

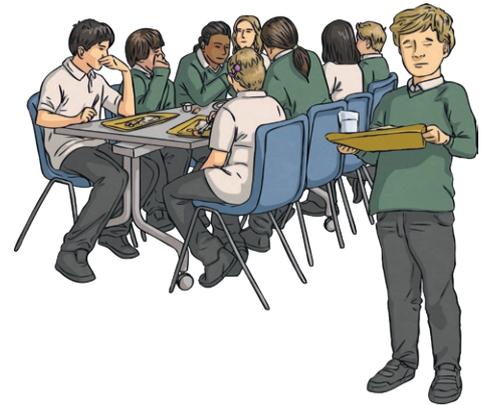
# Anti-Bullying Week 2020

Every year, schools across Britain support Anti-Bullying Week. The aim of the week is to help children and adults to learn more about bullying, the effect it has on people and how to prevent bullying from happening. This year's event is from Monday 16<sup>th</sup> to Friday 20<sup>th</sup> November 2020.

Each year, Anti-Bullying Week has a different themed focus. The theme this year is 'United Against Bullying', which reminds us of the importance of working together to reduce instances of bullying. Together, we must look, listen and work together to notice bullying. Then we must tell a responsible adult whom we trust.

## What Is Bullying?

Everyone has times when they fall out with friends or family, or times when they say something they don't mean which upsets someone else. Even though this behaviour can be hurtful, if it is not intentional and not repeated then it is not bullying.



Bullying is repetitive, hurtful behaviour that involves a power imbalance. This means that the person bullying thinks they have more power than the person being bullied (the victim). For example, they may believe they are stronger, faster, or simply better than their victim. Bullying is the behaviour that makes the victim's life difficult and miserable. It is also possible that the bullies themselves are unhappy.

## Types of Bullying

It is important to understand the main types of bullying, so that we can challenge bullying if we know it is happening.

Bullying which involves intentionally pushing, pinching, hitting or kicking someone is called **physical bullying**. Often, there are marks or bruises that can be seen. Deliberately taking or breaking someone's possessions can also be called physical bullying.



**Verbal bullying**, although it doesn't leave any physical marks, can affect us mentally for a long time. Furthermore, the fact it doesn't leave visible injuries means that it is harder for others to identify. It involves hurtful comments such

as calling people names, teasing them or making threats.

Bullying by excluding someone from a game or a conversation, telling others to leave them out, or talking behind someone's back is known as **social bullying**. It can also include doing something that embarrasses someone in front of their friends or family.

In addition to the above types, there is also **cyber-bullying** which involves the use of the internet media to engage in verbal or social bullying. It can happen through smart-phones, laptops, tablets or gaming consoles.



### Did You Know...?

According to a study of 13,000 pupils aged 7-15, the result showed that:

- One quarter of children said that they were bullied a lot or always.

## What Effects Does Bullying Have?

Bullying can happen to anyone at any time of their life. Bullying can make someone's life very unhappy. It may not only have an effect on the victim's physical health, but on their mental health, too. If someone is being bullied at school, their behaviour may change. For example, they may pretend to be unwell so that they don't have to go to school. Or they may appear quiet. They may be worried about walking home alone. Being bullied makes people feel miserable, upset and scared. It can make concentrating on schoolwork very difficult. Research has also shown that being bullied has a long-term impact, for many years into the future.

## Getting Help

It is important not to keep bullying to yourself. If you are being bullied, or you know someone else is being bullied, you must tell an adult whom you trust. This could be an adult at home, school or through the Childline website. You should never be told to ignore it or to change who you are. It is the children doing the bullying who need to change their behaviour. Somebody can always help.

# Questions

1. Why do you think it's important for schools to promote Anti-Bullying Week?

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2. Which of the following is an example of bullying? Tick one.

- accidentally tripping someone over in a football game
- borrowing someone's pencil and forgetting to give it back
- calling someone a hurtful name every day for weeks
- carelessly knocking over and breaking someone's water bottle

3. Look at the **Types of Bullying** section.

Find and copy one word which means 'leaving someone out' when playing or talking.

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4. Draw lines to match the types of bullying to the examples.

