



Anti-bullying week

Monday 13th to Friday 17th November

Bullying by definition:

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

- 40% of young people were bullied in the last 12 months
- 6% of all young people had experienced bullying daily. 9% between once a week and once a month.
- Most common form of bullying was name calling (including via text and email) at 26%, followed by exclusion from social groups at 18%.
- 21% of children who had experienced bullying daily had truanted in the last 12 months - 3 times the proportion of those who were not bullied.
- Young people who had experienced bullying daily also most likely to truant for the longest period of time.
- 24% of children bullied most days also most likely to be kept off school by their parents.
- 15% of children who had experienced bullying daily had been excluded from school in the last 12 months (compared to 5% of children not bullied)

Bullying-Statistics

Why do people bully others?

Why is bullying still such a problem in society?

Why Anti-Bullying work so important?

A quarter of people aged 12-18 have experienced some form of bullying in the last year.¹ This might be from people at school, work, online or even those in their own home.

Research shows that...

30%

of children have been bullied in the last year alone.



17%

have been bullied online.



Approximately **one child in every classroom**

experiences bullying each day.



Bullying has a significant impact on a young person's life and this can last well into adulthood, with adults who were bullied as children being more likely to experience a range of mental health difficulties and find themselves unemployed.²

¹ [The Annual Bullying Survey 2020 \(Ditch the Label\)](#)

² [Anti-Bullying Week: What Is It and What Does It Achieve? \(ABA\)](#)

Dealing with Bullying

If you are being bullied, or see someone else being bullied, there are some things you can do to help deal with it.

Report It – tell a trusted adult, such as a teacher or family member, about what is happening. If you don't feel comfortable talking to someone you know, there are also helplines that you can contact for advice.



Talk It Out – if you feel safe to do so, try to talk to the person who is bullying you and explain that their behaviour is harmful or upsetting. They may not realise the impact that their actions are having.

Walk Away – if you are experiencing bullying, remove yourself from the situation if you can do so safely. Try not to retaliate as this can make things worse and you could get into trouble yourself.



Collect Evidence – keep a note of what happened, who was involved and when it happened. If the bullying is online, take screenshots of messages or comments so you can report it.

Dealing with Bullying

Surround Yourself with Friends – spend time with people you trust who make you feel good. If you are being bullied by someone in your friendship group, consider if they are a true friend.



Don't Blame Yourself – if you are being bullied, remember it isn't your fault. You shouldn't have to change anything about yourself to appease someone who is bullying you, and you don't have to go through it alone.

Be Confident – hold your head up high and do things that make you feel good about yourself. This could be joining a new club or sports team, or doing something you enjoy, like drawing, writing or making music.



Be an Ally – if you see someone else having a hard time, stand up for them and make it clear you are on their side. If you think this will make the situation worse, report the bullying to a trusted adult.

**ANTI-BULLYING WEEK 2023:
'MAKE A NOISE ABOUT
BULLYING' CALL TO ACTION**

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'.

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. 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.



THIS YEAR'S THEME

Why do you think
some people stay
silent?

How can we as a
school community
help people to speak
out?

THE 2023 CAMPAIGN- MAKE SOME NOISE!

<https://youtu.be/0vWCg2EIEYY>

Open the above hyperlink to see this year's Anti-Bullying Alliance campaign!

Make A Noise

If you see something, say something! Say it's not ok, say stop!

Be supportive

When you see someone being bullied, let them know they aren't alone. Ask if they're ok, ask if they'd like your help with dealing with it, or simply say hi!

Tell a trusted adult

It's always important to let an adult know what's going on. Tell them what you've seen or heard. They're here to help!



WHAT ARE MYTON DOING TO STOP BULLYING?

Last year we took part in the Anti-Bullying Alliance programme to help us look at our systems and methods of supporting those who are victims to bullying and educating those who have bullied out of there behaviours.

We made lots of changes and conducted many surveys to hear your voices. At the end of the year we were proud to be one of the few schools to receive a Bronze Award for our work on Anti-bullying.

This year we are going again and aiming higher but we need your help!



-We are recruiting Anti-Bullying Ambassadors through tutor time and Satchel one!

-We are creating our own Make Some Noise Campaign!

-We will be having a lunchtime RAVE next Friday where we will invite those who have spoken out against bullying or want to be ambassadors to make some noise and celebrate the Myton community coming together against bullying!

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.....

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!

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