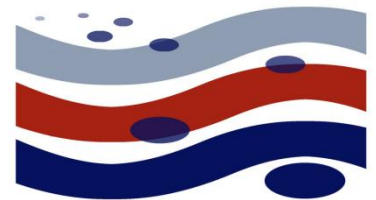
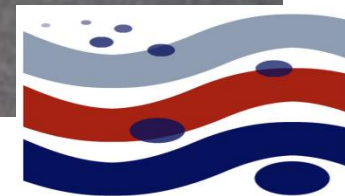


**POWER
FOR
GOOD**

#ANTIBULLYINGWEEK

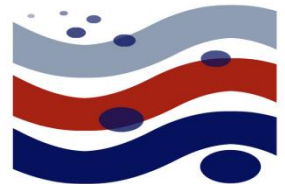


Anti-Bullying Week 2016 - official film (*Bullied*)
St Helens College 14-16 Academy



Quick test- which of these statistics are true and which are false?

1. **81%** of young people experience name calling
2. **50%** were bullied because of appearance
3. **90%** said that bullying happened at school
4. **68%** said that bullying has had a huge impact on their self esteem
5. **40%** young people have had suicidal thoughts because of bullying



What does the word “bullying “ mean to you?



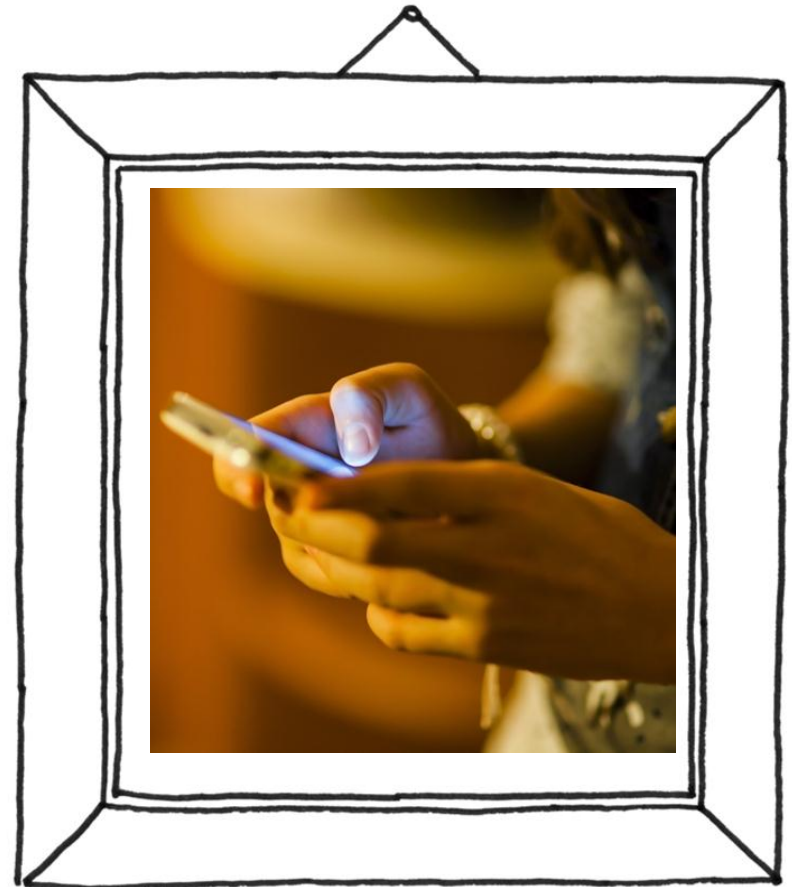
What is bullying?

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.



How do you think young people bully?

- **Physical** (when someone pushes you, hits you or harms you in any way physically)
- **Name calling** (using insults and offensive nicknames)
- **Social** (leaving out, fake rumours, damaging a person's reputation, excluding others, online and offline)
- **Cyberbullying** (being bullied online, via social networks, apps, messenger and phones)
- **Sexual** (unwanted sexual advances, pressurised to do sexual things, sexting, sexuality, spreading sexual rumours)



Why does bullying happen?

Bullying is often a result of prejudice. Prejudice can take many forms, including:

- Sexual/sexist
- Homophobic
- Targeted at race and/or faith
- Disablist



How bullying can impact a young person's life.

