

# Anti-Bullying Week 2018

## What is Anti-Bullying Week?

Every year, schools across the country support Anti-Bullying Week. This helps children and adults to learn about bullying and how it can affect people. This year, Anti-Bullying Week is from 12<sup>th</sup>-16<sup>th</sup> November.

## What Is the Anti-Bullying Week Theme This Year?

The theme this year is **Choose Respect**, which aims to help both children and adults to realise that bullying is a behaviour choice and that we can choose to set a good example by respecting each other.

## What Is Bullying?

Bullying is when a person, or people, hurt someone again and again on purpose. Everybody has times when they fall out with friends or family, but this is not the same as bullying.

Bullying is when something happens repeatedly. It can make people's lives very difficult and miserable.

## What Types of Bullying Are There?

- **Physical** – being pushed, hit or kicked
- **Verbal** – calling someone names or threatening them
- **Cyber-Bullying** – sending nasty texts/emails or posting something they shouldn't about someone on social media
- **Social** – leaving people out of groups or activities to hurt their feelings



## Did You Know?

- **60%** of people are bullied because of the way they look.
- **30%** said that bullying has had a huge effect on their social lives.
- **38%** said that bullying has had a huge effect on how they feel about themselves.

## How Can Someone Get Help?

It is really important not to keep bullying a secret. Tell an adult you can trust and feel comfortable talking to. This could be someone at home, a teacher or a member of your family. They can help you and make sure that the bullying stops.

If you know someone is being bullied, it is really important that you tell an adult you can trust so that they can help you to help them.

# Questions

1. What is the theme of Anti-Bullying Week this year? Tick one.

- Be a Good Friend
- Choose Respect
- Don't Hit and Kick
- Help Other People

2. Match the different types of bullying to the correct definition.

Physical	calling someone names or threatening them
Verbal	leaving people out of groups or activities to hurt their feelings
Cyberbullying	being pushed, hit or kicked
Social	sending nasty texts or emails, or posting something they shouldn't about somebody on social media

3. What percentage of people are bullied because of their appearance? Tick one.

- 60%
- 30%
- 50%
- 40%

4. How often does Anti-Bullying Week happen? Tick one.

- Every week
- Every month
- Every year
- Every 2 years

5. Find and copy one word that means **happening over and over again**.

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6. When is Anti-Bullying Week in 2018?

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7. Why is it important to tell someone if you, or someone you know, is being bullied?

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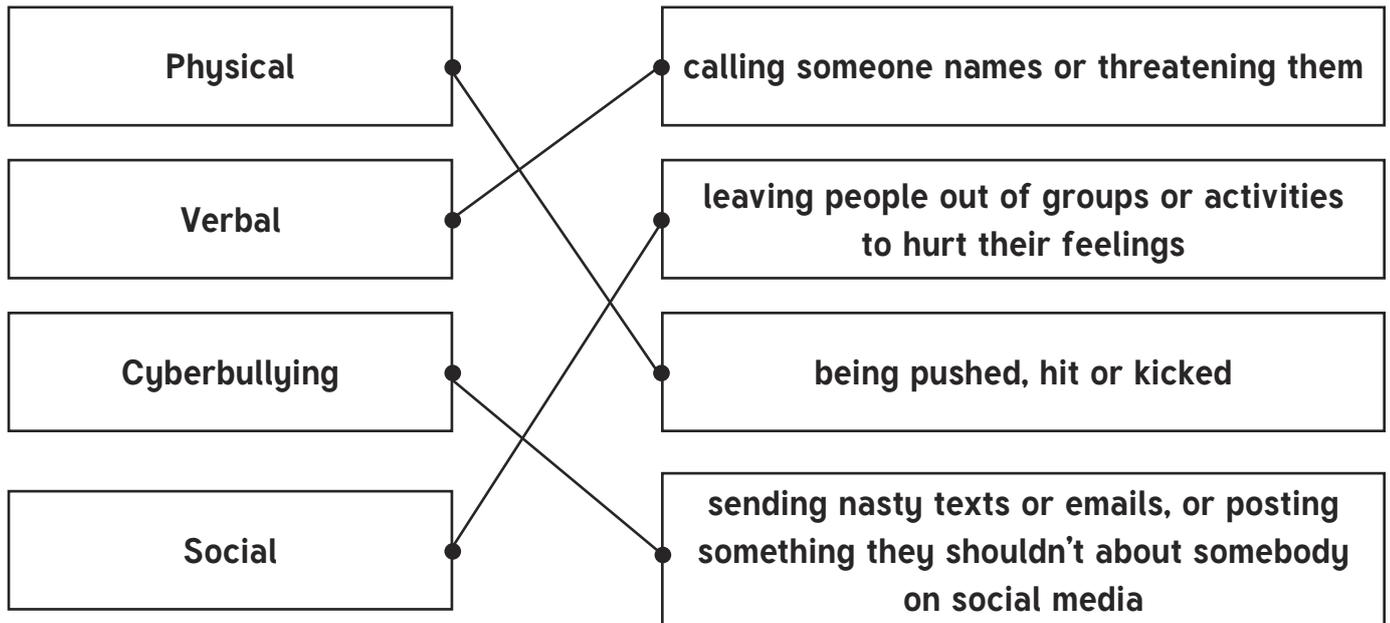
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# Anti-Bullying Week Answers

