

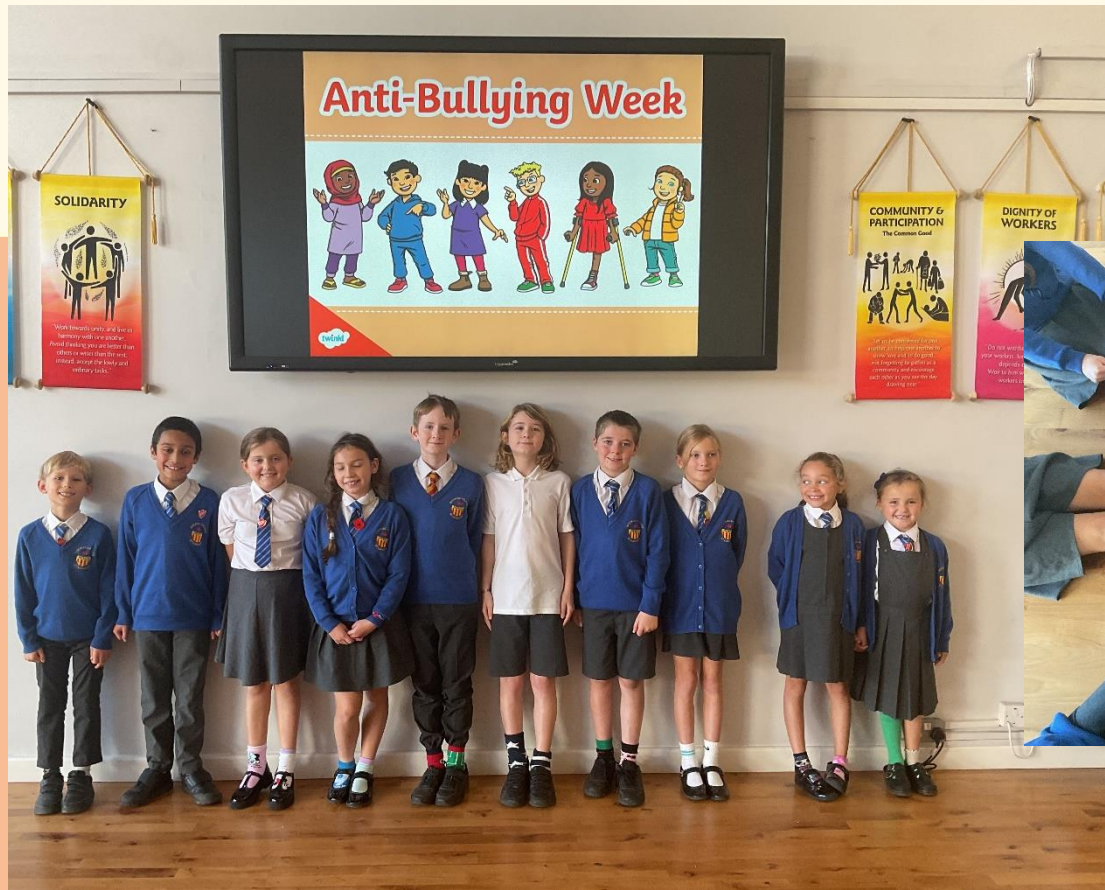
Anti-Bullying Week



Wellbeing at St Adrian's

- Our Wellbeing Team delivered this assembly as part of Anti-Bullying Week.
- The children across the school all wore odd socks and brought in £1 donation to raise money for the Antibullying Alliance charity
- We remembered all about our school values.
 - They are as follows:
 - **To SHOW MERCY**
 - **To SPEAK THE TRUTH**
 - **To PRAY FOR PEACE**
 - **To WORK FOR JUSTICE**
 - We celebrated wearing odd socks and reflecting how we are all different but we are all made in God's image and that we must do as Jesus said and 'Love one another as I have loved you'

Well done to our Wellbeing Team



Aim

- To explore what bullying is, how it can affect people and how we can tackle it.

What Is Bullying?

Bullying is when someone repeatedly hurts someone else, or a group of people, on purpose.

This can be through unkind actions or words.

Talk to the person next to you about what is happening in these pictures. How do you think these pictures show bullying?



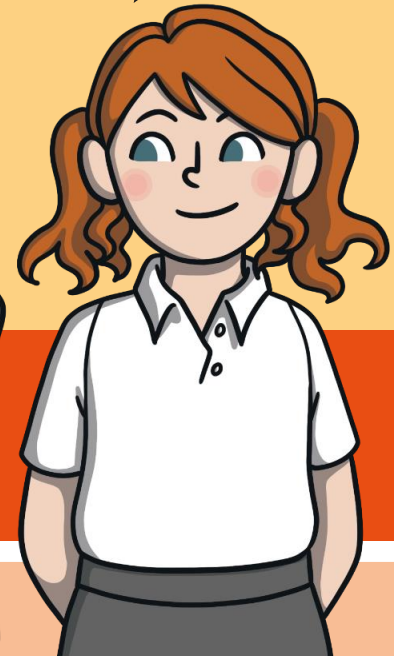
What Is Bullying?