Irina tells her friends to never let Ava play with them.	Physical bullying
Amir sends regular text messages teasing Freddie.	Verbal bullying
Sam snatches Hanna's toy every time she plays with it.	Social bullying
Luke warns Josh that he is going to find him after school.	Cyber-bullying

5. In what way is verbal bullying different from physical bullying?

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6. **'Bullying can make someone's life very unhappy.'**

Give **three** examples of how someone being bullied may change their behaviour.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

7. Look at the **Did You Know...?** section.

What fraction of children reported being bullied 'a lot or always'?

\_\_\_\_\_

8. You find out that a friend is being bullied online every time they play a game.

What type of bullying is this and how could you help?

Type of Bullying:

\_\_\_\_\_

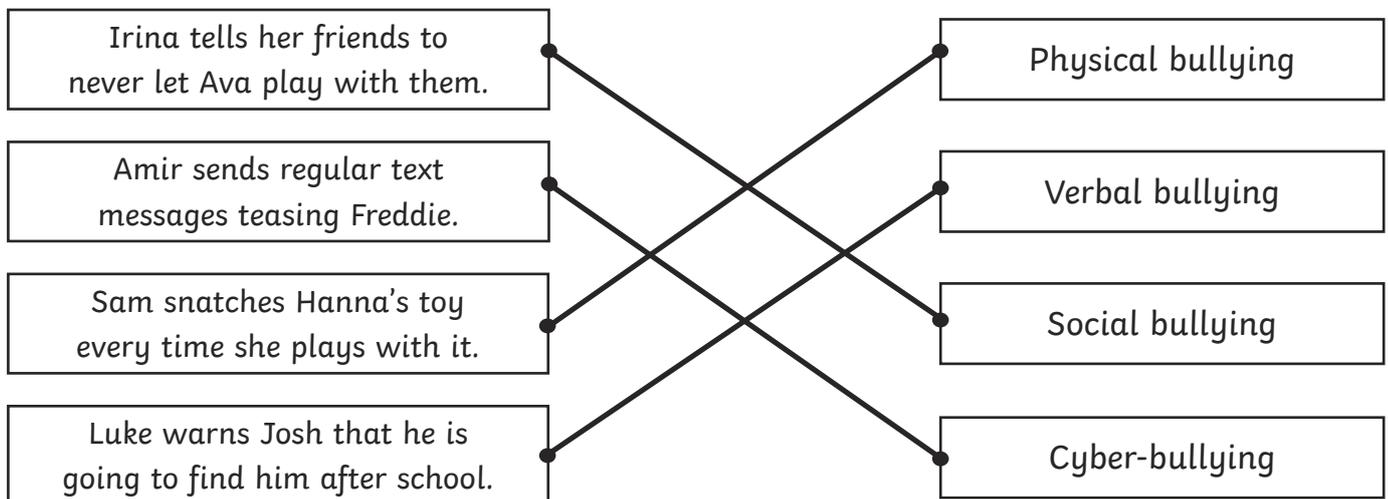
How to help:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Answers

- Why do you think it's important for schools to promote Anti-Bullying Week?  
**Pupils' own responses, such as: I think it is important for schools to promote Anti-Bullying Week because it helps children and adults learn more about bullying, the effect it has on people and how to prevent bullying from happening.**
- Which of the following is an example of bullying? Tick one.
  - accidentally tripping someone over in a football game
  - borrowing someone's pencil and forgetting to give it back
  - calling someone a hurtful name every day for weeks**
  - carelessly knocking over and breaking someone's water bottle
- Look at the **Types of Bullying** section. Find and copy one word which means 'leaving someone out' when playing or talking.  
**excluding**

- Draw lines to match the types of bullying to the examples.

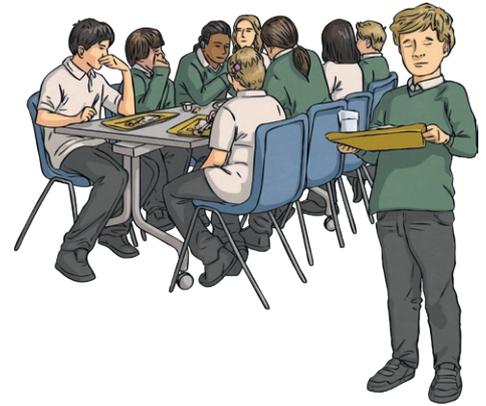


- In what way is verbal bullying different from physical bullying?  
**Verbal bullying is different from physical bullying because it doesn't leave any physical marks.**
- '**Bullying can make someone's life very unhappy.**' Give **three** examples of how someone being bullied may change their behaviour.
  - They may pretend to be unwell so they don't have to go to school.**
  - They may appear quiet.**
  - They may be worried about walking home alone.**
- Look at the **Did You Know...?** section. What fraction of children reported being bullied 'a lot or always'?  
**One quarter**
- You find out that a friend is being bullied online every time they play a game. What type of bullying is this and how could you help?  
 Type of Bullying: **Cyber-bullying**  
 How to help: **You could help by telling an adult whom you trust. You could look at the Childline website for help too.**