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 **Choose Respect**  
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 Every month  
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1. Find and copy one word that means happening over and over again.

**repeatedly**

2. When is Anti-Bullying Week in 2018?

**12th-16th November**

3. Why is it important to tell someone if you, or someone you know, is being bullied?

**It is important to tell someone because they can help the bullying stop, keep you safe and make sure that no-one else is bullied by that person.**

# Anti-Bullying Week 2018

## Anti-Bullying Week

Every year, schools across the country support Anti-Bullying Week. This helps children and adults to learn about bullying and how it can affect people's lives. This year, Anti-Bullying Week is from 12th-16th November, 2018.

The theme this year is **Choose Respect**, which aims to help both children and adults to realise that bullying is a behaviour choice and that we can choose to set a positive example by respecting each other in school, at home and online.

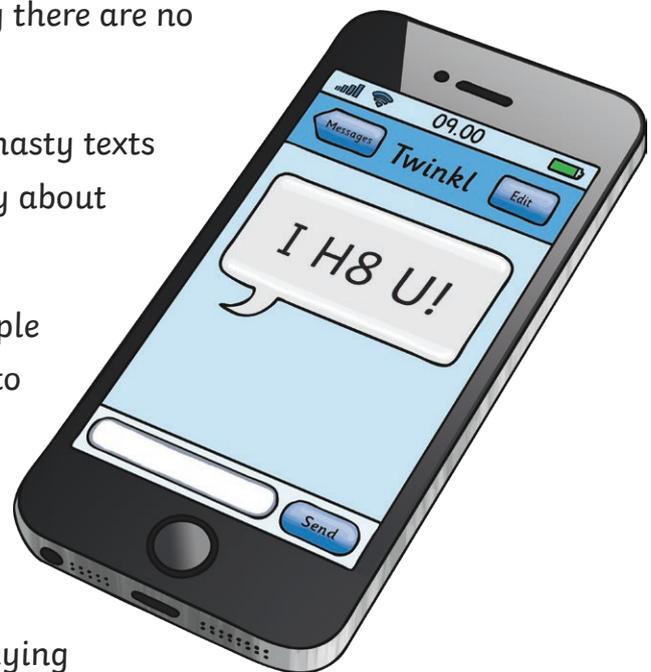
## What is Bullying?

Bullying is when a person, or people, intentionally hurt someone again and again. Everybody has times when they fall out with friends or family, but this is not the same as bullying. Bullying is repetitive and it can make people's lives very difficult and miserable.

## Types of Bullying

There are different types of bullying:

- **Physical bullying** means hitting, kicking or physically harming someone in some way. It can also mean damaging someone's belongings.
- **Verbal bullying** means calling someone names or threatening them. This is often harder to notice as frequently there are no physical signs.
- **Cyber-bullying** can include sending nasty texts or emails, or posting something nasty about another person on social media.
- **Social bullying** means excluding people from activities or groups on purpose to upset them.



## Bullying Statistics

According to Bullying UK, a charity which works to prevent bullying, many children experience some form of bullying at some point in their life.

