

Anti-Bullying Week 2019:

Change Starts With Us

**CHANGE
STARTS
WITH**



#ANTIBULLYINGWEEK

**[Anti-Bullying
Alliance]**

What is bullying?

The Anti-Bullying Alliance defines bullying as:

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.



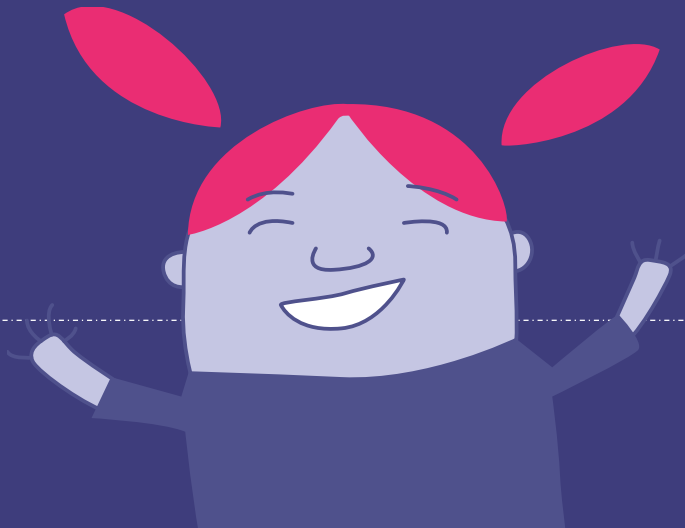


Several
Times
On
Purpose



Let's start by thinking about what school already does to prevent and respond to bullying and make sure you feel happy and safe.

How many things can you think of? .



Who are the people in school that can help us to reduce and respond to bullying?



Guardians of Safety



Anti-Bullying for kids!

Be a Buddy



Not a Bully

'Newport Junior School is a place where everyone can feel safe, be happy and learn.

Everyone at our school is equal and acts with respect and kindness towards each other.

Our school is a bully free zone!

The Guardians of Safety.

The Guardians of Safety

Anti-Bullying Alliance

Change Starts With ... Having a Voice!

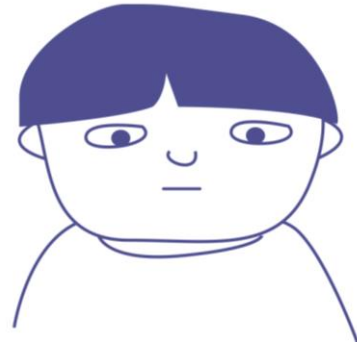
We want to hear from you about whether there are any changes, big or small, that could make your school a better place and reduce bullying, because every child deserves to feel happy and safe.



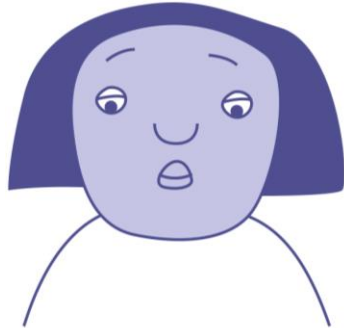
Change starts with...?

What could you do?

Sam is not himself today. He has hardly said a word.



Jasmine is sitting on her own at lunch. She looks lonely.



You hear snuffles coming from one of the toilets. It sounds like crying.



Smile

Laugh

Sit with them

Ask if they are OK

Ignore them

Compliment them

Find an adult

Walk away

Invite them to join

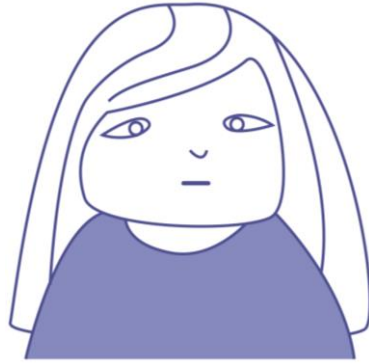
Ask if you can help



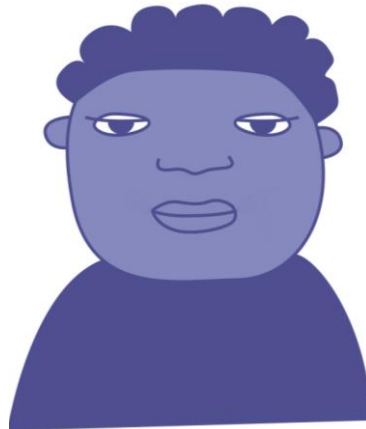
Change starts with? ...

