
- mocking someone's voice or way of speaking;
- laughing at someone;
- spreading rumours or lying about someone;
- making disrespectful comments about someone's appearance or other characteristics.



Psychological Bullying

Psychological bullying involves actions and behaviours intended to negatively affect another person's mental health and/or wellbeing. This might include actions that also fall under the definition of physical bullying, verbal bullying or cyberbullying.

Examples include:

- deliberately ignoring or excluding others;
- tormenting or threatening someone;
- spreading rumours or lying about someone;
- hiding someone's belongings;
- humiliating or ridiculing someone;
- manipulating someone or using coercion.



Sexual Bullying

Sexual bullying involves targeting someone with sexual actions and/or comments.

Examples include:

- uninvited inappropriate touching of someone's body;
- making comments about someone's gender or sexuality;
- catcalling, including wolf-whistling or making uninvited sexual comments about someone's body, clothing or appearance;
- using inappropriate sexual language towards someone;
- sharing intimate photos of someone without their permission;
- upskirting – taking a photo or video under someone's clothing without their consent.



Cyberbullying

Cyberbullying involves using electronic communication (such as social networking sites, gaming sites, chat rooms or messaging apps) to hurt another person.

Examples include:

- sending threatening messages;
- leaving derogatory comments on someone's social media posts;
- targeting someone unfairly in an online game;
- sending or posting photos or videos of someone without their consent;
- trolling – making a deliberately offensive or abusive online post, often anonymously, with the aim of upsetting someone;
- cyberstalking – repeatedly using electronic communication to pursue and find out information about someone.



Anti-Bullying Week

Anti-Bullying Week is an annual event that takes place in the UK in the third week of November. Its aim is to raise awareness of bullying of children and young people, in schools and elsewhere, and to highlight ways of preventing and responding to it.

It started in 2002 and has grown year upon year, with an estimated 80% of schools in the UK taking part today, reaching over 7.5 million children and young people.

Anti-Bullying Week is coordinated by the Anti-Bullying Alliance (ABA) in England and Wales. Their vision is to stop bullying and create safer environments in which children and young people can live, grow, play and learn.



Anti-Bullying Week 2023

Anti-Bullying Week 2023 takes place 13th November to 17th November.

Each year, the ABA works with hundreds of young people to develop a theme for Anti-Bullying Week. This theme is tailored to specific issues around bullying that are relevant to young people today. For example, the 2022 theme was 'Reach Out' and the 2021 theme was 'One Kind Word'. The theme is launched each May to give everyone plenty of time to get planning.

The theme for Anti-Bullying Week 2023 is

Make A Noise About Bullying

WHEN 'BANTER' BECOMES BULLYING

As part of this year's Anti-Bullying Week campaign, we are urging everyone to think about what we mean by 'banter', the role 'banter' plays in bullying and how we can tackle it. Before planning your activities, please think about the difference between 'banter' and bullying, and how you can deliver this message to your pupils.

We know that term 'banter' is often misused in schools to disguise bullying behaviours. Some schools go as far as banning the word. After consulting with schools and young people, we came to the decision that it is important to talk about the term 'banter' in schools. As such, we have chosen to include the term in the activities in this pack. They can be adapted should you wish to say 'a joke' rather than using the word banter however, we'd recommend use of the term.

Banter and jokes can play an important role in the development and maintenance of friendships. Banter is defined as 'the playful and friendly exchange of teasing remarks'. However, sometimes these behaviours can be taken too far such that the behaviours constitute bullying. For example, when there is targeted repetition of the 'banter' or if the 'banter' is about personal characteristics such as appearance. The significance of behaviours that we would think of as bullying can also be downplayed when people try to pass these behaviours off as 'just banter'.

We are not saying that we can't joke with friends, but we are encouraging everyone to be mindful of how, sometimes, these jokes may not be received as they were intended.

With this in mind, we encourage you to be clear with pupils that 'banter' is not hurtful by its very definition and if something being called 'banter' is hurting someone, it's no longer 'banter' but hurtful behaviour and potentially bullying behaviours.

“Banter”

...



