



**ANTI-BULLYING
WEEK 2022**



**REACH
OUT**

#ANTIBULLYINGWEEK



Yn enw'r Tad, a'r Mab, y a'r Ystrbyd Glan,
Amen

Lord please protect children, teens, and adults from bullying. Guard them from others' manipulation and dominance that cause difficulties in relationships, in physical and mental health. Ensure that children and students find protection from the oppression and bullying of any other child or teen, or any adult. Help them to flourish in Your grace, to develop their full human and spiritual potential without the crippling effects of anyone's injustice or betrayal.

Amen



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The theme of **Reach Out** came about following consultation with teachers and pupils by the Anti-Bullying Alliance which coordinates Anti-Bullying Week every year in England and Wales. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

Following the success of the campaign in 2021 – when 80% of schools marked the week, reaching over 7.5 million children and young people – Anti-Bullying Week will remind everyone whether it's in school, at home, in the community or online, let's reach out and show each other the support we need.



REFLECTION

- In groups, discuss what bullying is.
- Come up with a definition.
- Discuss the different types of bullying



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5 Key Kindness Questions



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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?

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.

Bullying is *never, ever* the fault of the person on the receiving end of it.

More than half of people under 25 have experienced bullying at some point.

20% of people surveyed, said that they often experienced verbal bullying.

24% of young people are worried about getting abuse online.

5% of people surveyed, said that they constantly experienced physical bullying.

Social exclusion is a form of bullying. That means, when your friends leave you out on purpose to hurt your feelings, they are indirectly bullying you.

More than a third of people go on to develop **Social Anxiety** and **Depression** as a direct result of bullying.

Almost a quarter of those who have been bullied have had **suicidal thoughts**.



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Myths and Facts



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There are many myths surrounding bullying issues and some of these myths can often trivialise bullying and suggest the bullied individual is making a big deal out of nothing when actually that is not the case. This can undermine how a person feels if they are being bullied. Bullying should not be tolerated in any form

The myths and facts opposite can be a great discussion point to raise awareness of bullying with children and young people.

Myth: Bullying is a normal part of childhood and you should just ignore it

Fact: Bullying is not "normal" or acceptable in any form and ignoring might not always make it stop. If you can, please confide in someone you trust such as a parent or teacher to help you get it stopped. Bullying can knock your self-esteem and confidence.

Myth: It is okay to hit someone who is bullying you, it will stop it

Fact: It's understandable that you may be angry but if you were to get violent or aggressive it may make matters much worse as you may get into trouble too.

Myth: Reporting a bully will make things worse

Fact: You may worry that reporting a bully might make the bullying escalate or they feel they are not believed. It is important to confide in someone you trust so that you can have some help in getting the necessary support to get this stopped.

Myth: Bullies are born this way, it's in their genes

Fact: Bullies often adopt this behaviour from their environment or sometimes, it's a reaction from them being bullied by others. Whatever the case, it is not right.

Myth: Online bullying is just banter and harmless

Fact: People being bullied online is a very serious issue, the bullying can go viral very quickly and make the problem escalate quickly. It is important to take a screenshot of any conversations, messages or posts that you feel are bullying so that you have a record.

Myth: It is easy to spot the signs of bullying

Fact: It is not always easy to spot the signs of bullying as it is not always physical and obvious. Emotional, verbal and online bullying can often leave scars that people don't see.

Types of bullying



PHYSICAL

Includes hitting, kicking, tripping, pushing or purposefully damaging other people's property.



PSYCHOLOGICAL

Includes spreading lies about someone, playing nasty jokes or excluding people.



VERBAL

Includes name-calling, threatening, teasing, saying nasty or rude things to someone.



ONLINE

Includes hurtful comments / messages / posts, excluding on purpose, spreading nasty gossip and imitating others online.

Case study activity – Identify the roles involved in bullying



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There is the **'target'** and this is the person the bullying is aimed at.



There is the **'ringleader'**, and this is the person who is initiating or leading the bullying. They might even be telling other people to join in.



gg120238679 www.gograph.com

You also have the **'outsider'** or 'bystander' role. This is someone who is either unaware of the bullying happening, or is choosing to ignore it and not involve themselves at all.



The **'reinforcer'** is someone who doesn't 'do' any bullying themselves but supports the bullying behaviour by standing by the ringleader and assistants, laughing along and encouraging the behaviour to continue.



