

Anti-Bullying Week

One Kind Word

15th – 19th November 2021

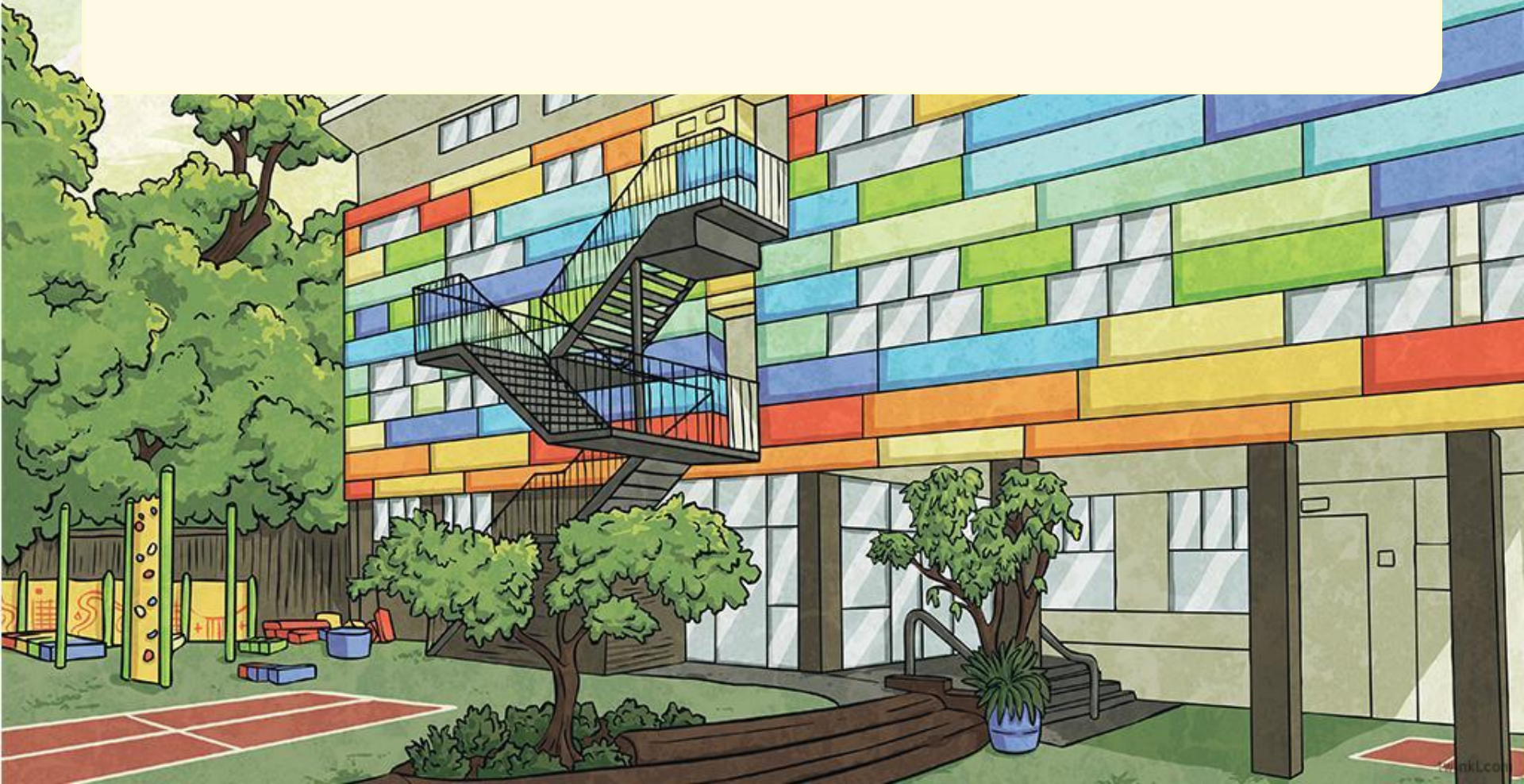


twinkl

twinkl
Quality Standard
Approved

Anti-bullying week

This week is anti-bullying week.



What Is Anti-Bullying Week?

Anti-Bullying Week is a way of raising awareness about bullying. It is a week during which we learn about bullying and how to deal with it.

