



# Anti-Bullying Week 2024



**Choose  
Respect**



**#WeareBA**

# Anti-bullying week 2024



- What is respect?
- How can we display respect?



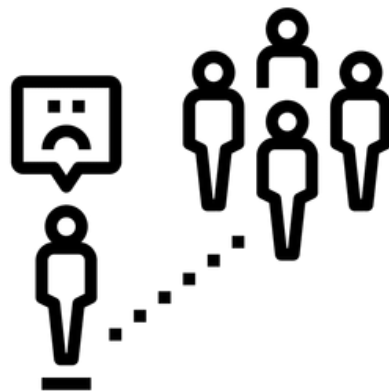
- Discuss with a shoulder partner!



# What is bullying?



- 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.







# Impacts of bullying



- King's College London research from 2015 shows the substantial long-term effect of being bullied (especially if they fall into a 'frequently bullied' category) where people were more likely to:
- Experience a range mental health issues as an adult including suicide ideation
- Earn less money
- Not be in employment, education or training into adulthood
- Be obese (particularly in women)
- Gain qualifications
- Not be in stable relationships
- Other research shows people who were bullied as children are more likely to:
- Commit or be a victim of domestic violence
- Be homeless

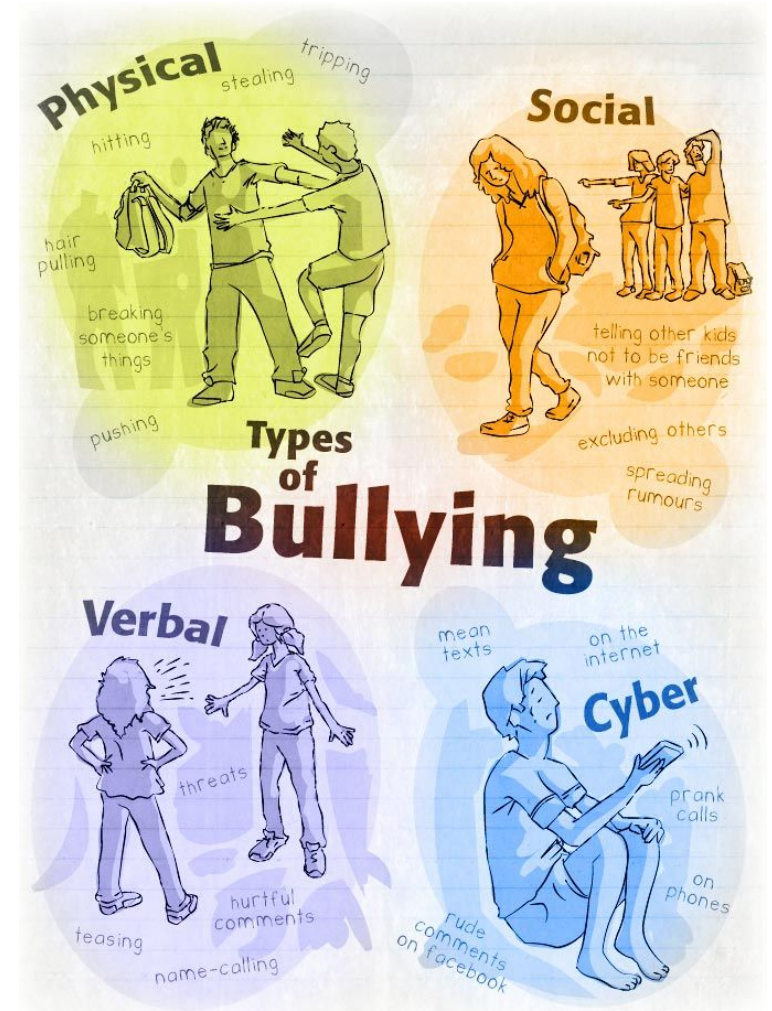


# Different types of bullying



## Physical Bullying

- Includes hitting, kicking, shoving, spitting, beating up, stealing or damaging property. While physical bullying causes harm to a child's body or property, the below forms of bullying cause psychological harm. Such offensive, degrading and rejecting behaviours undermine and destabilize victimized children's sense of themselves, of their place in the school, and of their place in the world.