- **69%** of young people experience bullying before their 18th birthday.
- **60%** of people are bullied because of appearance.
- **30%** said that bullying has had a huge effect on their social lives.
- **38%** said that bullying has had a huge impact on their self-esteem.

## Getting Help If You Are Being Bullied

It is really important not to suffer in silence. If you are being bullied, tell an adult you can trust and feel comfortable talking to, e.g. someone at home, a teacher, or a member of your wider family. They can help you and make sure that the bullying stops. If you know someone that is being bullied, don't just watch it happen. It is really important that you tell an adult you can trust so that they can help you to help the person being bullied.



# Questions

1. When does Anti-Bullying Week begin this year? Tick one.

- 11<sup>th</sup> November
- 12<sup>th</sup> November
- 15<sup>th</sup> November
- 16<sup>th</sup> November

2. Watch the examples of bullying to the kind of bullying it is.

Not letting someone join in with your game at playtime.

Verbal

Making fun of someone because of what they are wearing.

Cyberbullying

Tripping someone up on the playground.

Physical

Sending nasty texts to someone after falling out with them.

Social

3. What percentage of people experience bullying before their 18th birthday? Tick one.

- 60%
- 69%
- 50%
- 40%

4. Who should you speak to if you are being bullied? Tick one.

- Your best friend.
- The bully's parents.
- Any adult you trust.
- Anyone you can find.

5. Find and copy one word that means **happening over and over again**.

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6. Why is cyber-bullying becoming more common?

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7. What is the meaning behind this year's **Choose Respect** theme?

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8. What is the difference between being unkind and bullying?

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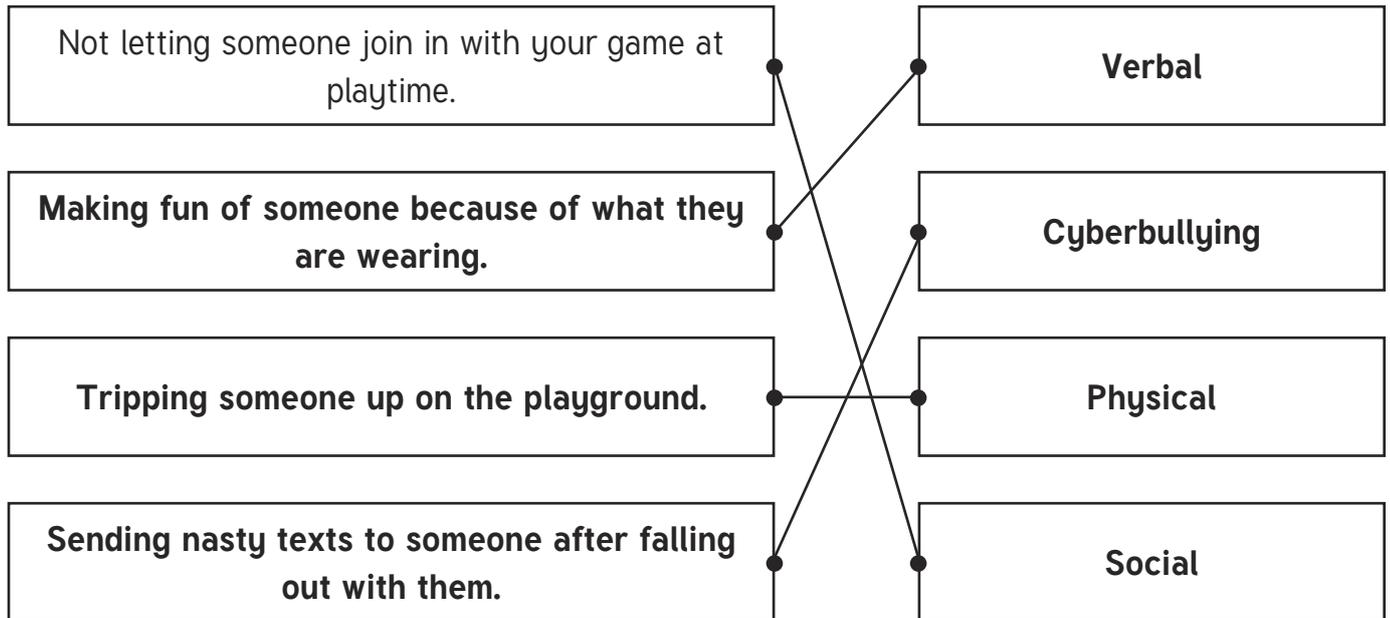
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2. Watch the examples of bullying to the kind of bullying it is.