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The **'assistant'** is someone who is involved in 'doing' the bullying behaviour led by the ringleader, and might be actively doing the name calling or whatever the bullying might be.



There is also the **'defender'**, and that doesn't always mean actively standing up to the ones doing the bullying – it could also mean telling a trusted adult what they have seen or even just asking the target if they are okay.

Every time Rhys goes onto the field at break time, a group of girls follow him around and are unkind to him. Two of them shout names, and the rest of them watch and laugh along. Which role do they play?

Outsider? Target? Reinforcer? Ringleader? Assistant? Defender? How could they reach out?

Jac is telling Sofia to spread nasty rumours about Amelia in a WhatsApp group and during lessons. Which role do they play? Outsider? Target? Reinforcer? Ringleader? Assistant? Defender? How could they reach out?

Read and discuss the following scenarios

Whenever Janai joins an online game on her PlayStation with her classmates, Dylan always gets other children to leave the game and start a new one without her. Which role do they play? Outsider? Target? Reinforcer? Ringleader? Assistant? Defender? How could they reach out?



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**Take a moment
to consider ...**

DISCUSS

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OUT**

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1

Two times you have
reached out to someone in
need

2

Two times someone has
reached out to you when
you needed help

Anti-Bullying Week 2022: Reach Out

Bullying affects millions of lives and can leave us feeling hopeless. But if we challenge it, we can change it. And it starts by reaching out.

It doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a part to play. Reach out to someone you trust if you need to talk. Reach out to someone if you know they're being bullied. Reach out by being the change you want to see.

It takes courage, but it can change lives.

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



Is it possible to disagree kindly?

Take a moment to consider ...

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Ways to disagree kindly

- **Acknowledge** the other person's opinion before you disagree. Make sure you make it clear that you understand what the other person is saying and that it is a valid argument before you disagree. This shows you are listening to the other person and it makes your argument stronger. To do this you can use phrases such as:-
- **“I see what you're saying but...”**
- **I understand where you are coming from but...”**
- **That's a valid point, but...”**
- **I'm sorry but I disagree with you about this... “**

How did Jesus show us the importance of being kind?



- *Jesus entered Jericho and was passing through. A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. He wanted to see who Jesus was. But because he was short, he could not see over the crowd. So he ran ahead and climbed a sycamore-fig tree to see him since Jesus was coming that way.*

When Jesus reached the spot, he looked up and said to him, “Zacchaeus, come down immediately. I must stay at your house today.” So he came down at once and welcomed him gladly.

All the people saw this and began to mutter, “He has gone to be the guest of a sinner.”

- *But Zacchaeus stood up and said to the Lord, “Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount.”*

Jesus said to him, “Today salvation has come to this house, because this man, too, is a son of Abraham. For the Son of Man came to seek and to save the lost.” – Luke 19:1-10

- We should stop seeing people for the wrongs they’ve committed. Instead, we should judge them on how they try to right those wrongs and turn their life around.

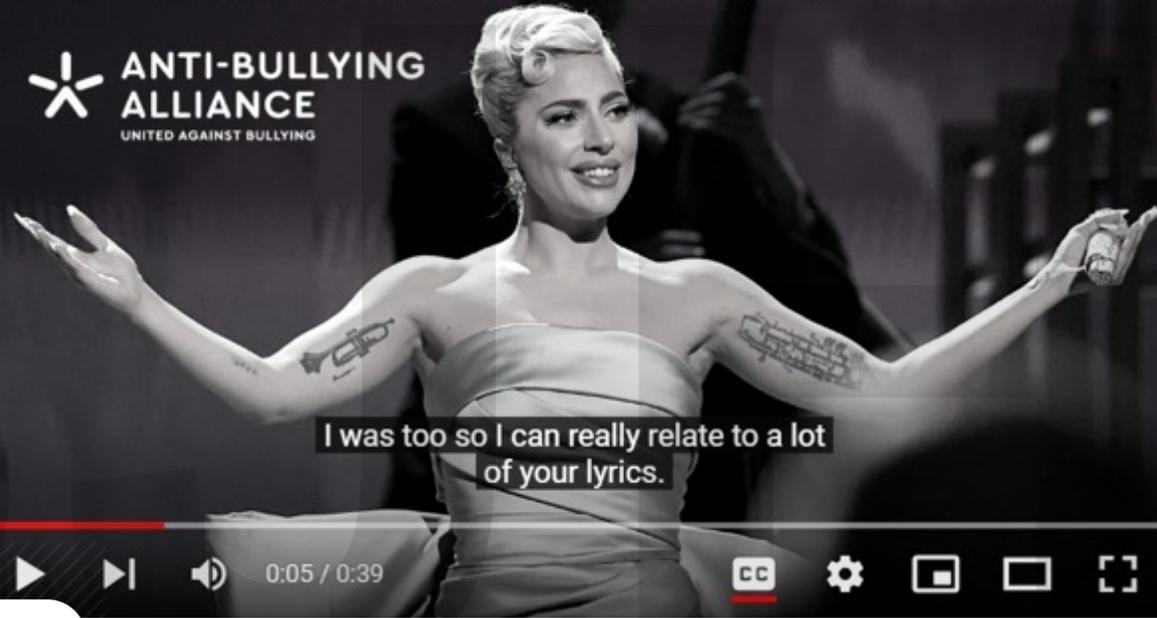
In the words of Mother Teresa, “If you judge people, you have no time to love them”.

