### **ANTI-BULLYING WEEK 2023**







# Anti-Bullying Week 2023 Make A Noise About Bullying

Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'.

Together, we can make a difference and take a stand against bullying.

From the playground to Parliament, and from our phones to our homes, let's make a noise about bullying.

It doesn't have to be this way.

Of course, we won't like everyone, and we don't always agree, but we can choose respect and unity.

This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying.



https://youtu.be/VkU2xYJKQq4

The **repetitive**, **intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological.

It can happen face to face or online.

#### WHAT IS BANTER?

The playful and friendly exchange of teasing remarks.

#### IT'S NOT BANTER IF...

- 1. You would be upset if someone said it to you
- 2. It's hurtful
- 3. You're not friends
- 4. Someone's asked you to stop
- 5. The target isn't laughing
- 6. It focuses on someone's insecurities

## Who can you speak to?

Staff at School

Family

Friends

# We invite you all to wear Odd Socks on Friday to raise awareness and:



# BULLYING ISN'T WELCOME HERE!





This Anti-Bullying Week, let's make a noise about bullying.





Monday 13<sup>th</sup> to Friday 17<sup>th</sup> November

#AntiBullyingWeek #MakeANoise