What could you do?

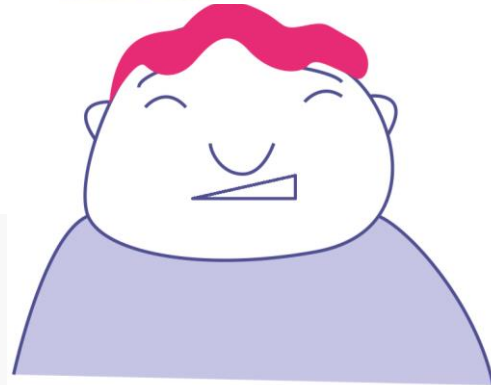
Shirley is reading a message on her phone. She looks worried.



You hear someone saying something nasty to Grace in the playground.



A pupil from another class is wandering around with no one to play with.



Smile

Laugh

Sit with them

Ask if they are OK

Ignore them

Compliment them

Find an adult

Walk away

Invite them to join

Ask if you can help



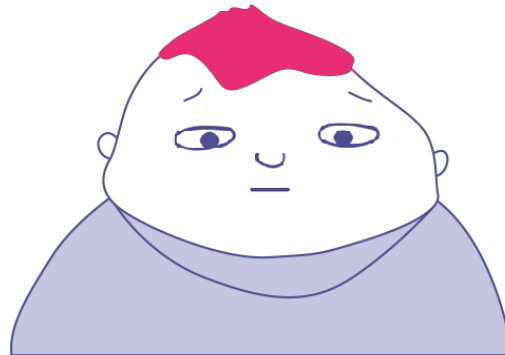
Change starts with? ...

What could you do?

You see your friend push someone & say, 'You can't play with us' to another pupil.



Someone makes a joke about Isaac. He doesn't laugh and looks upset.



Someone sends a mean message to you about a person in your class.



Smile

Laugh

Sit with them

Ask if they are OK

Ignore them

Compliment them

Find an adult

Walk away

Invite them to join

Ask if you can help



Change starts with ... You!

Bullying is a big issue and can be **scary to deal with**, but by making small, simple changes we can all make sure our school is a **safe, happy place for everyone**.

So what are you waiting for?!
What change are **you going to make today and every day** to help challenge bullying?

Think about a change you could make which would make your school an even better place, a place where bullying doesn't happen.

A Change Starts With Us pledge.



Pledge ideas

“...looking out for children who look lonely at lunch.”



“...choosing not to share things that could upset someone else.”



“... asking pupils how their lunch break has been every day!”



“...inviting people to join in even if they aren't my friends.”

“... making sure my friends always know they can talk to me.”



Poem and Prayer

Name: _____

Anti-Bullying Poem

No, Bully!

Written by Nikki Aksamit

A bully is a boy or a girl
Who makes you feel bad.
Who says things or does things
That make you feel sad.

A bully may laugh
When you make a mistake,
Or call you mean names
Push you, shove you or shake.

What do you do
If you're bullied today?
You must try to stay calm
And just walk away.

Go tell a grown up,
They'll know what to do.
Teachers and parents
Are there to help you.

What if you see
A bully pick on a friend?
How do you make
The meanness come to an end?

Tell the bully to stop!
Take your friend by the hand,
Go find a grown up,
They will understand.

School is a safe place
To learn, grow and play
If you speak up and stand up
Bullies can't ruin the day!



Our School Prayer

This is our school
Let peace dwell here
Let the rooms be full of content-
ment
Let love abide here
Love of one another
Love of mankind
Love of life itself
And love of God
Let us remember
That as many hands build a house
So many hearts make a school

Amen

Thanks for listening.