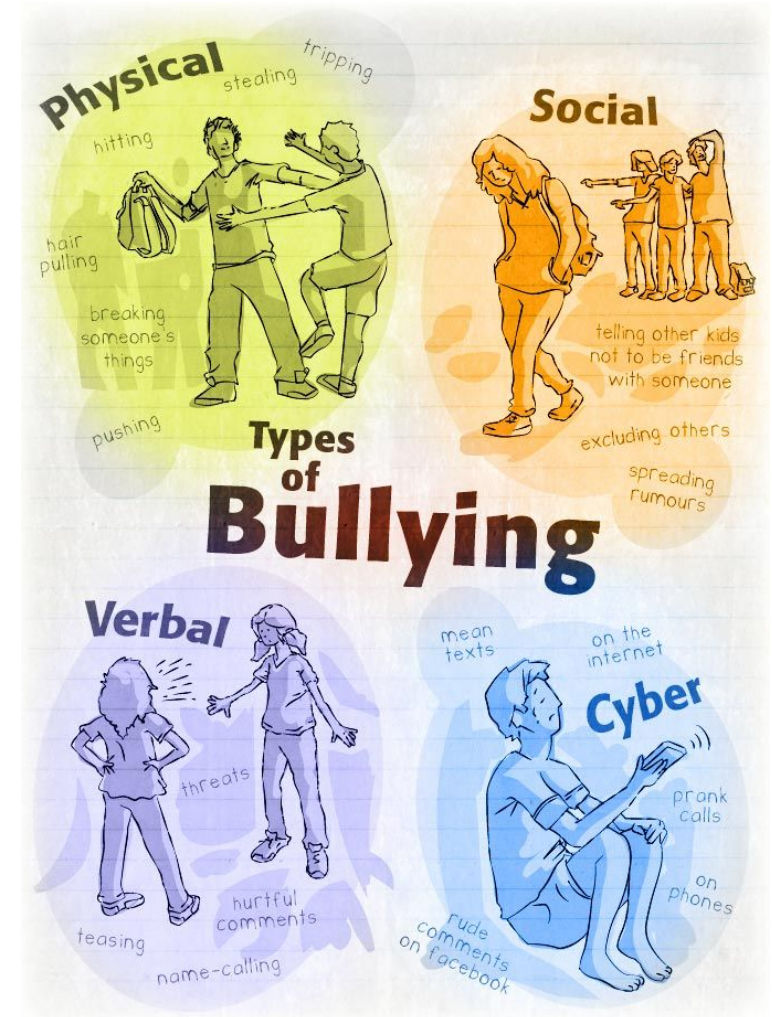


# Different types of bullying



## Verbal Bullying

- Includes name-calling, mocking, hurtful teasing, insults, slurs, humiliating or threatening someone, racist comments, or sexual harassment.