Bullying can include someone feeling, or making others believe, they are more important, more powerful or more deserving than others. This is called an imbalance of power.

This is not OK. We are all equal and all deserve to be treated with respect.


Bullying can happen to anyone.

Bullying is not OK.



How Can Bullying Affect People?

Bullying can isolate people. This means they feel lonely and feel like they have no one to turn to.



Bullying can make people feel like they don't matter.

Bullying can make people feel lots of uncomfortable emotions.

Bullying can stop people from doing their best in and out of school.

How Can Bullying Affect People?

Bullying can affect people's mental health and wellbeing.

Bullying can make people feel angry and cause them to get into trouble.

The effects of bullying can stay with people for a long time.



How Can Bullying Affect People?

Bullying is unacceptable.

Everyone has the right to feel safe and happy.

We can take actions to make a difference and stop bullying.

By working together, we can help.



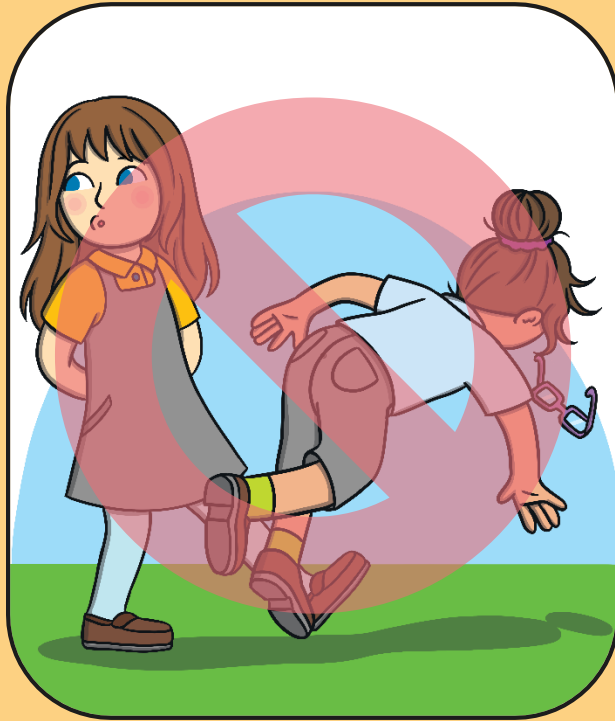
Anti-Bullying Week

Anti-Bullying Week is held every year. It is an opportunity to raise awareness of bullying and help people understand how they can stop it.

Anti-Bullying Week is organised by the Anti-Bullying Alliance and takes place in November.



Anti-Bullying Week



Schools take part in activities to learn more about preventing bullying.

Every year, the week has a theme. This year, the theme is Choose Respect.

Choose Respect

Talk to the person next to you about these questions:

What does respect mean?

How can we show respect to people around us?



Choose Respect

There are lots of ways we can show respect to people around us:

We can speak to each other with kindness.

We can think about how other people are feeling.

We can value the different opinions and views of others.

We can speak positively about our differences.



Choose Respect

There are lots of ways we can show respect to people around us:

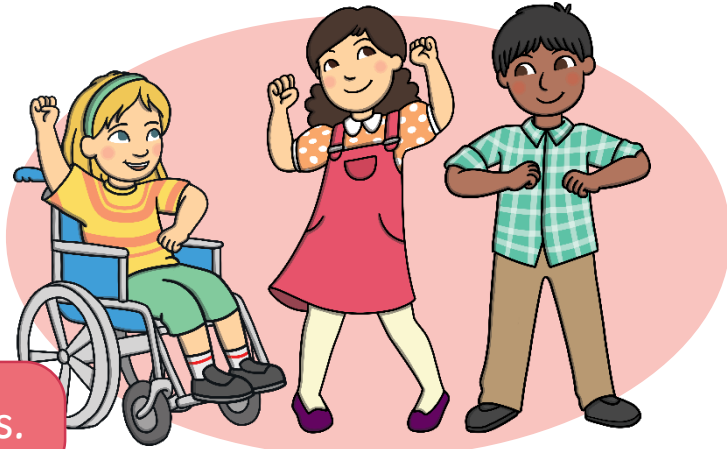
We can include others in our conversations and games.

We can share.

We can say no to bullying behaviours.

We can look out for people who are sad and lonely and ask if they are OK.

We can remember everyone deserves to be healthy, happy and safe.



Choose Respect

We can also show respect online.
We can do this by:

- using kind comments;
- appreciating the different views of others;
- respecting the privacy of others and not sharing anything without permission;
- speaking to a trusted adult if we see bullying behaviours online.



Choose Respect

As well as showing respect to others, it is important to respect ourselves.

This helps us to feel valued and that we deserve to be respected by others.

How can we show ourselves respect?