# Anti-Bullying Week 2020

Every year, schools across Britain support Anti-Bullying Week, an event which started in 2004. The aim of the week is to raise awareness about bullying, the effect it has on people and to highlight ways of preventing it from happening. This year's event is from Monday 16<sup>th</sup> to Friday 20<sup>th</sup> November 2020.

In 2020, the theme is 'United Against Bullying', which reminds us of the importance of working together to have a positive impact on the world and help to reduce instances of bullying. Together, we must look, listen and work together to notice bullying. Then we must tell a responsible adult whom we trust.



## What Is Bullying?

Everyone has times when they fall out with friends or family, times when they say something they don't mean or times when they don't play nicely. Usually, these occasions are unusual or a 'one-off'. Even though this behaviour can be hurtful, unkind and upsetting to others, if it is not intentional and not repeated then it is not bullying.

Bullying is repetitive, deliberately hurtful behaviour that involves a power imbalance. This means that the person who is bullying thinks they have more power than the person being bullied (the victim). For example, they may believe they are stronger, faster or more intelligent than their victim. Bullying is the behaviour that makes the victim's life difficult and miserable. It is also possible that the bullies themselves are unhappy. It is surprisingly common for a person bullying to have been bullied themselves.

## Types of Bullying

In order to challenge bullying, it is important to understand the main types, so that we may be vigilant.

Bullying which involves intentionally hurting (such as pushing, pinching, hitting or kicking someone) is called

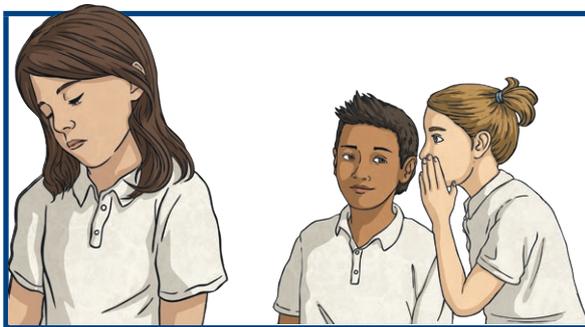
**physical bullying**. Often, there are marks or bruises that can be seen. Deliberately taking or breaking someone's possessions can also be called physical bullying.

**Verbal bullying**, although it doesn't leave any physical marks, can affect us mentally for a long time. Furthermore, the fact it doesn't leave visible injuries means that it is harder for others to identify. It involves hurtful comments, such



as calling people names, teasing them or making threats. Name-calling is one of the most common ways that people are bullied.

Bullying by excluding someone from a game or a conversation, telling others to leave them out, or talking behind someone's back (in real life or by sending messages about them) is known as **social bullying**. It can also include doing something that embarrasses someone in front of their friends or family, such as taking photos without someone's permission. In addition to the above types, there is also **cyber-bullying** which involves the use of the internet media to engage in verbal or social bullying. Cyber-bullying is particularly worrying because the person bullying cannot see the harm that it is causing the victim.



### Did You Know...?

According to a study of 13,000 pupils aged 7-15, the result showed that:

- $\frac{1}{4}$  of children said that they were bullied a lot or always.

## What Effects Does Bullying Have?

Bullying can happen to anyone, anywhere and at any time of their life. Bullying can make someone's life very difficult. It may not only have an effect on the victim's physical health, but on their mental health, too. If someone is being bullied at school, their behaviour may change. For example, they may play truant and make excuses to not attend school. At school, they may appear quiet and withdrawn. Being bullied makes people feel miserable, upset and scared. Furthermore, it can make concentrating on schoolwork very difficult. Research has also shown that being bullied has a long-term impact, for many years into the future.

### Getting Help

It is crucial not to keep bullying to yourself. If you are being bullied, or you know someone else is being bullied, you must tell an adult whom you trust. This could be someone at home or at school or through a website such as Childline. You should never be told to ignore it or to change who you are. Bullying is never acceptable. However, you must never try to solve it alone. Somebody can always help.

