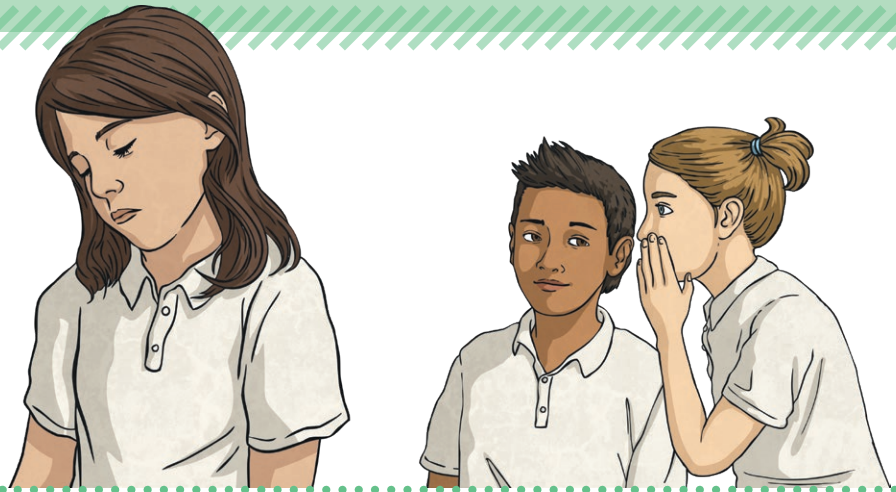


Anti-Bullying Week 2021

Every year, schools across Britain support Anti-Bullying Week. The aim of the week is to help children and adults to learn more about bullying, the effect it has on people and how to prevent bullying from happening. This year's event is from Monday 15th to Friday 19th November 2021.

Each year, Anti-Bullying Week has a different themed focus. The theme this year is 'One Kind Word', which reminds us of the importance of kindness. After the isolation and barriers that the COVID-19 pandemic brought, the importance of kindness and working together is paramount.



Types of Bullying

It's important to understand the main types of bullying so that we can challenge bullying if we know it is happening.

Bullying which involves intentionally pushing, pinching, hitting or kicking someone is called **physical bullying**. Often, there are marks or bruises that can be seen.

Verbal bullying, although it doesn't leave any physical marks, can affect us mentally for a long time. It involves hurtful comments such as calling people names, teasing them or making threats.

Bullying by excluding someone from a game or a conversation, telling others to leave them out, or talking behind someone's back is known as **social bullying**. It can also include doing something that embarrasses someone in front of their friends or family.

In addition to the above types, there is also **cyber-bullying** which involves the use of online media to engage in verbal or social bullying. It can happen through smart-phones, laptops, tablets or gaming consoles.



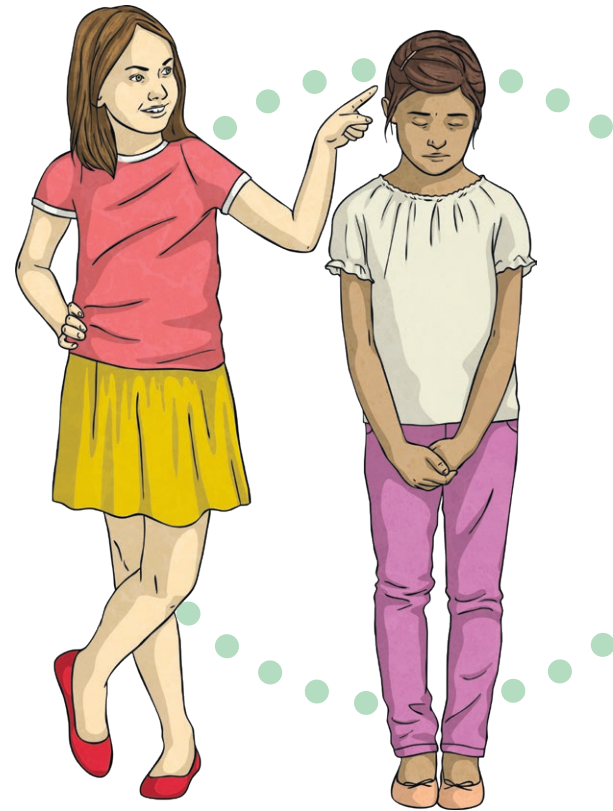
What Is Bullying?

Everyone has times when they fall out with friends or family, or times when they say something they don't mean which upsets someone else. Even though this behaviour can be hurtful, if it is not intentional and not repeated then it is not bullying.

Bullying is repetitive, hurtful behaviour that involves a power imbalance. This means that the person bullying thinks they have more power than the person being bullied (the victim). Bullying is the behaviour that makes the victim's life difficult and miserable. It is also possible that the bullies themselves are unhappy.

What Effects Does Bullying Have?

Bullying can happen to anyone at any time of their life. Bullying can make someone's life very unhappy. It can have an effect on the victim's physical and mental health. Research has also shown that being bullied has a long-term impact for many years into the future. If someone is being bullied at school, their behaviour may change. For example, they may pretend to be unwell so that they don't have to go to school. They may appear quiet or try and avoid certain social situations. Being bullied makes people feel miserable, upset and scared. It can make concentrating on schoolwork very difficult.



Did You Know...?

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

- One quarter of children said that they were bullied a lot or always.



Getting Help

It is important not to keep bullying to yourself. If you are being bullied, or you know someone else is being bullied, you must tell an adult whom you trust. This could be an adult at home, school or through the Childline website. You should never be told to ignore it or to change who you are. It is the children doing the bullying who need to change their behaviour. Somebody can always help.