

16th - 20th November

Anti-Bullying Week 2020

United Against Bullying



What Is Anti-Bullying Week?

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It is an annual event that is held every November.

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It is an event that takes place in schools.

?

It aims to raise awareness of bullying.



United Against Bullying

This year's theme- United Against Bullying.

This year, we have seen people and communities rally together to help each other against a global challenge.

Anti-Bullying week is celebrating this collective power we have, as individuals and together, that we can use to tackle bullying.

Like pieces in a puzzle, parents, carers, teachers, politicians, children and young people can all play their part and make a difference.



Together we are united against bullying.

Definition of 'united'

[Anti-Bullying
Alliance]



The Dictionary definition of
'united':

UNITED

1

Joined together as a group

"Factions previously at war
with
one another are now united
against the common
enemy."

2

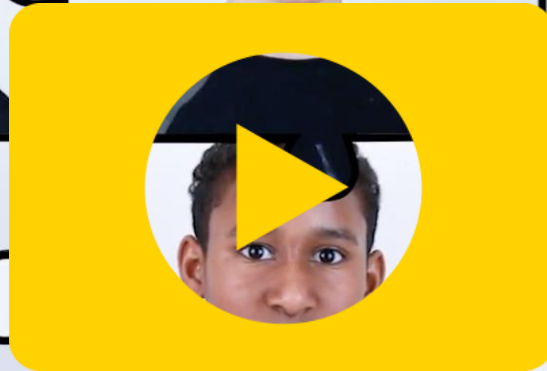
**If people are united,
they all agree about
something:** "On that
issue, we're united."

Film slide

[Anti-Bullying
Alliance]

UNITED
AGAINST
BULLYING

<https://youtu.be/e8e7NRik4AA>



What is bullying?



Bullying is hurting someone on purpose, over and over again.

It can happen face to face with actions or with words, or it can happen online through a phone, tablet or computer.

UNITED

AGAINST

BULLYING

UNITED

AGAINST

BULLYING

Types of bullying

Verbal

name calling, calling people unkind names, verbal threats of violence

Physical

hitting, kicking, biting, pushing, tripping you up
– anything that hurts you by touching you

Indirect

isolating someone, leaving them out, spreading rumours, threatening looks

Cyber / Online

social networking pictures, Whatsaap groups to encourage bullying, nasty text messages, filming people without permission, prank calls

What Is Bullying?

Remember, bullying is hurting someone on purpose, over and over again. It is not when an unkind thing happens only once.

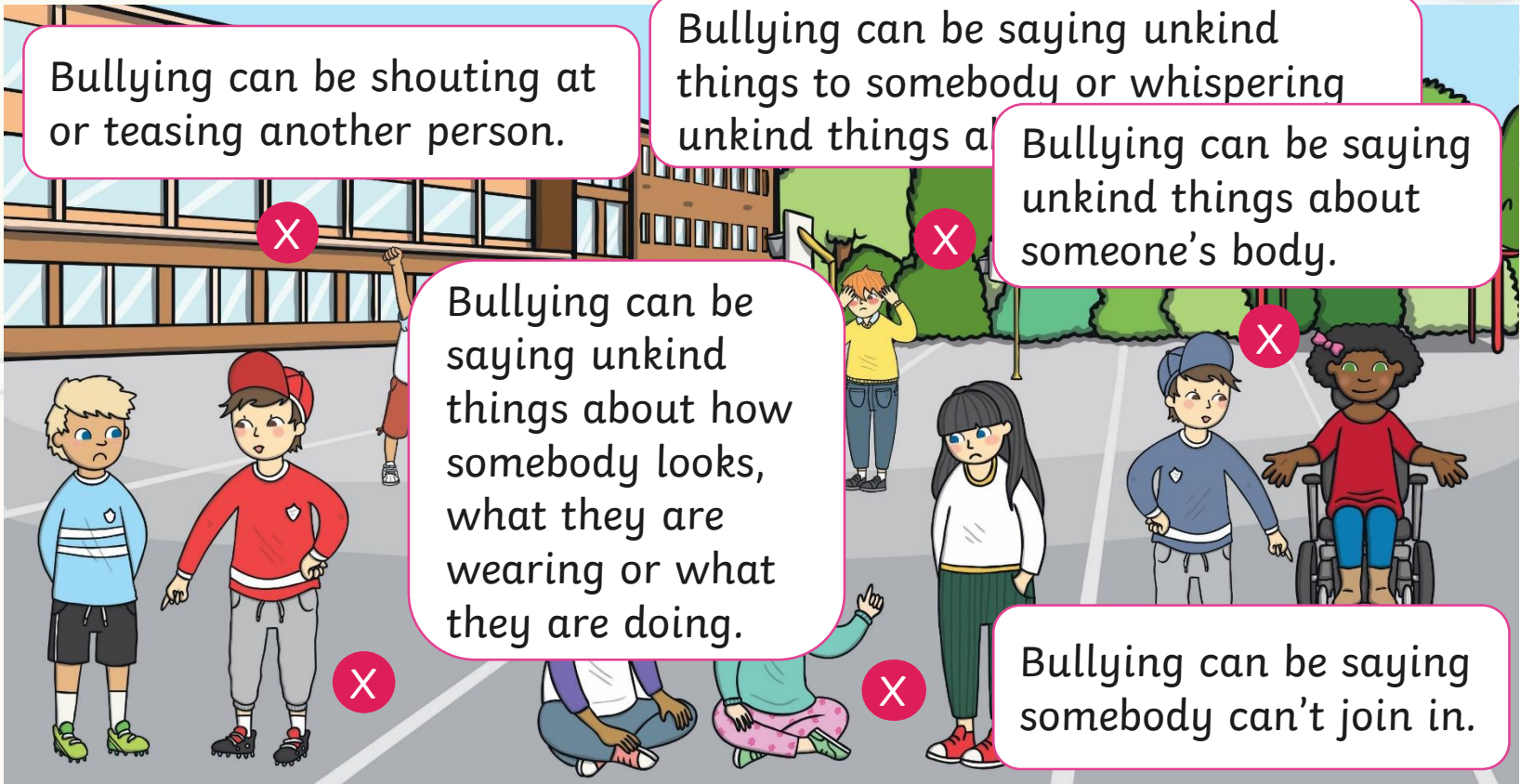
Bullying can be shouting at or teasing another person.