# Questions

1. What is this year's Anti-Bullying Week theme? Tick one.

- 'Raise Awareness of Bullying'
- 'United Against Bullying'
- 'Tell a Responsible Adult'
- 'We All Have to Make a Change'

2. In which year was the first Anti-Bullying Week held?

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3. Draw lines to match the types of bullying to the examples.

Irina tells her friends to never let Ava play with them.

Amir sends regular text messages teasing Freddie.

Sam snatches Hanna's toy every time she plays with it.

Luke warns Josh that he is going to find him after school.

Physical bullying

Verbal bullying

Social bullying

Cyber-bullying

4. What is one of the most common ways to verbally bully?

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5. What is especially concerning about cyber-bullying?

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6. Find and copy a phrase which means 'to stay away from school without an explanation'.

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7. In what way can bullying affect a child's learning and work at school?

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8. Explain the differences between **saying something unkind to a friend** and **bullying**. Support your answer with evidence from the text.

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9. Nisha is worried that she is being socially bullied by a group of children at school. Someone tells her to 'just ignore them'. Do you think this advice is helpful? Support your answer with evidence from the text.

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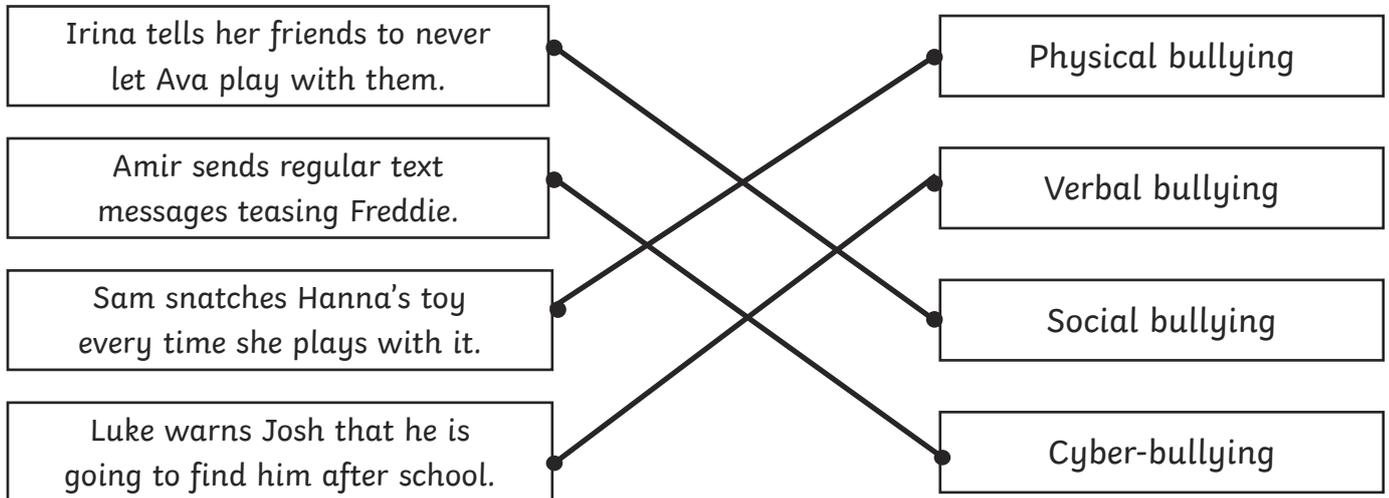
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# Answers

- What is this year's Anti-Bullying Week theme? Tick one.
 

<input type="radio"/> 'Raise Awareness of Bullying'	<input type="radio"/> 'Tell a Responsible Adult'
<input checked="" type="radio"/> ' <b>United Against Bullying</b> '	<input type="radio"/> 'We All Have to Make a Change'
- In which year was the first Anti-Bullying Week held?  
**2004**
- Draw lines to match the types of bullying to the examples.