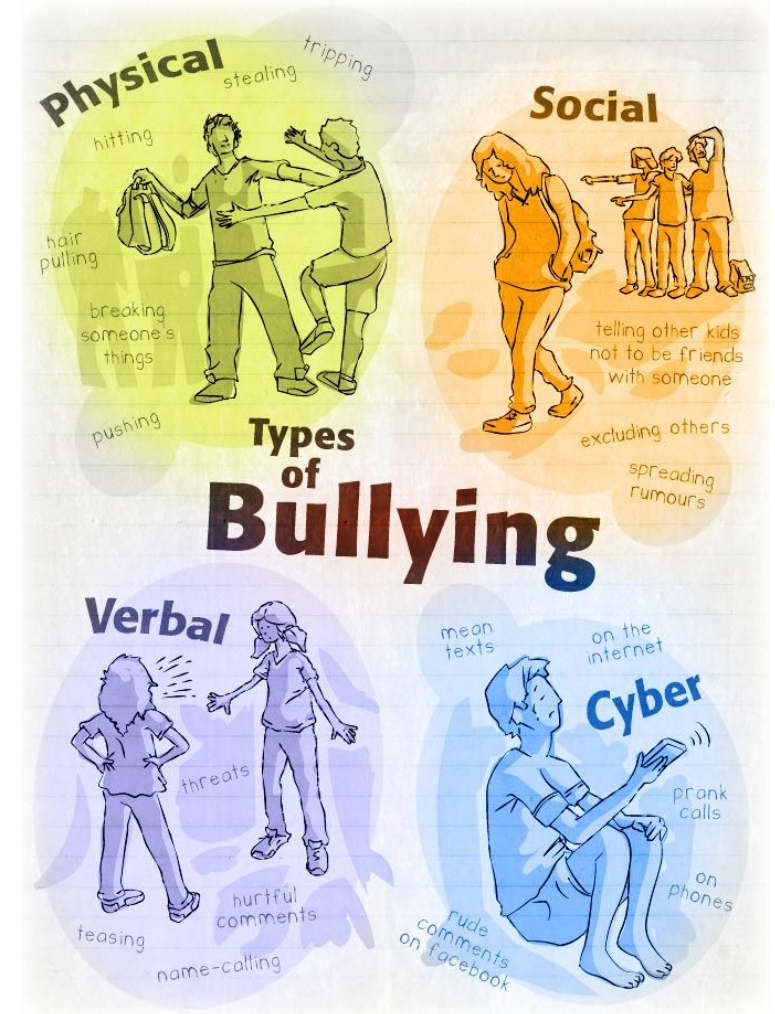


# Different types of bullying



## Electronic or Cyberbullying

- Includes the use of email, cell phones, text messages, and internet sites to threaten, harass, embarrass, socially exclude, or damage reputations and friendships.



