



# choose respect

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#ANTIBULLYINGWEEK



# Anti-Bullying Week 2018

Anti-Bullying Week is 12 – 16 November 2018. The theme this year is 'choose respect over bullying'.

The aim of the week is to help children understand:

## The definition of respect

That bullying is a behaviour choice

That we can respectfully disagree with each other i.e. we don't have to be best friends or always agree with each other but we do have to respect each other

That we all need to choose to respect each other both face to face and online

On **Monday 12 November 2018**, we will be holding an Odd Socks Day. This is an opportunity for children to express themselves and appreciate individuality and uniqueness!

During Anti-Bullying Week we will be having anti-bullying assemblies. We will also explore what bullying is, the impact of bullying and how we can help prevent it during lessons and activities throughout the week.

We will be using some resources from the Anti-Bullying Alliance.

[www.anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2018-choose-respect](http://www.anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2018-choose-respect)



"It is really important to tell a teacher if you think someone might be being bullied."

TYLER SAGAR  
CAVENDISH  
CLASS 6D



## Restorative Practice

We use Restorative Practice to resolve issues between children.

When the children are ready to resolve an issue, we get them together in a Circle.

Everybody has a chance to speak and to listen to each other.

We ask all the children 5 key questions and give them all the opportunity to answer:

**What has happened?**

**What were your thoughts at the time?**

**What have your thoughts been since?**

**How has this affected you and others?**

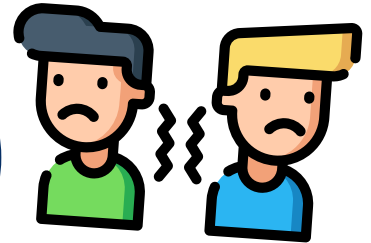
**What do you think needs to happen now?**

# What is Bullying?

Bullying is defined as repeated behaviour which is intended to hurt someone either emotionally or physically, and is often aimed at certain people because of their race, religion, gender or sexual orientation or any other aspect such as appearance or disability.

Bullying can take many forms including:

- physical
- teasing
- making threats
- name calling
- cyber bullying



Unfortunately bullying can happen anywhere: at school, travelling to and from school, in sporting teams, via social media, between neighbours or in the workplace.

## WHY DOES BULLYING HAPPEN?

Although bullying doesn't happen very much at our schools it might happen.

Bullies can be older or younger than you, bigger or smaller than you. Bullies pick on people who may be different in some way and try to make them feel worse about themselves. If you are being bullied remember that it is never your fault.

**Bullying includes the following things happening intentionally and repeatedly:**

- people calling you names
- making things up to get you into trouble
- hitting, pinching, biting, pushing and shoving
- taking things away from you
- damaging your belongings
- stealing your money
- taking your friends away from you
- posting insulting messages or rumours, in person on the internet/social media
- threats and intimidation
- making silent or abusive phone calls
- sending you offensive phone texts
- bullies can also frighten you so that you don't want to go to school, so that you pretend to be ill to avoid them



The Circle gives children the opportunity to see the situation from other people's points of view, helps them to recognize how other people are feeling and helps them to see how their actions may have affected someone else.

The children often decide together on any consequences that should be given.

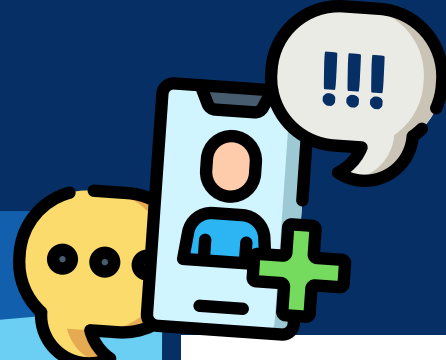
At the end of the Circle we always ask the children if they are happy with the outcome.

Children will often ask staff if they can have a Circle when they have been involved in an incident.

**"It helps you and stops you getting into more bother."**

Class 4F - Cavendish

# Myths and Facts



## MYTH

Bullying is a normal part of childhood and you should just ignore it.