3. What percentage of people experience bullying before their 18th birthday? Tick one.

- 60%  
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4. Who should you speak to if you are being bullied? Tick one.

- Your best friend.  
 The bully's parents.  
 Any adult you trust.  
 Anyone you can find.

1. Find and copy one word that means happening over and over again.

**repetitive**

2. Why is cyber-bullying becoming more common?

**More people have access to mobile phones, the internet and social media.**

3. What is the meaning behind this year's Choose Respect theme?

**Choose Respect means choosing to respect others is a choice, just as choosing to bully is a choice. Choose Respect wants more people to choose good behaviours as an example to others, such as respecting each other in school, at home and on social media.**

4. What is the difference between being unkind and bullying?

**Being unkind is when someone says or does something hurtful to someone on a single occasion. Bullying is when this hurtful behaviour happens again and again.**

# Anti-Bullying Week 2018

## Anti-Bullying Week

Every year, schools across the country promote Anti-Bullying Week to raise awareness about different types of bullying, its effects and how to help others that may be victims of bullying. This year, Anti-Bullying Week is from 12th - 16th November and schools across the country will be doing lots of different activities to learn more about bullying.

The theme this year is **Choose Respect**, which aims to help both children and adults to realise that bullying is a behaviour choice and that we can choose to set a positive example by respecting each other in school, at home, as part of our community and online.

## What is Bullying?

Bullying is when a person, or people, intentionally hurt someone repetitively. At times, everybody falls out with friends or family, or might get accidentally hurt by someone. This is not the same as bullying. Bullying is recurrent and can often make people's lives very difficult and miserable.

There are different types of bullying and different ways in which people can be harmed and affected by bullies.

- **Physical bullying** – is a type of bullying where someone is hitting, kicking, nipping or physically harming someone in some way. It can also mean damaging someone's belongings.
- **Verbal bullying** – is a type of bullying where people call someone names or threaten them. This is often harder to notice, as often there are no obvious physical signs.
- **Cyber-bullying** – is a type of bullying that is on the increase as so many people have mobile phones and access to the Internet. Cyber-bullying can include sending nasty texts or emails, or posting something inappropriate about someone on social media.
- **Social bullying** – is a type of bullying where someone excludes people from activities or groups, for example deliberately leaving someone out of a game to hurt their feelings.



## Bullying Statistics

Bullying UK is a charity that fights against bullying. They have released the following statistics about bullying:

- **69%** of young people experience bullying before their 18th birthday.
- **60%** of people are bullied because of their appearance.
- **30%** said that bullying has had a huge impact on their social lives
- **38%** said that bullying has had a huge impact on their self-esteem.

## Getting Help

If you feel that you are a victim of bullying, it is really important not to suffer in silence. Tell an adult that you can trust and feel comfortable talking to, e.g. someone at home, a teacher or a member of your wider family. They can help you and make sure that the bullying stops.

If you know someone that is being bullied, don't be a bystander. It is really important that you tell an adult you can trust so that they can help you and the person being bullied.



# Questions

1. Which of the following is a definition for bullying? Tick one.

- Falling out with someone.
- Being unkind to someone repeatedly.
- Calling someone a name.
- Refusing to join in someone's game.

2. Match the examples of bullying to the kind of bullying it is.

Not letting someone join in with your game on the playground.	Verbal
Calling someone names because of the way they look.	Cyberbullying
Breaking someone's favourite toy on purpose.	Physical
Sending unkind text messages to someone.	Social

3. Why do schools promote Anti-Bullying Week?

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4. Why is cyber-bullying becoming more common?

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5. What percentage of people said that bullying has had a huge impact on their self-esteem?

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6. What is the meaning behind this year's **Choose Respect** theme?

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7. Why is verbal bullying harder to notice?

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8. What can you do if you know someone who is being bullied?