- What is one of the most common ways to verbally bully?  
**Name-calling is one of the most common ways to verbally bully.**
- What is especially concerning about cyber-bullying?  
**Pupils' own responses, such as: I think it is concerning that the person cyber-bullying cannot see the victim's reaction. I also think it is concerning that technology is a huge part of everyday life and most people have access to some form of technology that can be used for cyber-bullying.**
- Find and copy a two word phrase which means 'to stay away from school without an explanation'.  
**play truant**
- In what way can bullying affect a child's learning and work at school?  
**Pupils' own responses, such as: Bullying can affect a child's learning and work at school in a number of ways, including having an effect on concentration, reduce self-confidence and make the child not want to go to school.**
- Explain the differences between saying **something unkind to a friend** and **bullying**. Support your answer with evidence from the text.  
**Pupils' own responses, showing an understanding of the key points which define bullying: Bullying is repetitive, deliberately hurtful behaviour that involves a power imbalance whereas being unkind might be unusual or a 'one-off'. It is not intentional and not repeated.**
- Nisha is worried that she is being socially bullied by a group of children at school. Someone tells her to 'just ignore them'. Do you think this advice is helpful? Support your answer with evidence from the text.  
**Pupils' own responses, showing an understanding that this advice is wrong and unhelpful. For example: I think this advice is unhelpful because you should never be told to ignore it or to change who you are. Bullying is always wrong and you should always tell an adult.**

# Anti-Bullying Week 2020

Every year since 2004, schools across Britain have supported Anti-Bullying Week which provides schoolchildren and school staff with information on the effects of bullying. It aims to raise awareness and to highlight ways of preventing bullying from happening. This year's event is being held from Monday 16<sup>th</sup> to Friday 20<sup>th</sup> November 2020.

Different each year, in 2020, the theme is 'United Against Bullying'. This has been chosen to remind us of the importance of working together to have a positive impact on the world and that with everyone working together, we can help to reduce instances of bullying. Together, we must look, listen and work together to notice bullying. Then we must tell a responsible adult whom we trust.



## What Is Bullying?

Frequently, there are times when children or young adults fall out with their friends or family. They may do something in anger just to provoke a reaction or they may call a sibling or friend a name through jealousy. Games can sometimes get a bit too rough. Later, the perpetrator may feel guilty and apologise. This behaviour, though hurtful and upsetting to others, is not intentional nor repeated so it is not usually described as bullying.

Bullying is repetitive, deliberate, hurtful behaviour that involves a power imbalance between the person bullying and the person bullied (the victim). This means that the person who is bullying may consider themselves stronger, faster, more intelligent or better-looking than their victim. Bullying is the behaviour that makes the victim's life utterly miserable. Potentially, the bullies themselves are unhappy; it is surprisingly common for a person bullying to be currently being bullied themselves (known as the bully-victim).

## Types of Bullying

Bullying which involves intentionally hurting (such as pushing, pinching, hitting or kicking someone) is called **physical bullying**. Often, there are marks or bruises that are visible. Snatching or breaking someone's possessions can also be called physical bullying.



**Verbal bullying**, although it doesn't leave any physical marks, can affect us mentally for a long time. Furthermore, the fact it doesn't leave visible injuries means that it is harder for others to identify. It involves hurtful comments, such as calling people names, teasing them or threatening to harm them. Name-calling is one of the most common ways that people are bullied.

Bullying by excluding someone from a game or a conversation or instructing others to do so is known as **social bullying**. It can also include deliberately embarrassing someone in front of their friends or family.

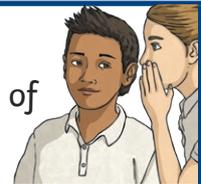
There is also a more worrying version of bullying that has emerged in recent years: **cyber-bullying** involves the use of the internet or social media to engage in **verbal** or **social bullying**. It can happen when using smart-phones, laptops, tablets or gaming consoles. Hurtful messages, texts or emails can be sent. Cyber-bullying is particularly disturbing for a few reasons; it can happen at any time, day or night, and the person bullying cannot see the harm caused.



### Did You Know...?

According to a study by the Anti-Bullying Alliance of 13,000 pupils aged 7-15, the results showed that:

- $\frac{1}{4}$  of children said that they were bullied a lot or always.
- Males were more likely to be victimised than females.



## What Effects Does Bullying Have?

The effects of bullying are damaging and long-lasting. Bullying may not only have an effect on the victim's physical health, but on their mental health, too. Victims may feel alone and display a change in behaviour. They may appear quiet and withdrawn, refusing to join in with activities. Being bullied makes people feel miserable, upset and scared. Furthermore, it can make concentrating on schoolwork very difficult. The bully-victim may also appear upset or anxious as they change roles from sometimes being bullied to sometimes bullying others.

