

**Anti-Bullying  
Week 2021**  
Secondary School  
Assembly

**ONE  
KIND  
WORD**

#ANTIBULLYINGWEEK



**ANTI-BULLYING  
ALLIANCE**

“  
St Aidan, bright flame of our school,  
help us to trust one another and bring  
fairness to our community.

Let us strive to work hard to ensure  
we can live life to the full.

Let there be peace in our school and  
let it begin with me.

Amen  
”

**Call to action**



# What is bullying?

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.

# What is bullying?



**Emotional:** being unfriendly, excluding, and tormenting (e.g. hiding books, threatening gestures, damaging property, theft).

**Physical:** pushing, kicking, hitting, punching or any use of violence.

**Racist:** racial taunts, graffiti, gestures.

**Sexual:** unwanted physical contact or sexually abusive comments.

**Homophobic.** Because of, or focussing on the issue of sexuality.

# What is bullying?



Verbal. Name-calling, sarcasm, spreading rumours, teasing.  
Cyber. All areas of internet, such as email, social media platforms such as Facebook, internet chat room misuse.

Mobile threats by text messaging & calls.

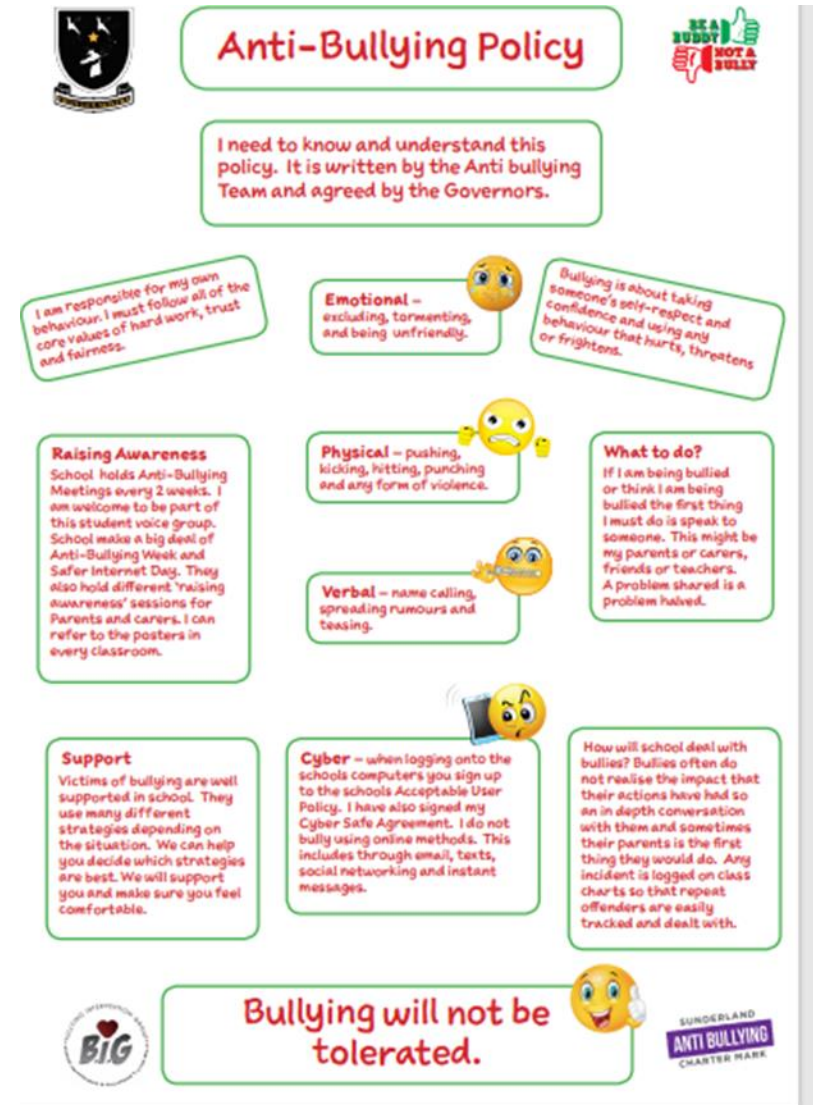
Misuse of associated technology, i.e. camera & video facilities.

Social/familial. Because of socio-economic background.

Educational. Because of educational ability (G&T, SEN)

# Anti-bullying policy.

You have a copy of pupil friendly version on Anti-bullying policy which you can read should you require more information.