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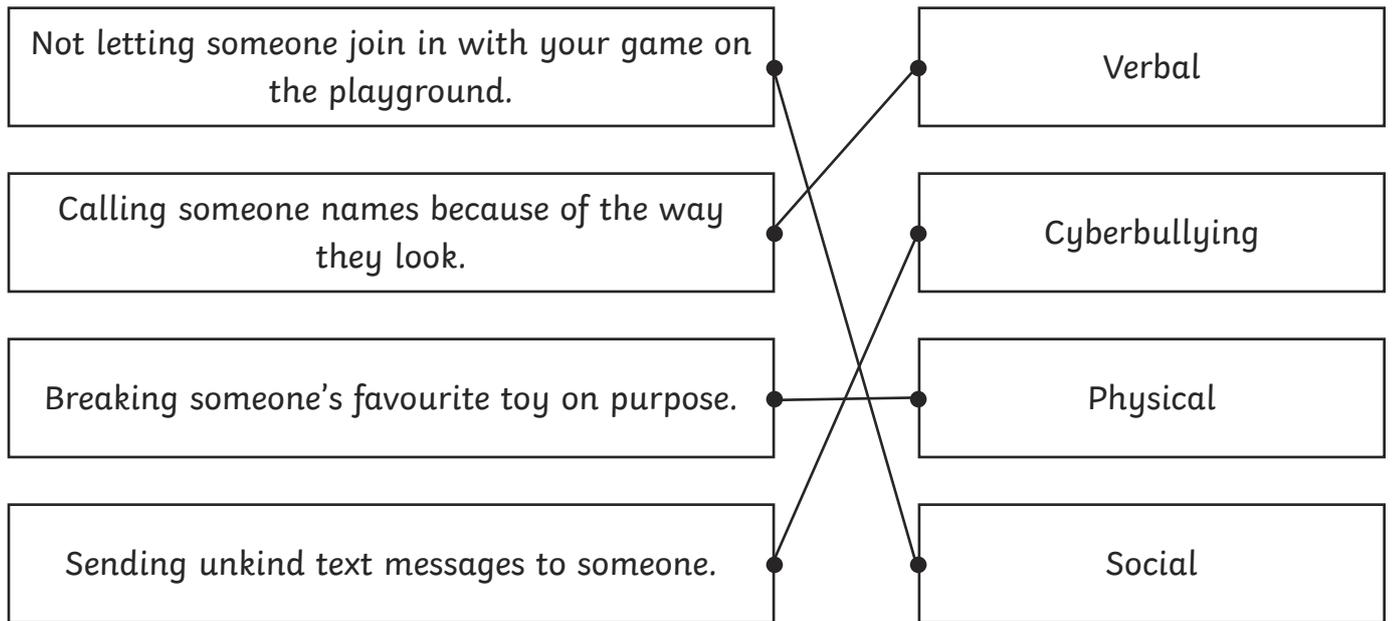
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# Anti-Bullying Week Answers

1. Which of the following is a definition for bullying? Tick one.

- Falling out with someone.  
 **Being unkind to someone repeatedly.**  
 Calling someone a name.  
 Refusing to join in someone's game.

2. Match the examples of bullying to the kind of bullying it is.



3. Why do schools promote Anti-Bullying Week?

**To raise awareness about different types of bullying, its effects and how to help those who are victims of bullying.**

4. Why is cyber-bullying becoming more common?

**Because more people have access to mobile phones, the internet and social media.**

5. What percentage of people said that bullying has had a huge impact on their self-esteem?

**38%**

6. What is the meaning behind this year's Choose Respect theme?

**Choose Respect means choosing to respect others is a choice, just as choosing to bully is a choice. Choose Respect wants more people to choose good behaviours as an example to others, such as respecting each other in school, at home and on social media.**

7. Why is verbal bullying harder to notice?

**Because there are no obvious physical marks. If someone is hit or kicked then they will probably leave a mark. Name calling, however, doesn't leave a physical mark so others may find it hard to notice the effect it is having on someone.**

8. What can you do if you know someone who is being bullied?

**Speak to an adult that you trust and feel comfortable talking to and ask them to help you, the person being bullied and make sure that the bullying stops.**