



The theme for Anti-Bullying Week 2018 is: '**Choose Respect**' and Anti-Bullying Week runs from 12th - 16th November.

We have been covering this in many lessons during the week.



**We all hate
bullying and all
want it to STOP**



Perseverance - Responsibility - Independence - Determination - Empathy www.witton.worcs.sch.uk

Expectations



- **Respect for all**
- **Ready to learn**
- **Responsible**



Bullying is definitively not showing respect therefore people who bully they are breaking our rules.



PRIDE values



Bullying is definitively not showing empathy therefore we people bully they are breaking our values.



Bullying has no place in this school



What is bullying?



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.



Advice if you are being bullied.



IF YOU'RE BEING BULLIED

- 1 Tell someone you trust
- 2 Keep a record of what's happening
- 3 Don't retaliate
- 4 Surround yourself with people that make you feel
- 5 Don't blame yourself – it is NOT your fault
- 6 Be proud of who you are

Anti-Bullying Alliance

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It doesn't matter what colour hair you have; what trainers you are wearing; how you speak; how you walk; how you talk – it is not your fault if you get bullied. We are all different in some way and that's what makes us amazing.

Whether you are a boy or a girl, old or young, big or small – bullying makes you feel rubbish and it's okay to be upset about it. The important thing is that you tell someone about it.

If you feel you can, talk to a teacher you trust or a family member. If you don't want to do that you can always call Childline 0800 11 11 or [visit www.childline.org.uk](http://www.childline.org.uk).

Write down what happened, when it happened, and who was involved. If the bullying is online, keep the evidence – save or copy any photos, videos, texts, e-mails or posts.

It can be tempting if you are being bullied to take revenge – for example to send a horrible message back to someone; to try and embarrass and hurt the other person, or to fight back. This is not a good idea – you might end up getting in trouble or get yourself even more hurt.

Think about other ways you can respond to bullying. For example, practice saying 'I don't like it when you say that/do that – Stop.' Think about other people who can help you if you are being bullied – this could be other classmates, or a teacher.

Only spend time with people who make you feel good about yourself. If someone constantly puts you down they are not a real friend/ boyfriend/ girlfriend and not worth your time.

Be kind to yourself, and do things that make you feel good, relax and make new friends. You might make music; write lyrics; draw cartoons; dance; act or join a sports club. This is your life so make sure it's the best life possible – don't let anyone bring you down.

Remember to respect other people! Just because someone is different to you and your friends

– that doesn't mean you are better than them or have a right to make them feel bad. If you mess up, say sorry. You don't have to be friends with everyone – but you should always make it clear that you don't like it when people bully others, and stick up for people who are having a hard time.

More advice



If you need **help** or advice about bullying:



Under 18 Childline: **0800 11 11**

**[Anti-Bullying
Alliance]**



Parents/Carers Family Lives: **0808 800 2222**



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www.witton.worcs.sch.uk

Three videos with tips



<https://www.anti-bullyingalliance.org.uk/tools-information/if-youre-being-bullied/i-am-being-bullied>



Show video.

Impact of bullying



Bullying affects young people's mental health, emotional well-being and identity. However, the relationship between bullying and mental health is complicated by the bi-directional nature of these issues: some young people are bullied as a result of their mental health issues; and some young people develop mental health issues as a consequence of being bullied.



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Bullying can affect your mental health and make you feel terrible
You maybe having a bad day, a bad week or a bad life...

This will affect your learning and your relationships between friends and family you may feel as though no one cares.

This is clearly not the right way to think.

We will listen so you can talk to us about the problem, so that you feel you have help and can cope with the everyday stresses of life.

You may hear that someone from our school recently felt like that. This is exactly the sort of reason that we have anti-bullying week, policy and teach our PRIDE values. And rules.

What does Witton Middle School do about bullying?



We take it seriously – we have an anti-bullying policy

We encourage you to speak out

We record it

We might ask you to record it

We challenge it

We tell the bully to STOP and that bullying is unacceptable

We give consequences for bullying



Children need to be supported to speak out if they or someone they know is being bullied. We make it clear how pupils can report bullying. If a child tells us they are being bullied – we take what they say seriously and ask them what they want to happen.