- If you are a Christian, this story would be very familiar to you. This is the Parable of the Good Samaritan from the bible, and it teaches us three lessons:
- kindness can save someone’s life
- being kind is a choice
- be kind to everyone, even strangers
- Kahlil Gibran, a Lebanese-American writer, once said: kindness is like snow- it beautifies everything it covers.
- Indeed, acts of kindness can soften even the hardest of hearts. It might not just save someone literally but also figuratively. Many people have been saved from going down a path of destruction with acts of kindness. It gives hope to the desperate and strength to those who struggle.



Extract from 2020 interview with Lady Gaga on The Project - Source: YouTube

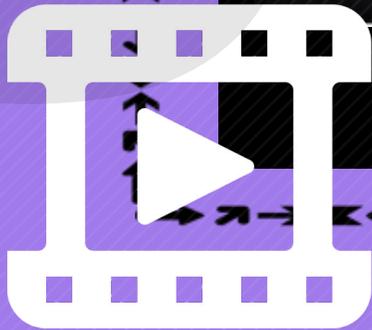
 **ANTI-BULLYING
ALLIANCE**
UNITED AGAINST BULLYING



I was too so I can really relate to a lot
of your lyrics.



YouTube: https://youtu.be/tz_FTV3EZRM



“Our school is a kind school

We follow Jesus’ teachings. We live out the Gospel Values and virtues.”

How do the virtues of being Faith-filled and Hopeful link with anti-bullying?

We have **faith** in those who are closest to us – our family and friends. This **faith** grows and deepens over time and as our relationships are tested, sometimes knocked and rebuilt with forgiveness, so they become stronger and more resilient. We need to have **faith** in ourselves – that appropriate self-confidence and modest self-esteem. We should also have **faith** in the communities to which we belong – our neighbourhood, parish, school, wider society, our country and the international family of all humanity. This **faith** grows only to the extent to which we engage in and contribute to the common good. It is about having a wider perspective than the just the narrow concerns of our daily lives.

To be **faith-filled** is crucial to human wellbeing – **faith** in ourselves, our emotions and judgements; **faith** in others and their **faith** in me; **faith** in my family and the communities to which I belong; and, ultimately, **faith** in God. **Faith** cannot be taken for granted; it has to be revisited constantly and built up day by day.

Hope is perhaps the most elusive of virtues. It grows out of **faith** and **love** – the stronger **faith** and **love** are, the stronger our **hope** will be. When we have strong **faith** and **love** today, we have **hope** for tomorrow. **Hope** enables us to trust ourselves and those around us with the decisions that will shape our future. Without **hope** we become insular, lacking in **love**, and ultimately despairing.

Children learn to **hope** by seeing and hearing **hope**-filled adults. They learn not to be frightened to step out into the darkness of the unknown but to draw on their own character strengths, and of those around them, to face challenges with courage and resolve.

Our challenge in schools is to notice when children drift into lack of **faith** and **hope**, when they begin to create prison bars for themselves; and then to step in with encouragement, opening new doors to a better way forward in freedom.

What ONE kind word
will you use today?

Will you ask somebody how they are today?

Hello, how are you?

Thank you for that.

Are you OK? (Ask twice!)

I think that you are brilliant!

That was fantastic!

Do you need some help?

