

# Anti-Bullying Week 2018 this year is 12<sup>th</sup> – 16<sup>th</sup> November: Choose Respect

## Join us and wear odd socks on Monday!



To raise the profile of this the children will be completing work throughout the week focusing on the theme this year CHOOSE RESPECT. To raise the profile even more we are asking the children to wear odd socks this is because the patron of Andy and the Odd socks are patrons of the anti-bullying alliance.

The aims of this week are to support schools and other settings to help children and young people, school staff, parents and other professionals who work with children to understand:

The definition of respect

That bullying is a behaviour choice

That we can respectfully disagree with each other i.e. we don't have to be best friends or always agree with each other but we do have to respect each other

That we all need to choose to respect each other both face to face and online

## What is bullying?

### Anti-bullying advice

Bullying affects lots of young people and happens in many schools but it's the way it's dealt with which makes the difference between life being tolerable or a misery for many.

### A definition of bullying

There is no legal definition of bullying. But it is usually defined as **repeated behaviour** which is **intended to hurt** someone either emotionally or physically, and is often aimed at certain people because of their race, religion, gender or sexual orientation or any other aspect such as appearance or disability.

Bullying can take many forms including:

- physical assault
- verbal
- emotional
- cyber bullying

Bullying can happen anywhere: at school, travelling to and from school, in sporting teams, between neighbours or in the workplace.

For more information on bullying and the anti-bullying week please websites below:

<https://www.anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2018-choose-respect>

<https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/>