

Aldersbrook Primary School

Anti-Bullying Week 2021

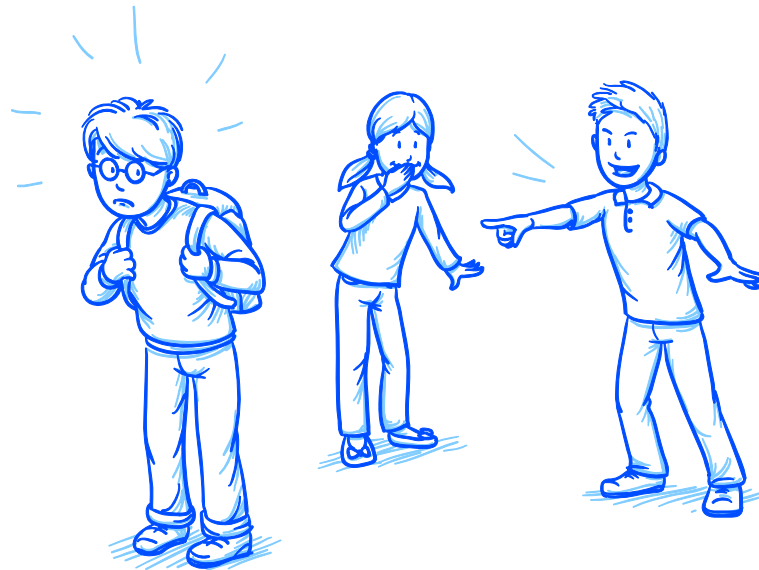
Theme: One Kind Word



What is bullying?

- Bullying is behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally.

PURPOSELY hurting



REPETITIVE

IMBALANCE
of power

What are the types of bullying?

(Peer on Peer abuse)

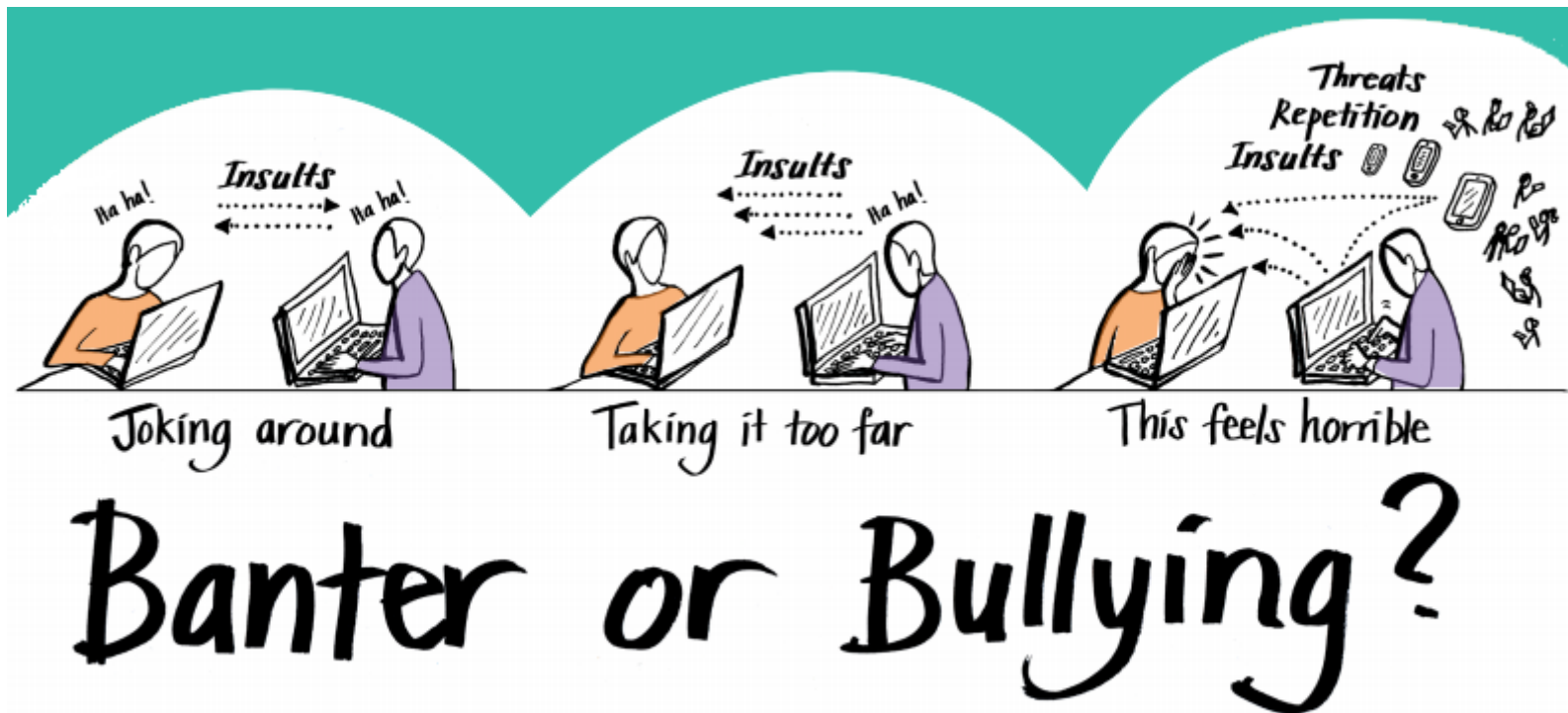
- **Physical** (when someone pushes, hit or harm a child in any way physically)
- **Name calling** (using insults and offensive nicknames)
- **Social** (leaving out, fake rumours, damaging a person's reputation, excluding others, online and offline)
- **Cyberbullying** (being bullied online, via social networks, apps, messenger and phones)
- **Sexual** (unwanted sexual advances, pressurised to do sexual things, sexting, sexuality, spreading sexual rumours, upskirting)