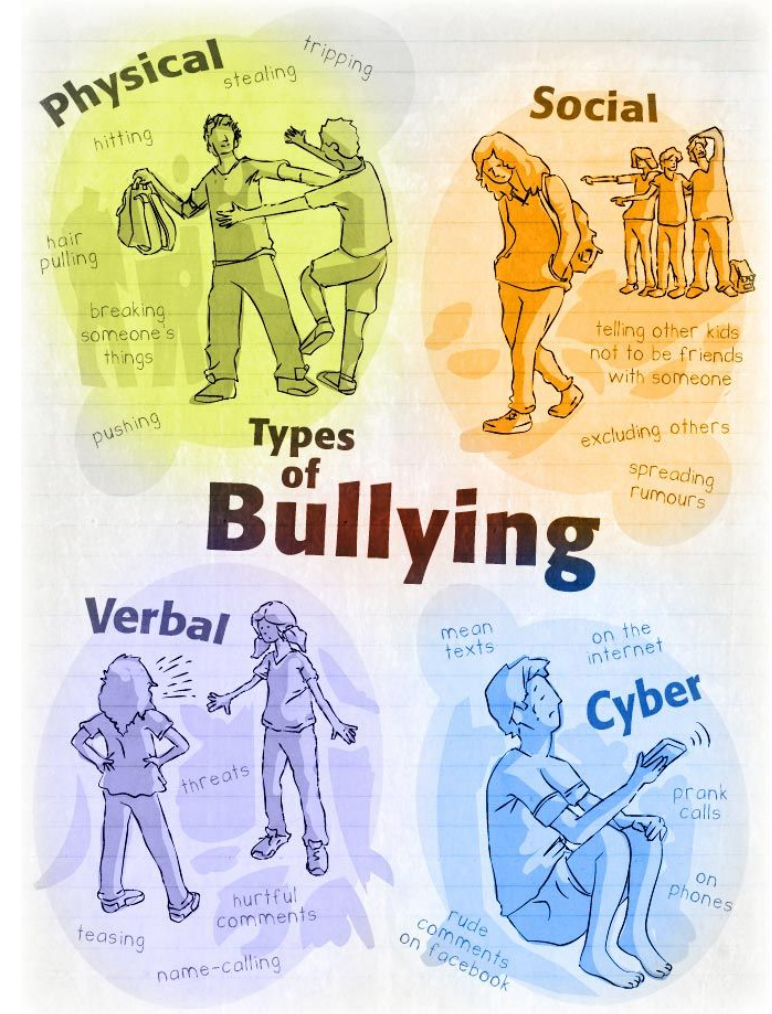


# Different types of bullying



## Social Bullying

- Includes rolling your eyes or turning away from someone, excluding others from the group, getting others to ignore or exclude, gossiping or spreading rumours, setting others up to look foolish, and damaging reputations and friendships.

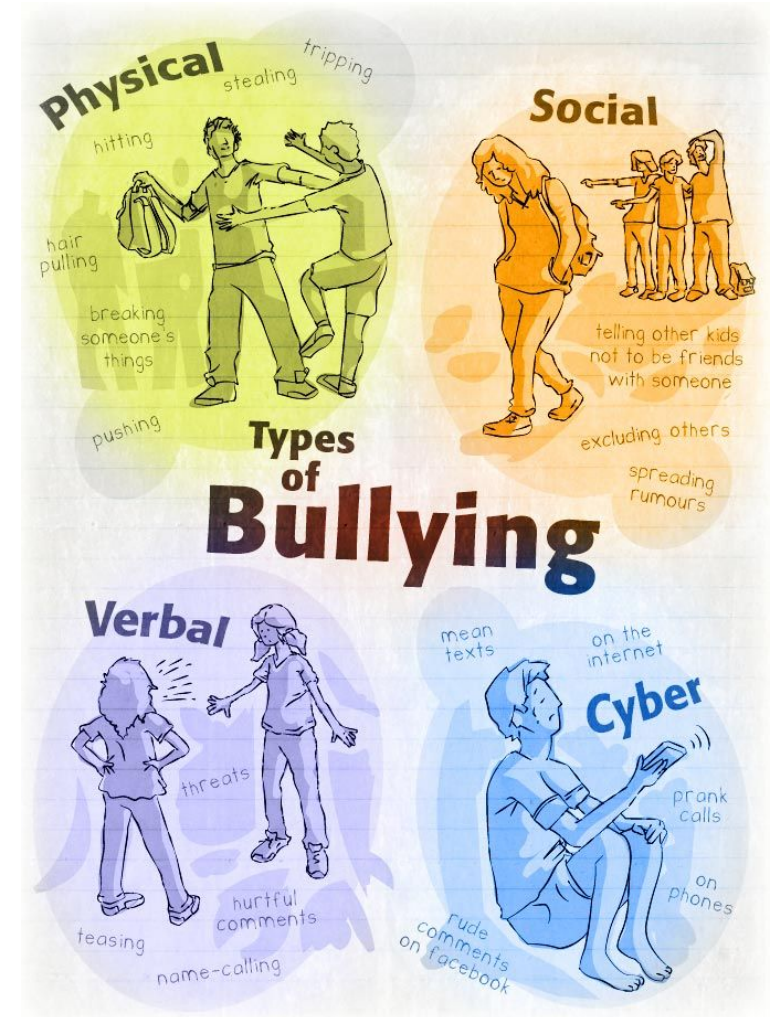


# Different types of bullying



## Religious Bullying

- Includes treating people badly because of their religious background or beliefs, making negative comments about a religious background or belief, calling someone names or telling jokes based on his or her religious beliefs in an effort to hurt them.



# Different types of bullying



## Sexual Bullying

- Includes leaving someone out; treating them badly, or making them feel uncomfortable because of their sex; making sexist comments or jokes; touching, pinching or grabbing someone in a sexual way; making crude comments about someone's sexual behaviour or orientation; or spreading a sexual rumour.