## FACT

Bullying is not "normal" or acceptable in any form and ignoring might not always make it stop. If you can, please confide in someone you trust such as a parent or teacher to help you get it stopped. Bullying can knock your self-esteem and confidence.

## MYTH

It is ok to hit someone who is bullying you, it will stop it.



## FACT

It's understandable that you may be angry but if you were to get violent or aggressive it may make matters much worse as you may get into trouble too.

## MYTH

Bullies are born this way, it's in their genes.

## FACT

Bullies often adopt this behaviour from their environment or sometimes, it's a reaction from them being bullied by others. Whatever the case, it is not right.

## MYTH

If bullying was so bad, why don't they have a law about it?



## FACT

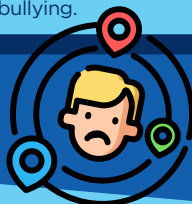
Some forms of bullying are illegal and should be reported to the police including violence or assault, theft, repeated harassment or intimidation, e.g. threats and abusive phone calls, emails or text messages and hate crimes.

## MYTH

Cyberbullying can only affect someone if they are online and have an account too.

## FACT

This is not true, we often hear of pages and fake accounts being created without person's permission or knowledge. This sort of cyberbullying is on the increase and just as serious as any other form of bullying.



## MYTH

Bullying only happens in schools.

## FACT

This is not the case at all, bullying can happen to anyone at any place. It may be out of school, at university or even college. It can happen when you are out with mates or on the way to or from school.

## MYTH

It is not bullying if someone deletes the comment or post.

## FACT

Regardless of hitting delete, once something is posted online it gets its own unique URL which means that it can stay on cyberspace even if you hit delete.

## MYTH

You can spot a bully from the way they look and act.



## FACT

There is no such thing as a way a bully looks or acts. There is no specific dress code or behaviour code.

## MYTH

Children grow out of bullying.

## FACT

Quite often children who bully may grow up to be adults who bully or use negative behaviour to get what they want, unless there has been intervention and their behaviour challenged by the relevant authorities, whether it be school or parents, etc.

## MYTH

Online bullying is just banter and harmless.

## FACT

People being bullied online is a very serious issue, the bullying can go viral very quickly and make the problem escalate quickly. It is important to take a screenshot of any conversations, messages or posts that you feel are bullying so that you have a record.

## MYTH

Reporting a bully will make things worse.



## FACT

You may worry that reporting a bully might make the bullying escalate or you may worry that you won't be believed. It is important to confide in someone you trust so that you can have some help in getting the necessary support to get this stopped.

## MYTH

It is easy to spot the signs of bullying.

## FACT

It is not always easy to spot the signs of bullying as it is not always physical and obvious. Emotional, verbal and online bullying can often leave scars that people don't see.

## Online Safety

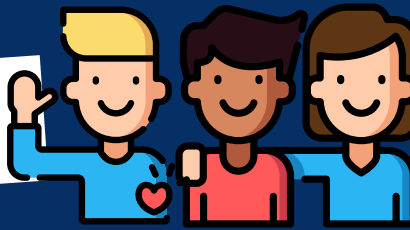
Children in Years 3, 4, 5 and 6 take part in an Online Safety session delivered by West Yorkshire Police - Cyber Safety Team. In the sessions, the children will compare technology from 1990 and what it is like today. They will look into social media, copyright laws, and the rules of privacy and plagiarism. Aspects of online gaming will be covered and the children will look at examples of what to do if something is inappropriate. They will also be given some top tips to help them make the right choice whilst online.



## Online Bullying

Children in Years 5 and 6 take part in an Online Bullying session delivered by West Yorkshire Police - Cyber Safety Team. In the sessions, the children will go through what online bullying is and who can be the victims of it. They discuss signs people portray when they are a victim of online bullying and who can help prevent it from happening. The children will receive some top tips on making the right choices whilst online.

