

16th - 20th November

Anti-Bullying Week 2020

United Against Bullying



Aims

- To understand what bullying is and why it happens.
- To understand the purpose of Anti-Bullying Week and the theme for 2020.
- To think of ways that we can all try to stop bullying.

What Do You Know about Bullying?

Do you know anybody who has been bullied?



Have you ever been bullied?

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.

What Is Bullying?

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

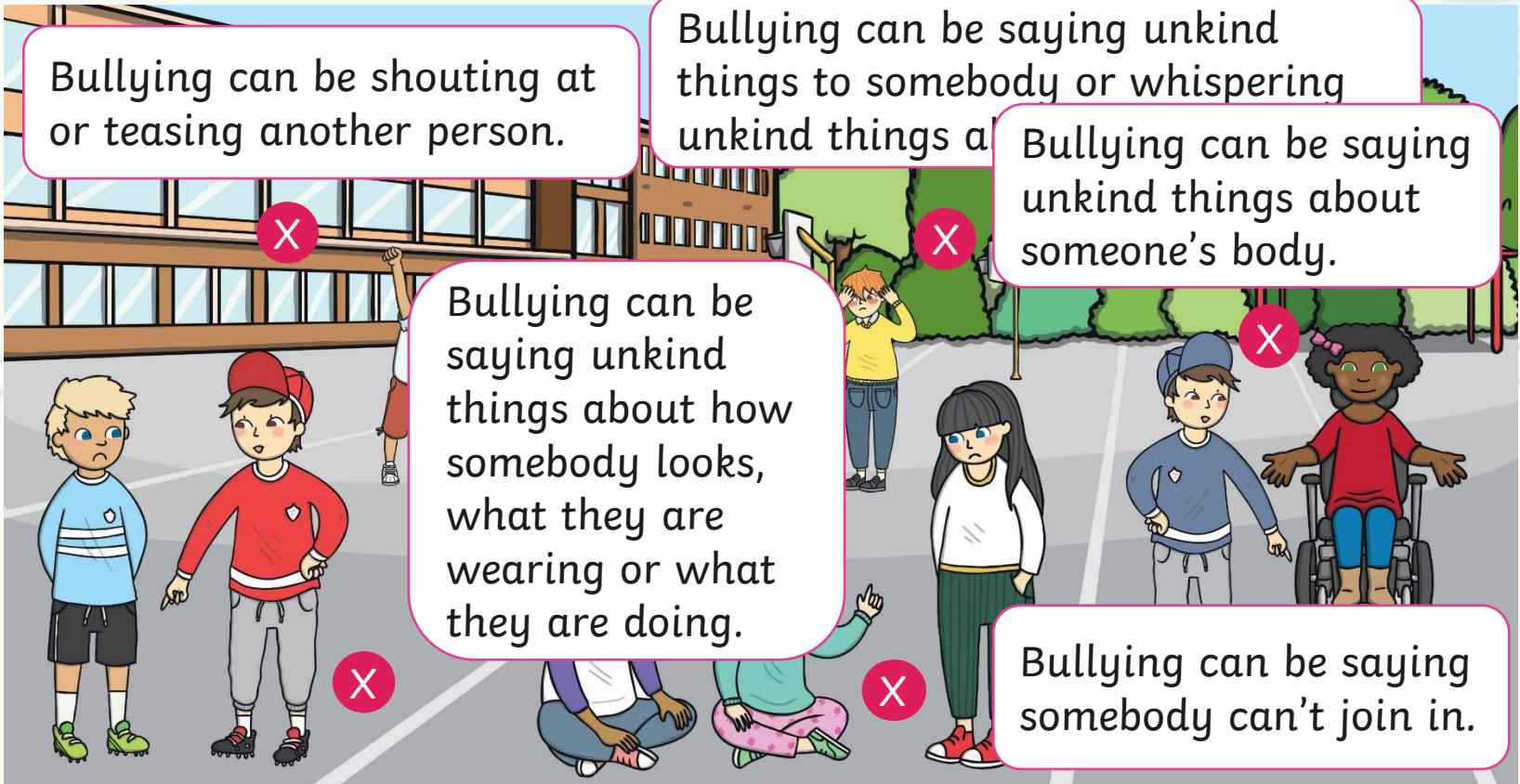
Bullying can be shouting at or teasing another person.

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 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.

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It aims to raise awareness of bullying.



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Anti-Bullying Week 2020

- In 2020, Anti-Bullying Week is between Monday 16th and Friday 20th November.
- The theme this year is:
United Against Bullying
- Together we are united against bullying.

Remember:

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

Some children may wear odd socks for Anti-Bullying Week. Odd socks show that we are all different.



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.

True or False?

You can tell somebody is a bully just by looking at them.

false

If you are a bully, you will always be a bully.

false

Bullies make people feel upset.

true

Nobody should be bullied because they are different.

true



