

16<sup>th</sup> - 20<sup>th</sup> November

# Anti-Bullying Week 2020

United Against Bullying



# What Do You Know about Bullying?

Do you know anybody who has been bullied?



Have you ever been bullied?

Bullying is hurting someone on purpose, over and over again.

It can happen face to face with actions or with words, or it can happen online through a phone, tablet or computer.

# What Is Bullying?

Remember, bullying is hurting someone on purpose, over and over again. It is not when an unkind thing happens only once.

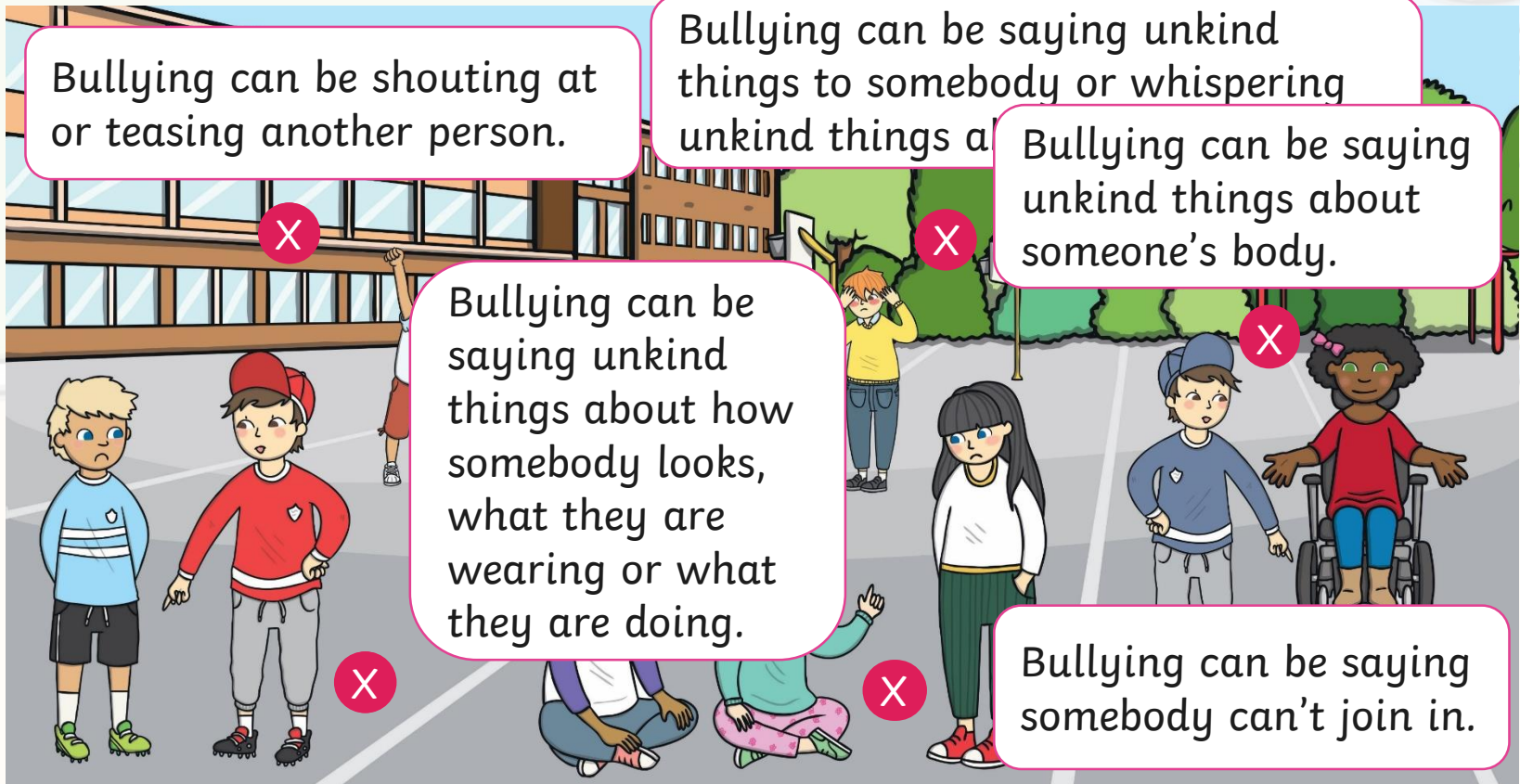
Bullying can be shouting at or teasing another person.

Bullying can be saying unkind things to somebody or whispering unkind things about somebody.

Bullying can be saying unkind things about someone's body.

Bullying can be saying unkind things about how somebody looks, what they are wearing or what they are doing.

Bullying can be saying somebody can't join in.





# Why Does Bullying Happen?

Bullying sometimes happens because we are all **different**.

?

Bullies might be jealous of someone else's talents.

?

Bullies might be jealous of other friendships.

?

Bullies might feel angry or bad about themselves.

?

Bullies might have been bullied or might not understand what bullying is.

# We Are All Different

We are different for lots of different reasons.

height

eye  
colour

skin  
colour

what we  
find tricky  
to do

body  
shape

weight

hair  
colour

family

what we  
find  
easy to  
do

Can you  
think of  
anymore?

# What Is Anti-Bullying Week?

?

It is an annual event that is held every November.

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It is an event that takes place in schools.

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It aims to raise awareness of bullying.



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# Anti-Bullying Week 2020

- In 2020, Anti-Bullying Week is between Monday 16<sup>th</sup> and Friday 20<sup>th</sup> November.
- The theme this year is:  
**United Against Bullying**
- Together we are united against bullying.

## **Remember:**

We can all make a change by listening, by noticing and by working together to stop bullying.

Some children may wear odd socks for Anti-Bullying Week. Odd socks show that we are all different.



# What Should You Do If You Are Being Bullied?



Somebody can always help.

**Tell  
someone!**



Even if it's not you being bullied, help other people around you. Ask if they are OK or if they need something.



# True or False?

You can tell somebody is a bully just by looking at them.

**false**

If you are a bully, you will always be a bully.

**false**

Bullies make people feel upset.

**true**

Nobody should be bullied because they are different.

**true**



# Design a Pair of Odd Socks



Some children may wear odd socks for Anti-Bullying Week. Odd socks show that we are all different. Design your own pair of odd socks to remind you of anti bullying week.

**YOU COULD EVEN WEAR ODD SOCKS ALL WEEK TOO!**