How does bullying differ from banter/teasing?

- There is a deliberate intention to hurt or humiliate
- There is a power imbalance
- It is usually persistent

Several Times On Purpose

Bullying or Banter?



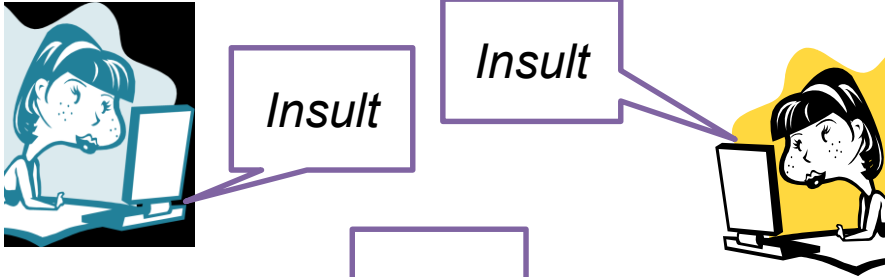
a clear statement that abuse is abuse and should never be tolerated or passed off as “banter”, “just having a laugh” or “part of growing up”.

Friends fall out!

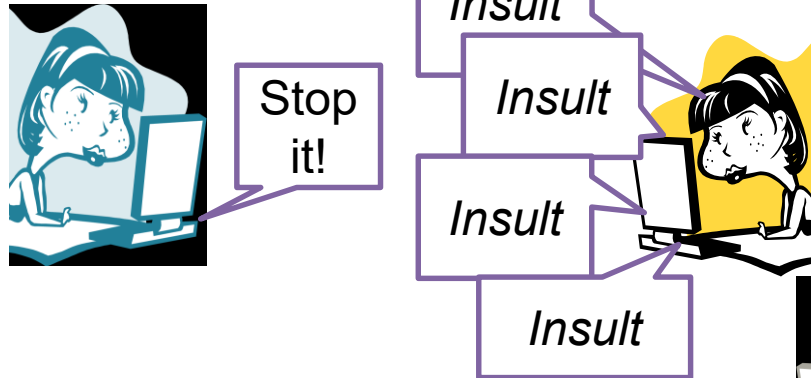
- We sometimes describe this as relational conflict
- Children fall out and need to learn how to resolve conflicts
- Children need the confidence to deal with conflicts and to develop resilience
- But it can lead to bullying.....

e.g. 2 friends fall out...