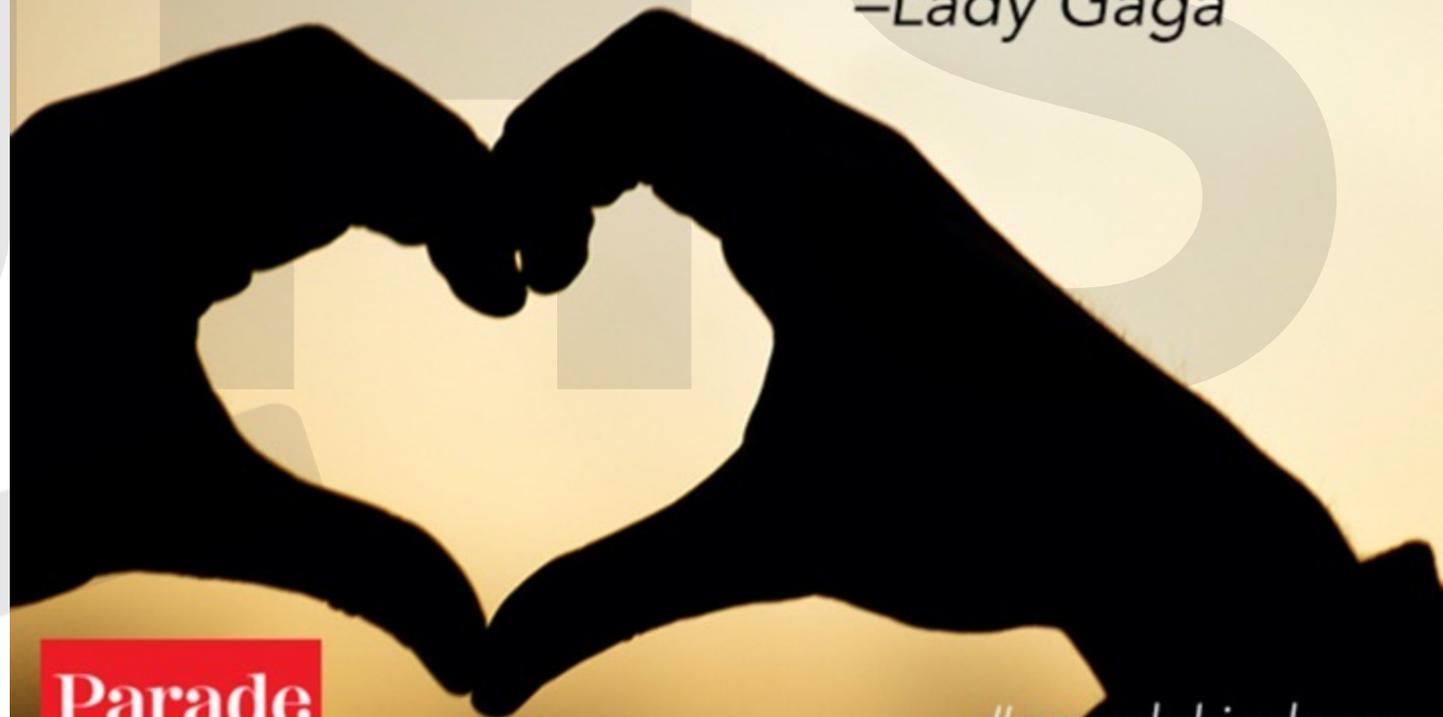
Can I help with that?



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I believe that
kindness is the cure
to violence and hatred
around the world.

—Lady Gaga



Parade

#paradekindness

Call to action

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.

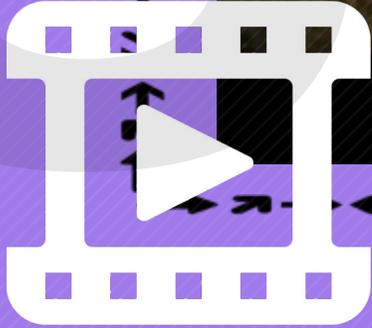
It starts with one kind word. It starts today.

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<https://www.youtube.com/watch?v=kjhp-67cKJA>



"How wonderful it is that no one
has to wait, but can start right now
to gradually change the world"

ANNE FRANK



**ANTI-BULLYING
ALLIANCE**





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

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Monday 14th to
Friday 18th November

#AntiBullyingWeek
#ReachOut



Thank you for being a part of
ANTI-BULLYING
WEEK 2022



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