# Anti - Bullying



**“In schools there must be a behaviour policy and parents can be involved.”**

BRIONY TATE  
KNOWLESWOOD  
JUNIPER CLASS

We want our schools to be a caring, friendly environment for all of our pupils so they can feel safe and secure. Bullying is unacceptable. If bullying does happen, all pupils should be able to tell someone and know that incidents will be dealt with promptly and effectively.

**We aim to raise children’s awareness of bullying and the consequences in a variety of ways across the school year such as:**

**We take part in the national Anti-Bullying Week every November. This year Anti-Bullying Week is 12th - 16th November and the theme is Choose Respect.**

Circle Time

Regular PSHE lessons

Assemblies

Drama and role play activities

Using praise and rewards to reinforce good behaviour



## Useful links:

[www.bullying.co.uk](http://www.bullying.co.uk)

[www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying](http://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying)

[youngminds.org.uk/find-help/feelings-and-symptoms/bullying](http://youngminds.org.uk/find-help/feelings-and-symptoms/bullying)

Bullying is deliberately hurtful behaviour. It is usually repeated, often over a period of time and it is difficult for those being bullied to defend themselves.

Children do sometimes fall out with their friends, argue or say things because they are upset. When occasional problems of this kind arise it is not classed as bullying.

Incidents of bullying are reported to the Leadership team. They will arrange for all children involved to be spoken to so the problem can be identified and possible solutions suggested. Staff will use a restorative practice approach to allow children to embed life skills to solve problems and avoid reoccurrence.

Staff will work with the children to end the bullying behaviour or threats of bullying. Support will be offered to the bully to help them understand and consider their actions. The bully or bullies will be asked to apologise. They may be given other consequences such as loss of privileges, spending playtime and lunchtimes with an adult or spending time in isolation away from their class.

If possible, the pupils will be reconciled.

If the bullying continues, or in more serious cases of bullying, parents will be informed and invited into the school for a meeting to discuss the problem.

Any incidents of bullying will be recorded.

A copy of the Anti-Bullying Policy is available on both Cavendish Primary School’s and Knowleswood Primary School’s website.

**“We know we can go to any adult in school and be listened to.”**

OLIVIA JENNINGS  
CAVENDISH  
CLASS 5B



# Homophobic Bullying

## What is homophobic bullying?

Homophobia is a fear or dislike of Lesbian, Gay and Bisexual (LGB) people, or people who are thought to be LGB. It’s based on prejudice and it can lead to LGB people being bullied or hurt. Unfortunately, LGB people can sometimes be discriminated against. Sometimes, people pretend to be homophobic to fit in or because of peer pressure.

Homophobia can make you feel like there’s something wrong with being LGB. This is not true. You have a right to be who you are.

Like all forms of bullying, homophobic bullying can be through name calling, spreading rumours, cyberbullying, physical or sexual and emotional abuse. Sometimes people say stuff like ‘that’s so gay’, or ‘you dress like a lesbian’. They might seem like jokes or just banter, but it’s bullying.

Making fun of someone because of what you think their sexuality is or judging them is not right. Not only does this affect a young person’s self-esteem, emotional health and wellbeing but it also can have an effect on their attendance at school and their attainment.

## How common is it?

Homophobic bullying is the most frequent form of bullying after name calling. The names that cause most offence are homophobic terms.

Homophobic bullying can happen by being:

- called names or teased
- hit, punched or physically abused
- threatened, made to feel scared or unsafe
- sexually assaulted or harassed
- cyber bullied or threatened online
- ignored or excluded from things.

**“Bullying is nasty to people and it hurts their feelings.”**

ALEX WHITAKER  
KNOWLESWOOD  
WILLOW CLASS

## How do to deal with homophobic bullying...

Everyone has the right to feel safe and not be discriminated against. It can be tough if you’re worried about what people will do or what they’ll say to you but you need to tell a trusted adult (either at home or school) and they will help resolve the situation.