

# Anti-Bullying Pupil Workshop

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# Group agreement

The subject of bullying / abuse is a very sensitive issue:

Raises mixed feelings & emotions

Anonymised discussions

Sensitivity

Be respectful

Look after yourself

Confidentiality



# Session content

Explore safe & unsafe relationships


Define bullying & explore the impact of bullying

Online safety & digital etiquette

Define healthy friendships

Define respect & putting respect into everyday practice

Talking to a trusted adult / other forms of help seeking & support



**This Anti-Bullying Week,**  
let's come together and **reach out**  
to stop bullying.

**REACH**

**OUT**



**Monday 14<sup>th</sup> to  
Friday 18<sup>th</sup> November**

**#AntiBullyingWeek  
#ReachOut**



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**Together, let's be the change we want to see. Reflect on our own behaviour, set positive examples and create kinder communities.**

**Whether it's in school, at home, in the community or online, let's reach out and show each other the support we need.**

**From teachers to parents and influencers to politicians, we all have a responsibility to help each other reach out.**

**Reach out to someone you trust if you need to talk.**

**Reach out to someone you know is being bullied.**



# Memory Star



Think of a happy memory



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How does it make you feel?



Volunteers to share their memory



# What is bullying?

- **What do you think bullying is?**
- **Work in small groups**
- **Share your ideas with the class**



# Islington definition

Bullying is when someone deliberately hurts another or makes them feel unhappy. Bullying behaviour will be repeated and be difficult to defend against. Bullying may be **racist, sexist or homophobic**

People can be bullied for any reason: because of the way they look, because of their **religion, their age, because of learning or physical disability, where they live, their family, their social class, or how well they are doing at school.**





# What are the different forms or types of bullying?

- **Verbal:** Name calling, verbal threats of violence, using unkind words
- **Physical:** Hitting, slapping, punching, kicking, throwing objects
- **Online:** Using social networking platforms to abuse you, taking/posting pictures of you without your consent, sending rude or abusive text messages
- **Emotional/indirect:** Ignoring someone, isolating them, whispering about them, spreading rumours, using looks to intimidate or frighten someone



# What the law says about online safety



**Removal of  
illegal material**

**Protection  
from legal but  
harmful  
material**

**Strong protection from  
bullying**



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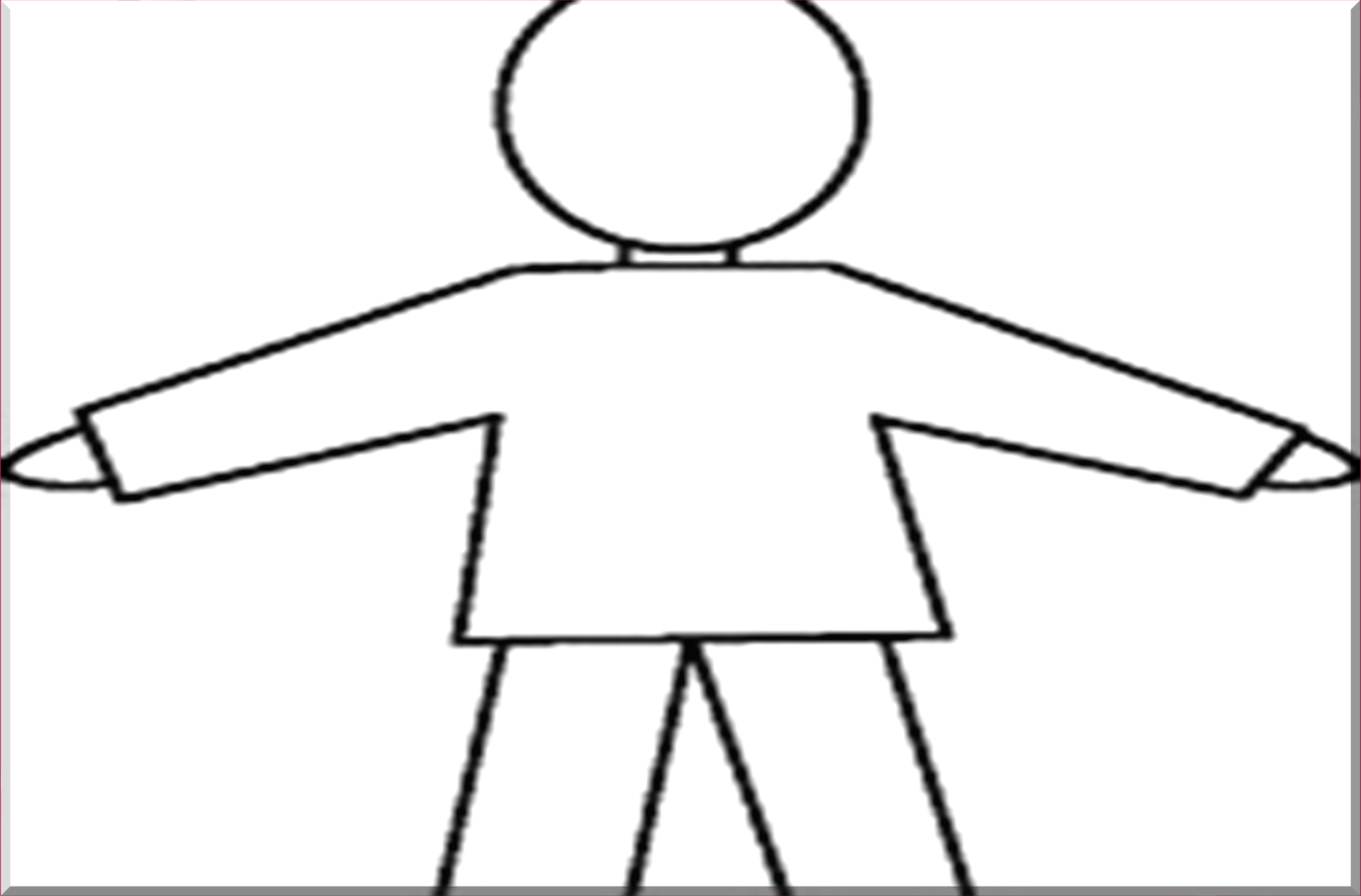