This year, Anti-Bullying Week is from the 15th to the 19th November.

Anti-Bullying Week has a different theme each year.

This year's theme is ...

One Kind Word

What Is Bullying?

Which one of these statements give an example of bullying?

When someone barges you once in football

When your best friend plays with someone else

Sending hurtful text messages to other people about how someone looks

Bullying is:

- hurting someone else, on purpose;
- something that happens repeatedly (over and over again);
- not the same as something that happens once;
- hurtful in lots of different ways (not just physically).



Different Kinds of Bullying

Physical bullying – includes pushing, shoving, biting, pinching, hitting and kicking. It could be damaging or taking someone's belongings.

It can be easier to spot physical bullying. People might see it happening and it can leave bruises.

Verbal bullying – includes name-calling, saying nasty things about someone, teasing and threats.

It is harder to tell if someone is being verbally bullied. It can be done more secretly and doesn't leave visible marks. It hurts people's feelings and emotions and is very harmful.

Social bullying – includes spreading rumours about someone, leaving someone out on purpose, telling others not to be friends with someone or embarrassing someone in public.

Different Kinds of Bullying

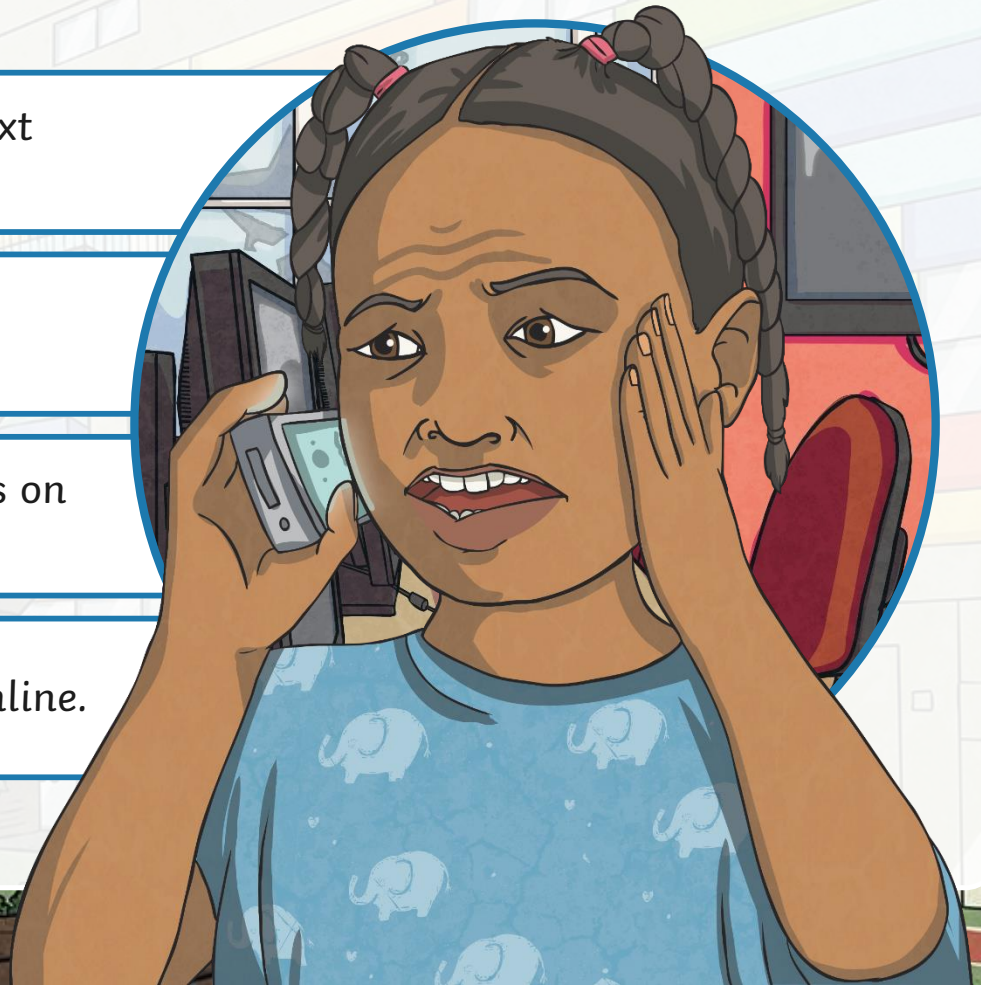
Cyberbullying – any type of bullying that happens through use of technological devices such as mobile phones.

