

ANTI-BULLYING WEEK 2023

MAKE A
NOISE
ABOUT
BULLYING

 ANTI-BULLYING
ALLIANCE





**“You don’t have to struggle in
silence. Be un-silent.”**

Demi Lovato

What do you think Demi Lovato meant when they said this?



Anti-Bullying Week 2023

Make A Noise About Bullying

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.





<https://youtu.be/VkU2xYJKQq4>





“

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.

”

Different Kinds of Bullying

Physical bullying – Includes pushing, shoving, biting, pinching, hitting and kicking. It could also be damaging or taking someone's belongings.

Verbal bullying – Includes name-calling, saying nasty things about someone, teasing and threats.

Social bullying – Includes spreading rumours about someone, leaving someone out on purpose, telling others not to be friends with someone or embarrassing someone in public.

Cyberbullying – Includes trolling, mobbing, stalking, grooming or any form of abuse online. This is done with the use of technology.

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

The Impact of Bullying

How do you think being bullied can make someone feel?

hurt

sad

scared

left out

lonely

upset

How can it affect their daily life?

Bullying can make people feel unwell.

It could affect someone's school work.

It could affect how they feel about themselves.

It could make someone not want to come to school.





MAKE A
NOISE
ABOUT
BULLYING

“

**BULLYING ISN'T WELCOME
HERE!**

”



Who can you speak to at school?

Our Safeguarding Team



Mrs Maciver Deputy Headteacher, Designated Safeguarding Lead, Early Years DSL and LAC Lead



Mrs Evison Pastoral and Early Help Attendance Worker



Mrs Baldwin Headteacher, Deputy DSL & LAC Lead



Miss Wilson Asst Head & Deputy DSL



Mrs Jones Asst Head, SENCO & SEN DSL



Mr Otten E Safety Lead



Miss Young Safeguarding Governor



Mrs Quinn -FWBC Manager



Mrs Herbert - FWBC



Mrs Jones -FWBC



Mrs Hodge -FWBC

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

MAKE A
NOISE
ABOUT
BULLYING

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

#AntiBullyingWeek
#MakeANoise