## Getting Help

You have the right to be safe, in school and elsewhere. It is crucial that you tell someone about any bullying. If you are being bullied, or you know someone else is being bullied, you must tell an adult whom you trust. This could be someone at home or an adult at school, or it could be going online to speak to a charity, such as Childline. You should never be told to ignore bullying or to make it better by changing who you are. Bullying is never acceptable. It is the children doing the bullying who need to change their behaviour. However, you must never try to solve it alone. Somebody can always help.

# Questions

1. What are the aims of Anti-Bullying Week?

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2. Read the following statements and tick **True** or **False**. The first one has been done for you.

Statement	True	False
Tripping someone over by accident is an example of bullying.		✓
Bullying involves a difference in power between the victim and the person bullying.		
Verbal bullying leaves marks that others can see.		
Cyber-bullying is verbal or social bullying that happens online.		
Being bullied is just part of school life.		

3. Find and copy **two** words which show that the effects of bullying are harmful and may continue for a long period of time.

1) \_\_\_\_\_

2) \_\_\_\_\_

4. In what ways can being bullied affect someone's emotions or feelings? Support your answer with evidence from the text.

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5. In what **two ways** is cyber-bullying 'particularly disturbing'?

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**6. It is crucial that you tell someone about any bullying.**

The word **crucial** suggests that telling someone about bullying is... Tick one.

- important
- unnecessary
- damaging
- hurtful

**7. Sami says that it is only the victim that is unhappy, never the bully.**

Do you agree with this statement? Support your answer with evidence from the text.

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**8. Who carried out a study of 13,000 pupils aged 7-15?**

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**9. Explain the difference between calling a sibling a hurtful name because they borrowed your toy without asking and verbal bullying. Support your answer with evidence from the text.**

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**10. Why do you think it is important for us all to learn about bullying?**

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# Answers

1. What are the aims of Anti-Bullying Week?

**The aims of Anti-Bullying week are to raise awareness and to highlight ways of preventing bullying from happening.**

2. Read the following statements and tick **True** or **False**. The first one has been done for you.

Statement	True	False
Tripping someone over by accident is an example of bullying.		✓
Bullying involves a difference in power between the victim and the person bullying.	✓	
Verbal bullying leaves marks that others can see.		✓
Cyber-bullying is verbal or social bullying that happens online.	✓	
Being bullied is just part of school life.		✓

3. Find and copy **two** words which show that the effects of bullying are harmful and may continue for a long period of time.

1) **damaging**

2) **long-lasting**

4. In what ways can being bullied affect someone's emotions or feelings?

Support your answer with evidence from the text.

**Pupils' own responses, such as: Being bullied can affect someone's emotions or feelings in many ways, including making them quiet, withdrawn, miserable, upset and scared.**

5. In what **two ways** is cyber-bullying 'particularly disturbing'?

**Pupils' own responses, such as: Cyber-bullying is 'particularly disturbing' because it can happen at any time, day or night, and the person bullying cannot see the harm caused.**

6. **It is crucial that you tell someone about any bullying.** The word crucial suggests that telling someone about bullying is... Tick one.

**important**

unnecessary

damaging

hurtful

7. Sami says that it is only the victim that is unhappy, never the bully.  
Do you agree with this statement? Support your answer with evidence from the text.  
**Pupils' own responses, showing an understanding that bullying affects both the victim and the person bullying, especially if that person is a bully-victim, or someone who is bullied but also bullies. For example, I disagree with this statement because it says in the text that the bullies themselves may potentially be unhappy. These people can be called the bully-victim. Bully-victims may appear upset or anxious.**
8. Who carried out a study of 13,000 pupils aged 7-15?  
**The Anti-Bullying Alliance**
9. Explain the difference between **verbal bullying** and **calling a sibling a hurtful name because they borrowed your toy without asking**. Support your answer with evidence from the text.  
**Pupils' own responses, showing an understanding that verbal bullying is repetitive, deliberately hurtful and involves a power imbalance but that calling a sibling a name because they borrowed your toy without asking is not necessarily bullying if it doesn't happen often.**
10. Why do you think it is important for us all to learn about bullying?  
**Pupils' own responses, such as: It is important for us all to learn about bullying so that we can all challenge any bullying that occurs. If we know the different types of bullying then we can understand what is wrong and what to do about it.**