## TYPES OF BULLYING

@chalkacademy



### PHYSICAL

Assault, theft,  
destruction of property



### VERBAL

Threats, racial slurs,  
name-calling,



### EMOTIONAL

Rumors, manipulation,  
relational aggression



### DIGITAL

Insults via emails, text  
messages, social media

# Different types of bullying



## Racial Bullying

- Includes treating people badly because of their racial or ethnic background, saying bad things about a cultural background, calling someone racist names or telling racist jokes.

## TYPES OF BULLYING

@chalkacademy



### PHYSICAL

Assault, theft,  
destruction of property



### VERBAL

Threats, racial slurs,  
name-calling,



### EMOTIONAL

Rumors, manipulation,  
relational aggression



### DIGITAL

Insults via emails, text  
messages, social media



# Different types of bullying



## Disability Bullying

- Includes leaving someone out or treating them badly because of a disability, making someone feel uncomfortable, or making jokes to hurt someone because of a disability.

## TYPES OF BULLYING

@chalkacademy



### PHYSICAL

Assault, theft,  
destruction of property



### VERBAL

Threats, racial slurs,  
name-calling,



### EMOTIONAL

Rumors, manipulation,  
relational aggression



### DIGITAL

Insults via emails, text  
messages, social media

# Anti-Bullying Videos



- <https://www.youtube.com/watch?v=ffzlhWoi5ac>

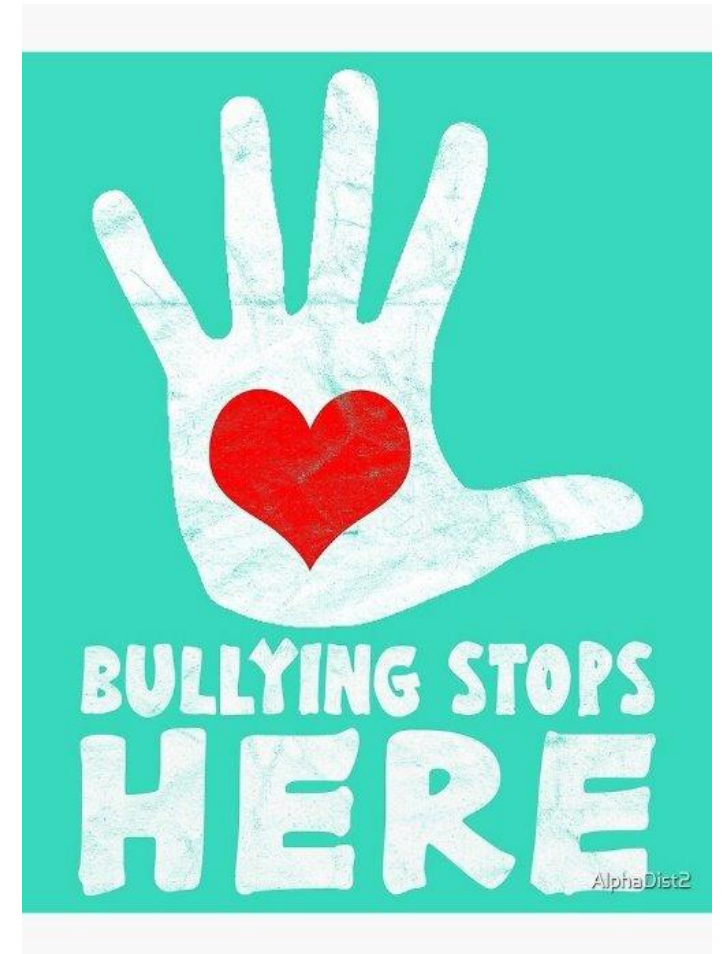
- <https://www.nationalbullyinghelpline.co.uk/about.html>



# How to stand up to bullying



- Talk to someone you trust!
- Report it!
- Take some time offline!
- Don't bottle up your feelings!