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**Luciana Berger: I felt “very, very lonely. It’s not just the people that perpetuated what was going on but also colleagues that stood by and weren’t prepared to speak out,”**





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# Online abuse: A case study

- Schools have a range of intervention powers
- Holding bullies to account for their behaviour
- Some incidents of online abuse can involve the police



# Impact on children and young people

- Post traumatic stress disorder (PTSD)
- **Mental health problems – depression or anxiety**
- School failure / school refusal
- Insomnia / nightmares / flashbacks
- Self harm including eating disorders
- Fewer friendships
- Wary and suspicious of others
- Don't do as well in school
- Loss of confidence, distressed and withdrawn



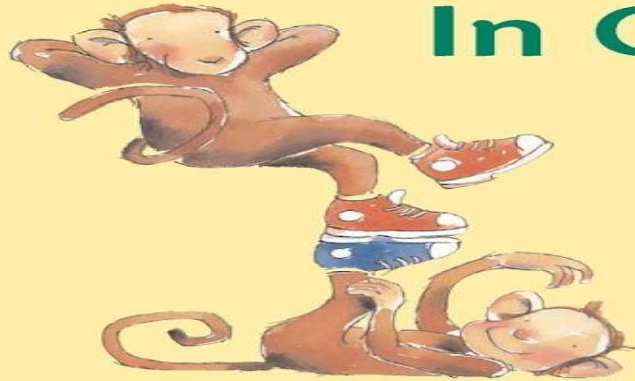


# What does respect look like?



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# UN Convention on the Rights of the Child in Child Friendly Language



"Rights" are things every child should have or be able to do. All children have the same rights. These rights are listed in the UN Convention on the Rights of the Child. Almost every country has agreed to these rights. All the rights are connected to each other, and all are equally important. Sometimes, we have to think about rights in terms of what is the best for children in a situation, and what is critical to life and protection from harm. As you grow, you have more responsibility to make choices and exercise your rights.

**Article 1**  
Everyone under 18 has these rights.

**Article 2**  
All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.

**Article 3**  
All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

**Article 4**  
The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.

**Article 5**  
Your family has the responsibility to help you learn to exercise your rights, and to ensure that your rights are protected.

**Article 6**  
You have the right to be alive.

**Article 7**  
You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (to belong to a country).

**Article 8**  
You have the right to an identity — an official record of who you are. No one should take this away from you.

**Article 9**  
You have the right to live with your parent(s), unless it is bad for you. You have the right to live with a family who cares for you.

**Article 10**  
If you live in a different country than your parents do, you have the right to be together in the same place.

**Article 11**  
You have the right to be protected from kidnapping.

**Article 12**  
You have the right to give your opinion, and for adults to listen and take it seriously.

**Article 13**  
You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

**Article 14**  
You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

**Article 15**  
You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

**Article 16**  
You have the right to privacy.

**Article 17**  
You have the right to get information that is important to your well-being, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

**Article 18**  
You have the right to be raised by your parent(s) if possible.

**Article 19**  
You have the right to be protected from being hurt and mistreated, in body or mind.

**Article 20**  
You have the right to special care and help if you cannot live with your parents.

**Article 21**  
You have the right to care and protection if you are adopted or in foster care.

**Article 22**  
You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country), as well as all the rights in this Convention.

**Article 23**  
You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

**Article 24**  
You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

**Article 25**  
If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are the most appropriate.

**Article 26**  
You have the right to help from the government if you are poor or in need.

**Article 27**  
You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.

**Article 28**  
You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

**Article 29**  
Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

**Article 30**  
You have the right to practice your own culture, language and religion — or any you choose. Minority and indigenous groups need special protection of this right.

**Article 31**  
You have the right to play and rest.

**Article 32**  
You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.

**Article 33**  
You have the right to protection from harmful drugs and from the drug trade.

**Article 34**  
You have the right to be free from sexual abuse. Article 35 No one is allowed to kidnap or sell you.

**Article 36**  
You have the right to protection from any kind of exploitation (being taken advantage of).

**Article 37**  
No one is allowed to punish you in a cruel or harmful way.

**Article 38**  
You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.

**Article 39**  
You have the right to help if you've been hurt, neglected or badly treated.



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# Help and support



- **National Bullying Helpline (0300 323 0169)**  
<https://www.nationalbullyinghelpline.co.uk>
- <https://childline.org.uk/info-advice/bullying-abuse-safety/your-rights/understand-me>
- **NSPCC Childline: 0800 1111 or via the website**
- **NSPCC Childline online self-help tool for C & YP:**  
<https://bounce-back-from-bullying.childline.org.uk/>

Teachers or other school staff



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# Help and support

- <https://www.bbc.com/ownit>
- **CEOP thinkuknow online support:**  
[https://www.thinkuknow.co.uk/8\\_10/](https://www.thinkuknow.co.uk/8_10/)
- **Anonymous box**
- **Playground buddies**
- **Trusted adult**
- **Close friend**



# Anti-Bullying Alliance video message

- [Anti-Bullying Week 2022: Reach Out - YouTube](#)





**Questions**