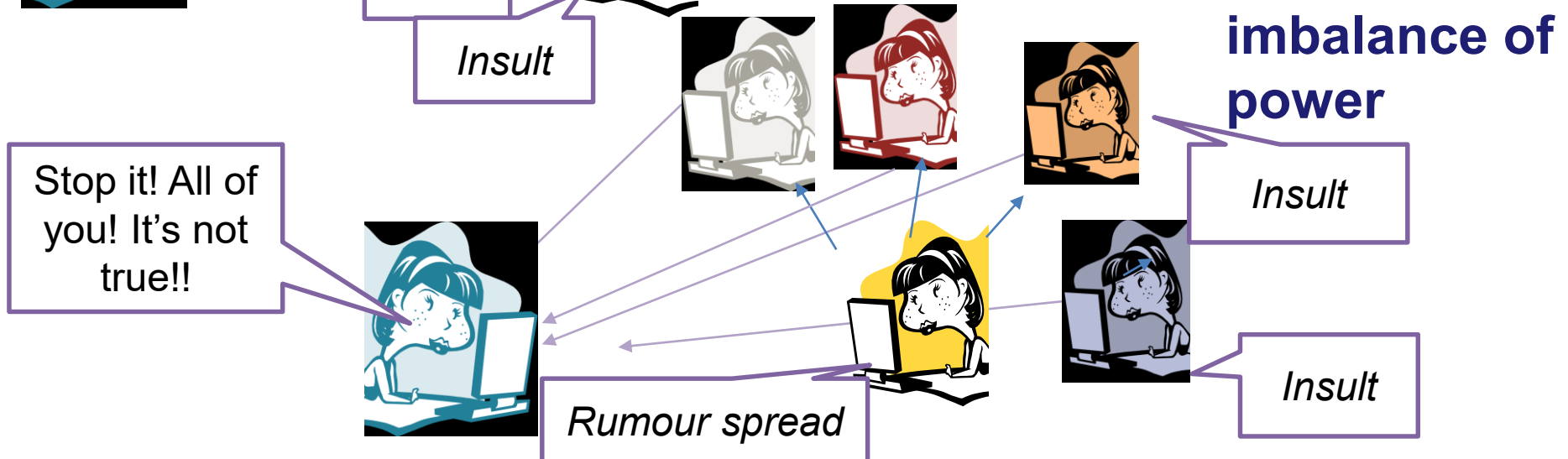
No imbalance of power



Imbalance of power through repetition, threat, etc.



Clear imbalance of power





What is Cyber-bullying?

In what ways do you think cyberbullying can happen?

receiving nasty or inappropriate messages

getting nasty or inappropriate on Online games e.g. Minecraft

someone posting nasty or inappropriate photos of someone online

prank phone calls

nasty comments on social media like Facebook, Twitter, Whatsapp, TikTok, within chat rooms or in a messaging app



How to spot signs a child is being bullied

- Coming home with cuts and bruises (Self-harm)
- Losing belongings
- Feeling anxious about going to school
- Wanting to change their journey or journey time to school.
- Reluctant to go to school
- Doing less well with their school work
- Being aggressive towards siblings, and family members
- Difficulty sleeping
- Developing an eating disorder
- Becoming withdrawn socially and reluctant to go out
- Avoiding social media or messenger

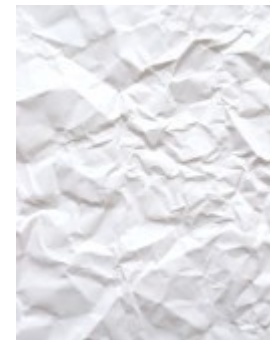


How a child might react if they are being bullied

- Depressed
- Anxious
- Isolated
- Withdrawn
- Suicidal
- Humiliated
- Low
- Upset
- Angry
- Frustrated
- Blame themselves



The scars bullying can leave - task



What to do if you feel your child is being bullied

- Report the bullying to a teacher or someone at school you feel safe with- Senior Leadership Team, ELSA, Parent Support
- Tell a parent or a family member
- Encourage our children to be assertive with the bully but not aggressive
- Ignore it and walk away with no reaction
- Keep a diary

Tips for talking to your child about being bullied

- What did you do at school today?
- Who did you play with?
- What game did you play?
- Did you enjoy it?
- Would you have liked to play with someone else or different games?
- Is there anyone that you don't like at school? Why?
- Are you looking forward to going to school tomorrow?

**If your child finds it hard to talk about
being bullied or has communication
difficulties, you could:**

- Draw pictures of your child's day or ask them to draw what has happened during their day. For example pictures of them playing at break etc
- Use pictures of faces expressing feelings.

Our Stance on bullying

- Anti-Bullying Policy
- Zero tolerance
- PSHE
- Values of Education
- Celebration Assemblies
- Every child is valued and provided for

Useful Websites and Contacts

- Kidspace.org.uk
- Childline- (0800 11 11) Calls are free and confidential
- KIDSMART-Learning how to be a SMART surfer online
- Bullying Online-Advice and support for parents
- <https://anti-bullyingalliance.org.uk/anti-bullying-week>

Any questions?