# How to stand up to bullying

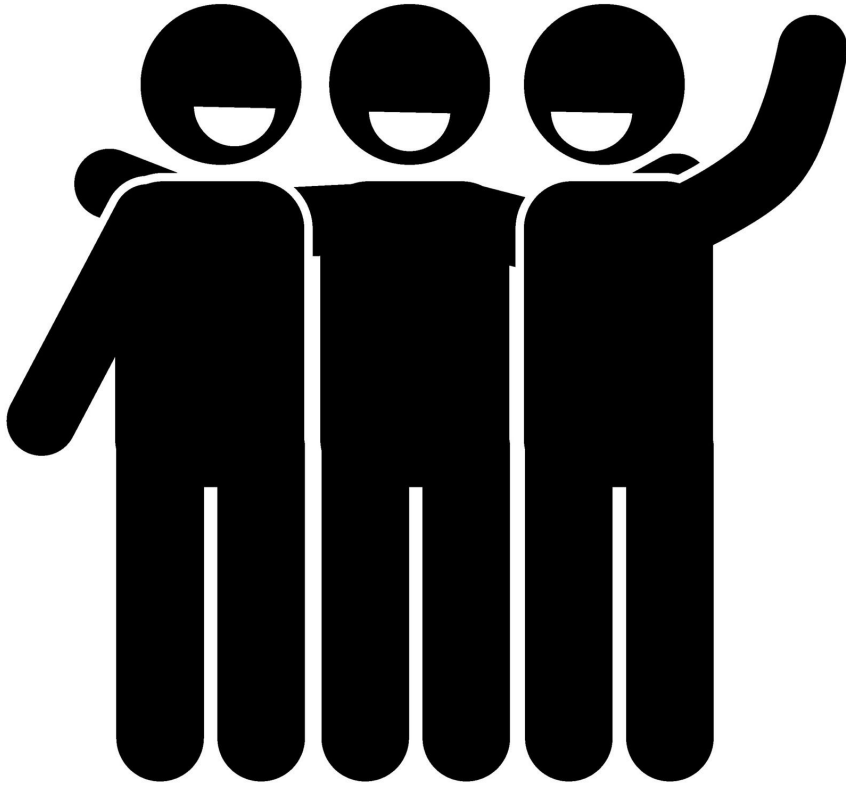


- If you witness bullying happening this is what to do:
- Report it to a trusted adult
- Stand up for the person being bullied
- Be a friend
- Never join in
- Don't be a internet troll!
- Stop the rumors



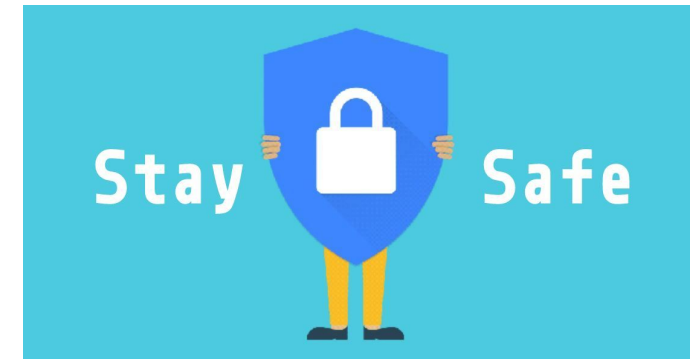


# Choose Kindness, Choose Respect



# How can we keep safe online?

- Ways to keep safe online:
- Private accounts
- Don't accept strangers
- Block anyone if they give you trouble
- Take breaks from social media
- Comment sections and message requests turned off
- Talk about how we keep safe on the captain Tik Tok account



# Who you can go to if you are experiencing bullying

- Anyone at the well-being hub!
- Carrie, Leslie, Pauline
- Any of your house leaders
- Any of the senior management team
- Mr Mackay
- A trusted teacher
- A parent
- A friend
- Ark and School captains



# Thank you for Listening!



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