[Understanding The Difference Between Banter and Bullying – YouTube](#)

Watch the hyperlink above!

BANTER OR BULLYING? DISCUSS!

Scenario 1

Faiza edits a photo she has of herself and her friend Jessica to make them look funny and sends the photo to Jessica and their other friend Fiona over WhatsApp. Fiona adds two of their other friends to the group chat, who then can see the edited photo. Members of that group chat then tease Faiza and Jessica about the edited photo.

- 1.How would Fiona know that her 'banter' has become hurtful and therefore not banter?
- 2.How could Jessica and Faiza stand up for themselves?
- 3.How would the bystanders be able to help?

BANTER OR BULLYING? DISCUSS!

Scenario 2

Jack and his friends are talking about another friend from school, Ben, who isn't there. Jack is making teasing comments about Ben and his hobbies. Jack then repeats the teasing to Ben in front of the class, leaving Ben feeling very upset. Although Jack can see Ben is upset, he continues to finish what he's saying.

- 1.How would Jack know that his 'banter' has become hurtful and therefore not banter?
- 2.How could Ben stand up for himself?
- 3.How would the bystanders be able to help?

BANTER OR BULLYING? DISCUSS!

Scenario 3

Sarah has been told a secret about Jo who is a girl in her year that she doesn't know. The secret about Jo is personal. Sarah then posts Jo's secret on her Snapchat story for all of her friends to see. Jo then sees her secret on other people's Snapchat story.

- 1.How would Sarah know that her 'banter' has become hurtful and therefore not banter?
- 2.How could Jo stand up for herself?
- 3.How would the bystanders be able to help?

Celebrating Anti-Bullying Week

There are lots of different ways you can celebrate Anti-Bullying Week:

- We will be videoing and creating our very own Make Some Noise campaign this week!
- We will be sending out information as to how you can become an Anti-Bullying Ambassador..
- We will be having a make some noise lunchtime disco next Friday for those who have reported bullying behaviours, spoke out against it and have registered their wish to be an anti-bullying ambassador for Myton school.
- We will be asking for student voice throughout the year to support us on our mission to ensure pupils feel able to speak out against bullying and supported to do so.
- We were awarded Bronze last year for our anti-bullying work and this year we are reapplying and aiming even higher!

SPOTLIGHT BULLYING



Join Us as an Anti-Bullying Ambassador!

Be a Hero in OUR School Community!

Do you want to make a positive difference and genuinely help others?

Become a Junior Anti-Bullying Ambassador and play a crucial role in creating a kind and inclusive school environment.

Discover the Exciting World of Empathy and Support!

Make a Real Impact: Be the change you want to see! Help build a safe and caring space for everyone in your school.

Be a Listening Ear: Become a friendly face for peers who need someone to talk to. Your support can make a big difference.

Learn and Grow: Develop essential life skills like communication, empathy, and conflict resolution.
Gain experiences that will stay with you forever.

For details turn over.....

Join our campaign to spotlight bullying and become an Anti-Bullying Ambassador!

-Please look out for this information on satchel one, it will be sent out to parents/carers.

-Please submit your application to Zahran.y@myton.co.uk

Are You Ready to Be an Anti-Bullying Ambassador?

Ask Yourself:

1. Do You...
 1. Want to make a positive impact in your school?
 2. Believe in kindness and inclusivity?
2. Are You...
 1. Approachable and friendly?
 2. Willing to listen and support your peers?
3. Can You...
 1. Be a role model for kindness?
 2. Work with others to create a safe space?



If you answered YES to these questions, you're on the right path!

How to Apply:

Simply with one A4 sheet, add your name and form, and let your personality shine through as you answer these two questions:

- Why You?

Share what drives you to stand up against bullying and why you'd make an awesome Anti-Bullying Ambassador.

How Will You Make a Difference?

- Tell us your unique ideas on creating a positive change in our school. Your creativity matters!

Return your application by Friday, 17th November.

Get ready for a fun and friendly interview session where you can passionately express why you want to be an Anti-Bullying Ambassador.

Join the Team and Make a Difference Today!

For any questions, Mrs. Zahran and Mr. Aynsley are here to help. Just ask!