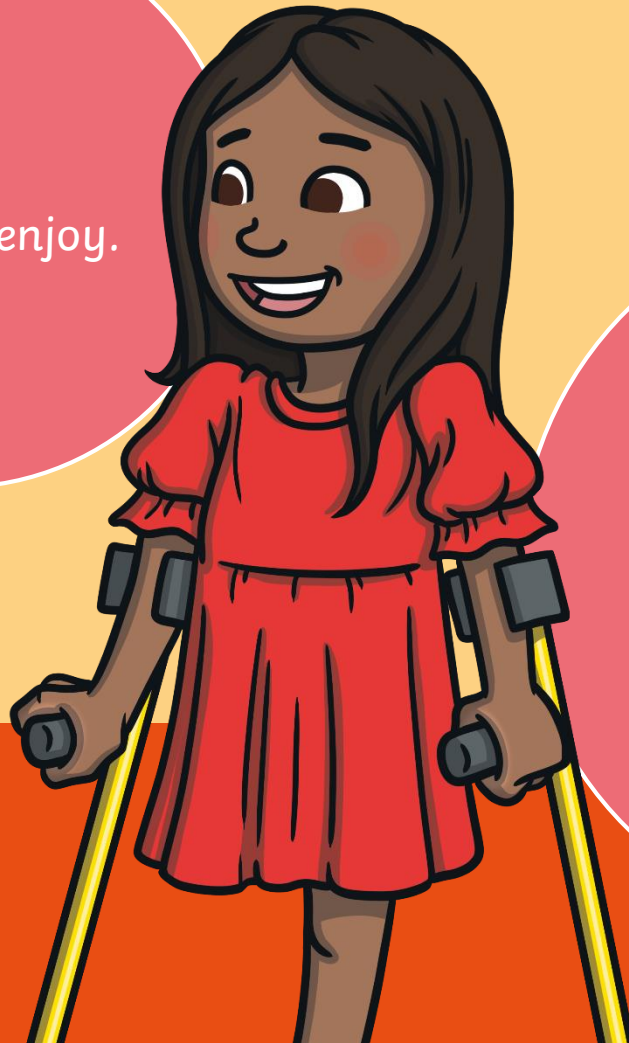
We can speak kindly to ourselves and about ourselves.

We can name our feelings and respond to them.



Choose Respect

We can do things we enjoy.



We can look after our bodies by eating a balance of different foods, drinking water, getting enough sleep and brushing our teeth twice a day.

Choose Respect



We can spend time with people who make us smile and help us to feel cared for.

We can speak to people if we are worried about anything.

Choose Respect

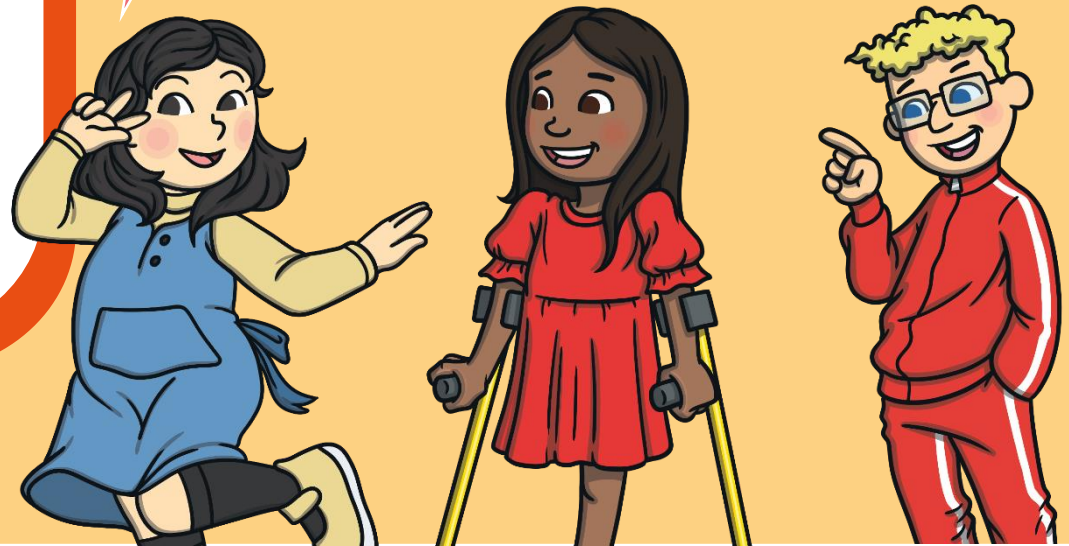
Showing respect helps people feel valued and cared for.

This helps them feel that they matter. When people feel valued, they experience comfortable emotions.

When people feel positively about themselves, it can help them to show respect to others as well.

How can showing respect help to stop bullying?

By showing respect, we make it clear that we will not stand for bullying behaviours and that we will call it out to stop it.



Working Together

What could we do if we see someone being bullied?

What could we do if we experience bullying?

If there is anything that makes us worry or makes us feel uncomfortable, it is important to speak to a trusted adult.

Think for a moment about who your trusted adults are.



Working Together

parents or carers

grandparents

members of our wider family

adults at school

family friends

coaches or tutors

people whose job it is to keep us safe



Reflection

By working together, we can stop bullying.

We can help to create respectful spaces and relationships where people can feel safe and happy.

Think of one thing you will do today to show respect:

- at school;
- at home;
- in our local community;
- for yourself.



Remember to Choose Respect!