We tell them that together you will make it stop and record all your actions. We make sure they know they can call a helpline like Childline any time.

The only way to stop bullying is to acknowledge that it happens and create a talking culture where any hurtful behaviour is quickly brought out in the open, discussed and dealt with. It is rarely one on one behaviour and so we take time to find out who else is involved—and how other pupils can support the person on the receiving end while making it clear to the person or people doing the bullying that it's not acceptable.

What does Witton Middle School do about bullying?

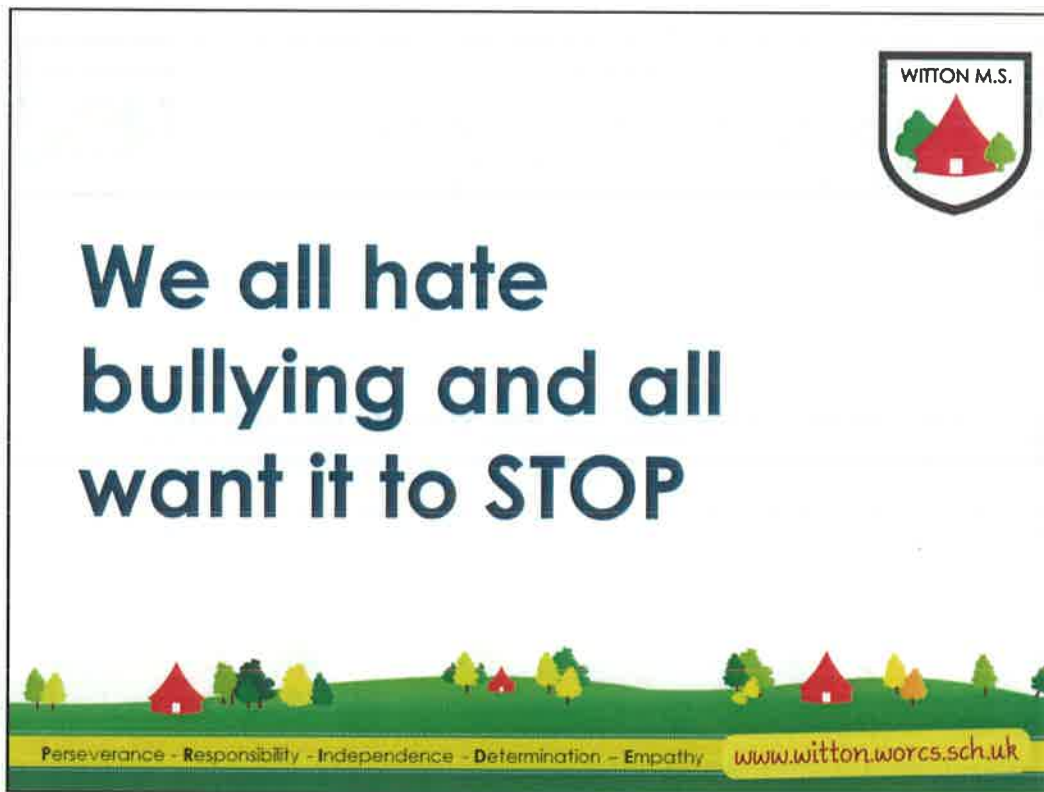


We make it clear that it is NOT your fault
We don't ignore it or tell you to go away
We know that if we don't deal with it then it
will NOT STOP



Bullying is not just something that children and teenagers go through. It is well researched that bullying causes long term damage to both the person on the receiving end, and those who bully.

It is not a child's fault if they are bullied. Children should never be told to just ignore it, or to change who they are. It is the children doing the bullying that need to change their behaviour and their attitude. This is particularly true if the bullying is targeted at a pupil's gender, sexuality, race, faith, impairment or special educational need.



You may hear of some stories in the newspapers which will say that we haven't deal with some bullying which happened here at Witton.

Sometimes newspapers don't always tell the full story of what has happened.

Through our restorative discussions we teach you to listen to all sides of the story.

I want to reassure you that the message is that we all hate bullying and we want it stop.