Bullying can be saying unkind things to somebody or whispering unkind things about somebody.

Bullying can be saying unkind things about someone's body.

Bullying can be saying unkind things about how somebody looks, what they are wearing or what they are doing.

Bullying can be saying somebody can't join in.



Why Does Bullying Happen?

Bullying sometimes happens because we are all **different**.

?

Bullies might be jealous of someone else's talents.

?

Bullies might be jealous of other friendships.

?

Bullies might feel angry or bad about themselves.

?

Bullies might have been bullied or might not understand what bullying is.

We Are All Different

We are different for lots of different reasons.

height

eye
colour

skin
colour

what we
find tricky
to do

body
shape

weight

hair
colour

family

what we
find
easy to
do

Can you
think of
anymore?

What Should You Do If You Are Being Bullied?



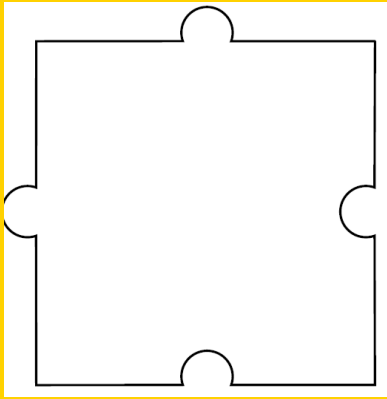
Somebody can always help.

**Tell
someone!**



Even if it's not you being bullied, help other people around you. Ask if they are OK or if they need something.

What part will you play?



Odd socks show that we are all different.

UNITED

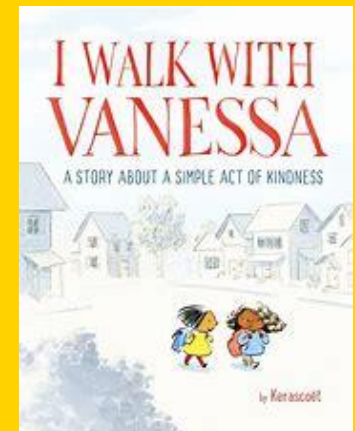
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BULLYING

<https://www.youtube.com/watch?v=p57-Y2Iy9IY>

I walk with Vanessa

<https://www.bing.com/videos/search?q=i+walk+with+vanessa&ru=%2fvideos%2fsearch%3fq%3di%2bwalk%2bwith%2bvanessa%26FORM%3dHDRSC4&adlt=strict&view=detail&mid=8020CCEOC572491183F58020CCEOC572491183F5&&FORM=VDRVRV>



This is the boy who
is not very nice to her.



This is Vanessa,
the new girl in school.



And this is the girl who helps
Vanessa—and, in turn,
stands up for what's right.

UNITED

AGAINST

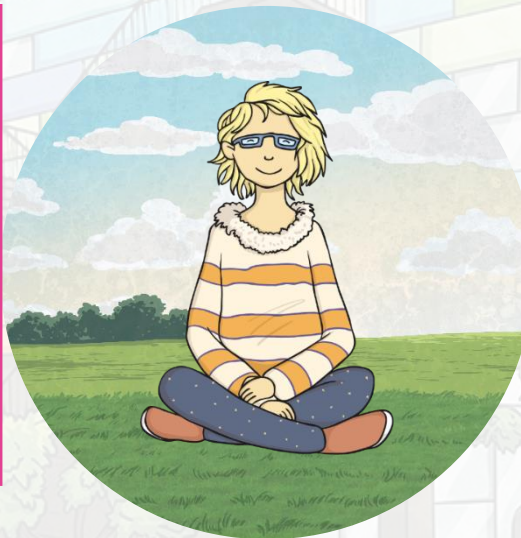
BULLYING

Reflection

- What have you learned about bullying?
- Do you think you would know what to do and who to talk to if you or someone you know is being bullied in any way?
- What could you do to help prevent bullying?

Remember:

We can all make a change by listening, by noticing and by working together to stop bullying.



Prayer: Dear God,
Please help us in times of
greatest need to come
together as one, to be united
and strong.

Give us the courage to speak
out and the willing to make
a difference.

We pray for unity, living
together in peace and perfect
harmony.

Amen

Together we are united against bullying.

Reflection

**UNITED WE
STAND,
DIVIDED WE
FALL.**

- Aesop

Together we are united against bullying.