Monday 14th November to Friday 18th November 2022. Anti-bullying week and Friendship Friday (Children in Need).

This Anti-Bullying Week,
let's come together and reach out
to stop bullying.
REACH
OUT
Monday 14th to
Friday 18th November
#AntiBullyingWeek
#ReachOut

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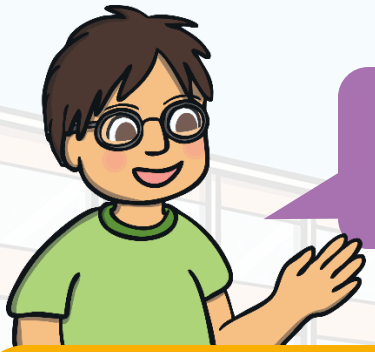
What Is Bullying?



Do you know what bullying is?

Bullying is hurting someone else on purpose. Bullying is something that happens over and over again.

Bullies can hurt people in lots of different ways. You can be hurt on your body or with nasty words.

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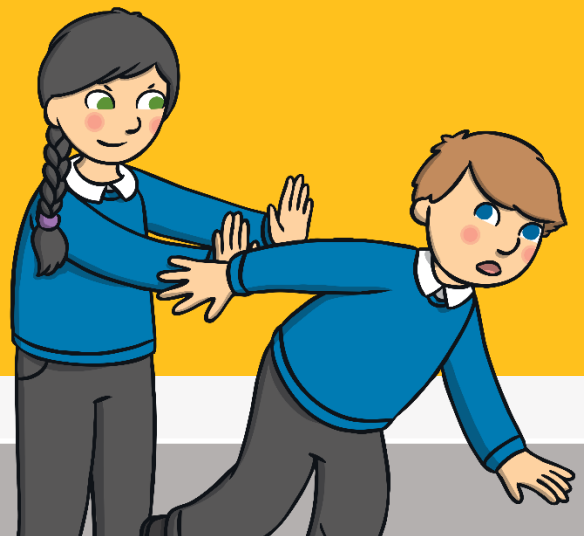
Different Kinds of Bullying

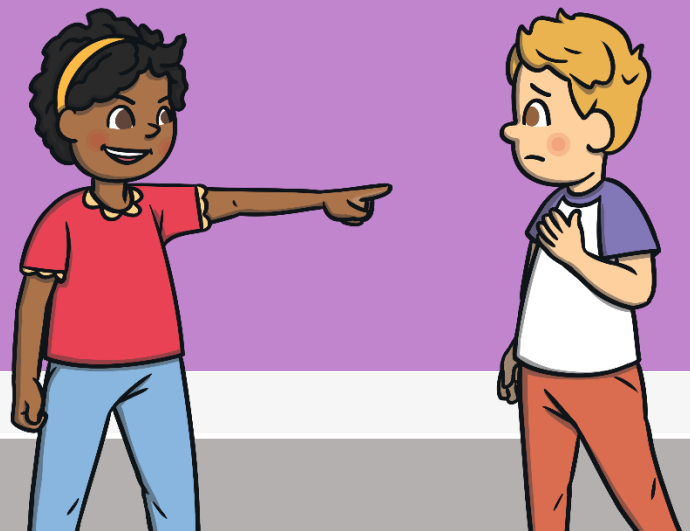
Physical bullying is pushing, hitting, pinching or kicking someone.

It can leave marks or bruises and people might see it happening, but it can be hidden underneath clothes.



Verbal bullying is calling someone names, saying nasty things or even pretending you are going to hurt someone.

Verbal bullying is not always easy to see. It can be done secretly and does not leave marks. It hurts people's feelings and is just as bad as physical bullying.



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Cyberbullying

Cyberbullying is when people use email, photos, videos or text messages to make someone feel sad.
It can be one person or a group of people.
It can be scary for the person who is being bullied.

Make sure you know how to

stay safe online

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Indirect Bullying

Indirect bullying is:

- leaving people out of games;
- talking about them when they are not looking;
- telling nasty stories about them;
- standing by and watching bullying happen.

It is **just as hurtful** as other kinds of bullying.

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https://www.kidscape.org.uk/resources-and-campaigns/friendship-friday-anti-bullying-week-2022/

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What Can You Do?

If you see bullying, you can:

Tell someone you trust - a parent, teacher, older relative. They will make sure it's dealt with properly.

Be kind to the person being bullied. Someone who is being bullied can feel alone, sad and scared. Smile, talk to them or include them in something.

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