# Anti-Bullying Week 2019

effect it has on people, and to highlight ways of preventing it from happening started in 2004. The aim of the week is to raise awareness about bullying, the Every year, schools across Britain support Anti-Bullying Week, an event which This year's event is from Monday 11th to Friday 15th November 2019

stop bullying, we all have to make a change. of our own behaviour in reducing rates of bullying. This means that, in order to In 2019, the theme is 'Change Starts with Us', which reminds us of the importance

## What Is Bullying?

not repeated then it is not bullying and upsetting to others, if it is not intentional and Even though this behaviour can be hurtful, unkind or family, times when they say something they Usually these occasions are unusual or a 'one-off' don't mean or times when they don't play nicely. Everyone has times when they fall out with friends

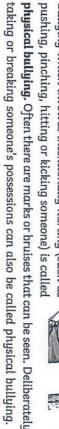


bullying to have been bullied themselves that the bullies themselves are unhappy. It is surprisingly common for a person they are stronger, faster or more intelligent than their victim. Bullying is the power than the person being bullied (the victim). For example, they may believe behaviour that makes the victim's life difficult and miserable. It is also possible imbalance. This means that the person who is bullying thinks they have more Bullying is repetitive, deliberately hurtful behaviour that involves a power

### Types of Bullying

understand the main types, so that we may be vigilant. In order to challenge bullying, it is important to

Bullying which involves intentionally hurting (such as



of the most common ways that people are bullied as calling people names, teasing them or making threats. Name-calling is one means that it is harder for others to identify. It involves hurtful comments such mentally for a long time. Furthermore, the fact it doesn't leave visible injuries Verbal bullying, although it doesn't leave any physical marks, can affect us



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something that embarrasses someone in front of their friends or family, such as Bullying by excluding someone from a game or a conversation, telling others taking photos without someone's permission messages about them) is known as social bullying. It can also include doing to leave them out, or talking behind someone's back (in real life or by sending

cannot see the harm that it is causing the victim. is particularly worrying because the person bullying to engage in verbal or social bullying. Cyber-bullying bullying which involves the use of the internet media In addition to the above types, there is also cyber





#### Did You Know ...?

aged 7-15, the result showed that: According to a study of 13,000 pupils

 $\cdot \frac{1}{4}$  of children said that they were bullied a lot or always

# What Effects Does Bullying Have?

and withdrawn. Being bullied makes people feel miserable, upset and scared truant and make excuses to not attend school. At school, they may appear quiet can make someone's life very difficult. It may not only have an effect on the Bullying can happen to anyone, anywhere and at any time of their life. Bullying has also shown that being bullied has a long-term impact, for many years into Furthermore, it can make concentrating on schoolwork very difficult. Research bullied at school, their behaviour may change. For example, they may play victim's physical health, but on their mental health, too. If someone is being

#### Getting Help

try to solve it alone. Somebody can always help change who you are. Bullying is never acceptable. However, you must never It is crucial not to keep bullying to yourself. If you are being bullied, or you https://www.childline.org.uk/kids. You should never be told to ignore it or to This could be someone at home or at school or through a website such as: know someone else is being bullied, you must tell an adult whom you trust



## Questions

	7. In what way can bullying affect a child's learning and work at school?	6. <b>Find</b> and <b>copy</b> a <b>two word phrase</b> which means 'to stay away from school without an explanation'.	5. What is especially concerning about cyber-bullying?	4. What is one of the most commons ways of verbal bullying?	Irina tells her friends to never let Ava play with them.  Amir sends regular text messages teasing Freddie.  Sam snatches Hanna's toy every time she plays with it.  Luke warns Josh that he is going to find him after school.				3. Draw lines to match the types of bullying to the examples.	2. In which year was the first Anti-Bullying Week held?	O 'Tell a Responsible Adult' O 'We All Have to Make a Change'	O 'Raise Awareness of Bullying' O 'Change Starts With Us'	1. 1. What is this year's Anti-Bullying Week theme? Tick one.
A STATE OF THE STA	/ork at school?	away from school without an		ig?	Cyber-bullying	• Social bullying	• Verbal bullying	Physical bullying	35,	The second of the second			e.
	randa paries	on uprapies at					nes av laditud melles fregord melles fregord		answer with evid	9. Nisha is worried Someone tells he			Support your ans

8. Explain the differences between saying something unkind to a friend and bullying. swer with evidence from the text.

lence from the text. that she is being socially bullied by a group of children at school. r to 'just ignore them'. Do you think this advice is helpful? Support your





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