The infographic is titled "Anti-Bullying Policy" and features a school crest in the top left. It includes a "BE A ROBOT NOT A BULLY" logo in the top right. The main text states: "I need to know and understand this policy. It is written by the Anti bullying Team and agreed by the Governors." The infographic is divided into several sections: "I am responsible for my own behaviour..." (with a thumbs up icon), "Emotional - excluding, tormenting, and being unfriendly." (with a sad face icon), "Bullying is about taking someone's self-respect and confidence..." (with a sad face icon), "Raising Awareness" (describing school meetings and awareness sessions), "Physical - pushing, kicking, hitting, punching and any form of violence." (with a sad face icon), "Verbal - name calling, spreading rumours and teasing." (with a sad face icon), "What to do?" (advising to speak to parents or teachers), "Support" (describing support for victims), "Cyber - when logging onto the schools computer..." (with a smartphone icon), "How will school deal with bullies?" (describing school actions), and a final statement "Bullying will not be tolerated." (with a thumbs up icon). The infographic also features a "BIG" logo and a "SUNDERLAND ANTI BULLYING CHARTER MARK" logo.

**Anti-Bullying Policy**

I need to know and understand this policy. It is written by the Anti bullying Team and agreed by the Governors.

I am responsible for my own behaviour. I must follow all of the core values of hard work, trust and fairness.

**Emotional** - excluding, tormenting, and being unfriendly.

Bullying is about taking someone's self-respect and confidence and using any behaviour that hurts, threatens or frightens.

**Raising Awareness**  
School holds Anti-Bullying Meetings every 2 weeks. I am welcome to be part of this student voice group. School make a big deal of Anti-Bullying Week and Safer Internet Day. They also hold different 'raising awareness' sessions for Parents and carers. I can refer to the posters in every classroom.

**Physical** - pushing, kicking, hitting, punching and any form of violence.

**Verbal** - name calling, spreading rumours and teasing.

**What to do?**  
If I am being bullied or think I am being bullied the first thing I must do is speak to someone. This might be my parents or carers, friends or teachers. A problem shared is a problem halved.

**Support**  
Victims of bullying are well supported in school. They use many different strategies depending on the situation. We can help you decide which strategies are best. We will support you and make sure you feel comfortable.

**Cyber** - when logging onto the schools computer's you sign up to the schools Acceptable User Policy. I have also signed my Cyber Safe Agreement. I do not bully using online methods. This includes through email, texts, social networking and instant messages.

How will school deal with bullies? Bullies often do not realise the impact that their actions have had so an in depth conversation with them and sometimes their parents is the first thing they would do. Any incident is logged on class charts so that repeat offenders are easily tracked and dealt with.

**Bullying will not be tolerated.**

**BIG**

SUNDERLAND ANTI BULLYING CHARTER MARK

**“**  
**Ask if someone’s OK. Say you’re sorry. Just say hey.**

**In a world that can sometimes feel like it’s filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone’s perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.**

**Best of all, one kind word leads to another. Kindness fuels kindness. So from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity.**

**It starts with one kind word. It starts today.**  
**”**

**Call to action**



<https://youtu.be/SmgiR5s0cHU>



# 5 Key Kindness Questions

**1.** Am I kind to myself?

**2.** Am I kind to others?

**3.** Are people kind to me?

**4.** Do I understand when people are kind to me?

**5.** Do I help people who are being bullied?

# Situation

1

**You find out that a group of your friends have been anonymously posting unkind and threatening comments on Liam's TikTok videos. You know Liam is sad and scared about it but he's not in your friendship group so you don't know how to approach him.**

What could you do to spread kindness and stop bullying?

# Further Support

If you have been affected by anything we have discussed today and want some advice or support:-

- ❖ NHS website
- ❖ [www.mind.org.uk](http://www.mind.org.uk),
- ❖ [www.youngminds.org.uk](http://www.youngminds.org.uk),
- ❖ [www.nspcc.org.uk](http://www.nspcc.org.uk)
- ❖ Speak to your GP
- ❖ A member of the safeguarding team in school
- ❖ Seek advice from the School Nurse



## The Safeguarding Team

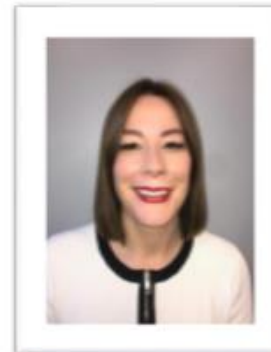
The following staff have advanced training in safeguarding. Please feel free to approach them with any concerns you may have.



**Mrs G Hogg**  
Designated  
Safeguarding Lead



**Ms J Jackson**  
Designated  
Safeguarding Lead



**Mrs M Gill**  
Deputy  
Designated  
Safeguarding Lead



**Mrs M Halliday**  
Deputy  
Designated  
Safeguarding Lead



# Anti-bullying team

Antibullying Leads are Mrs Hogg and Ms Szczepanska  
Anti-bullying team meets every Tuesday after school next  
to the chapel. We welcome all students who have  
passion for anti-bullying matters.

Thank you for being a part of

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