Sending nasty or inappropriate text messages or emails.

Making prank phone calls.

Posting nasty comments or photos on social media.

Deliberately leaving others out, online.



We Are All Different

Sometimes people bully other people because they are different. There are lots of ways we are different, here are some...

eye colour

skin colour

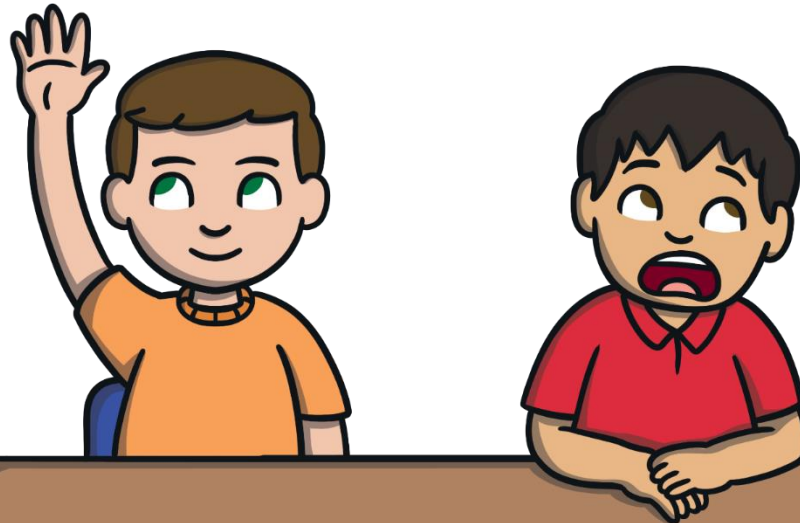
hair colour

family

what we find tricky to do

body shape

likes and dislikes



Odd Socks Day

On Thursday 18th we are celebrating how different we all are!

We are asking everyone (staff included) to wear odd socks.

This is to celebrate how we are all different.

Let's be kind to each other and love how we are all different.



The Impact of Bullying

How do you think being bullied can make someone feel?

Hurt

Sad

Scared

Left Out

Lonely

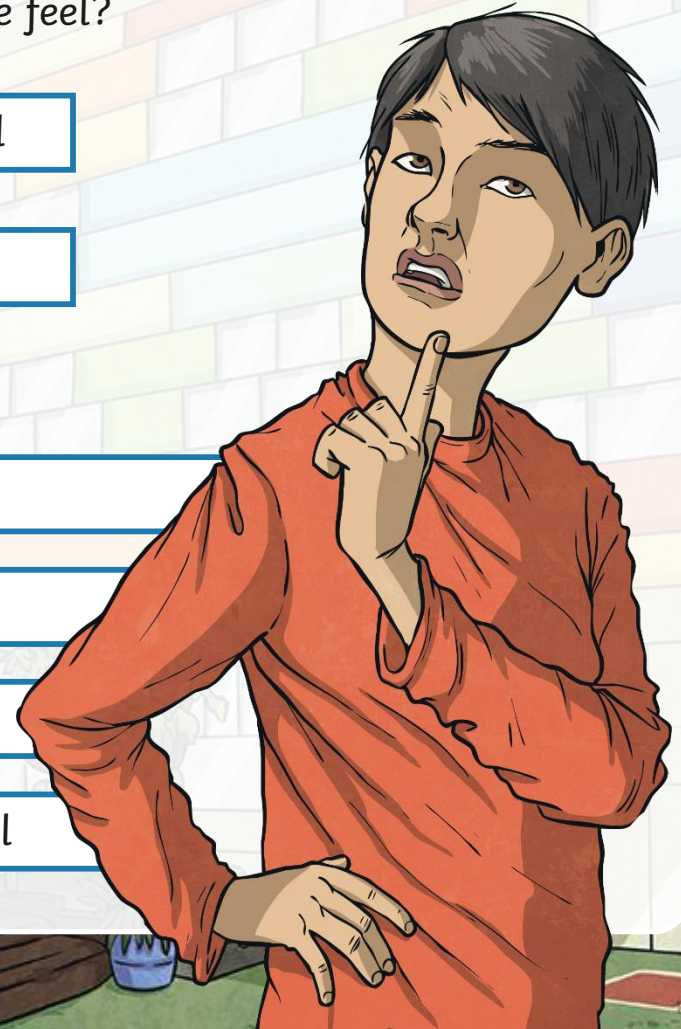
Upset

Bullying can make people feel unwell.

It could affect someone's school work.

It could affect how they feel about themselves.

It could make someone not want to come to school



One Kind Word:

What do you think this year's theme, One Kind Word, means?

Kindness is more important today than it has ever been, because so many sad things have happened because of Covid.

This is one of the reasons, that 'One Kind Word' has been chosen as the theme of Anti-Bullying Week.

It starts with one kind word. It starts today.



Anti-Bullying Week 2021

**ONE
KIND
WORD**

One kind word / words

Can you think of a kind word or words to say now?

Examples:

Thank you

You look nice today

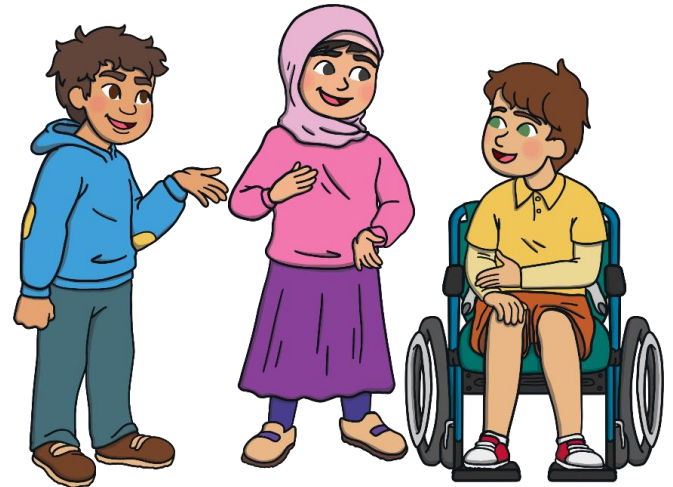
Please



One Kind Word

One kind word can give a moment of hope. Something so small can change someone's thoughts from bad to good. It can change their day and help to end bullying.

One kind word leads to another kind word. Kindness spreads and we can create a chain of kindness.

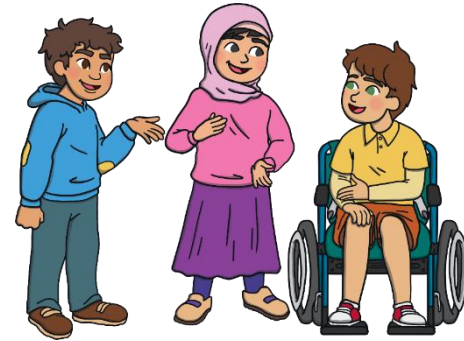


One Kind Word

In your classes you all have a strip of paper.

Write a kind word / words on that strip so that we can create a Downsell chain of kindness – staff too!

Hold them up so we can see them!



What Can I Do?

If you are being bullied – tell someone that you trust: a parent, teacher or an older relative. They will make sure it is dealt with properly.

If you know someone who is being bullied – you must tell someone that you trust. They will be able to help. Be kind to that person. They might be feeling alone, sad and scared. Smile, talk to them or include them in something. It will make a big difference!

It is sometimes hard to stick up for someone who is being bullied. You might think that you will be bullied yourself, or that you and your friends will get into trouble.



What are we doing at Downsell to help you?

You can talk to any member of staff in school.

We will be talking to your parents on Thursday so they can help school stop bullying.

There are worry boxes around school for you to write down anything that worries you.

We are listening to you and doing things you suggest when we ask you questions.



What are we doing at Downsell to help you?

The KS2 school council members will be coming out in the playground to ask children to tell them the name of someone who has used kind words.

There will be a prize from the treasure box for one child in every class who has used kind words!



Reflection

- What have you learned today about bullying?
- Do you think you would know what to do and who to talk to if you or someone you know is being bullied in any way?
- What could you do to help prevent bullying?