- According to an ABA poll, **nearly half (44%) of young people who were bullied at school say it impacted on their mental health** and that they experienced issues such as anxiety, depression, self-harm and suicidal thoughts.
- Over half (57%) of the 16-25 year olds who said they were bullied reported that this changed their behaviour and the way they felt, such as feeling angry or withdrawn; and just under half (43%) said they experienced body image anxieties. While a third (34%) avoided school or college as a way of coping with bullying.
- **Nearly half (46%) said that being bullied has had a long lasting effect on their self-esteem and confidence since leaving school** and almost 37% of those bullied said it had had a negative effect on their ability to form relationships.



Crumpled paper...



Signs to be aware of.....



How do I spot the signs that my child is being bullied?

You know your child best so will be aware if something seems wrong. The type of behaviour that might be an indication of bullying includes a reluctance to go to school; unexplained tummy upsets or headaches; showing signs of distress on a Sunday night or at the end of school holidays; becoming either quiet or withdrawn, or playing up; torn clothes and missing belongings; seeming upset after using their phone, tablets, computers etc and wanting to leave for school much earlier than necessary or returning home late.



How young people may react:-

- Self-harm
- Feel depressed
- Suicidal thoughts/attempts of suicide
- Withdraw socially and stop going out
- Avoid social media or messenger
- Feel anxious about going to school
- Be very angry and be aggressive
- Bully others
- Develop an eating disorder
- Turn to drinking or taking drugs



Jack creates a fake social-media profile in Aaron's name.

Jack uses the account to spread rumours about Aaron.



Luke sends an embarrassing
picture of his ex-girlfriend Lucy to
several of his friends.



Amy is jealous of her friend Jasmine,
who has recently become friends
with a popular group of girls.

Jasmine spreads a rumour that Amy
has a crush on one of the girls.



What we tell students....



- Report the bullying to a teacher or someone at school you feel safe with
- Tell a parent or a family member
- Be assertive with the bully and say their name calling is boring or making them look stupid but not aggressive
- Ignore it and walk away with no reaction
- Keep a diary



How can I help my child if they are being bullied?

- If your child is being bullied, don't panic. Your key role is listening, calming and providing reassurance that the situation can get better when action is taken.
- Listen and reassure them that coming to you was the right thing to do. Try and establish the facts. It can be helpful to keep a diary of events to share with the school or college.
- Assure them that the bullying is not their fault and that they have family that will support them. Reassure them that you will not take any action without discussing it with them first.



How can I help my child if they are being bullied?

- Don't encourage retaliation to bullying - such as violent actions. It's important for children to avoid hitting or punching an abusive peer. Reacting that way has negative and unpredictable results- they may be hurt even further, and find that they are labelled as the problem. Rather suggest that they walk away and seek help.
- Find out what your child wants to happen next. Help to identify the choices open to them; the potential next steps to take; and the skills they may have to help solve the problems.



How can I help my child if they are being bullied?

- Encourage your child to get involved in activities that build their confidence and esteem, and help them to form friendships outside of school (or wherever the bullying is taking place).
- Discuss the situation with your child's school



I'm worried about cyberbullying....

- Talk to your child about who they're talking to online and encourage them to think before talking to people they don't know in person
- Try to understand and guide your child's online behaviour - negotiate and establish boundaries and discuss sensitively the issues around the concept of 'friends'
- Familiarise yourself with the social networking sites and chat programmes your child uses. Find out more about its build-in safety functions and how they can be contacted within the service
- Ask your child if they know how to block someone who they don't want to talk to anymore. If they don't, help them learn how to use the blocking feature



I'm worried about cyberbullying....

- Use parental control software provided by your internet service provider, mobile phone network, online content provider or games console, and consider using filtering options, monitoring and setting time limits for access to chat.
- If you discover misconduct between your child and someone online stay calm, investigate the facts and seek expert help. If someone has acted inappropriately towards your child, or someone they know (such as sexual chat, or asking them to meet up) contact the [Child Exploitation and Online Protection Centre \(CEOP\)](#)
- NSPCC and O2 have a free online safety helpline for parents and carers [0808 8005002](#)



Getting to grips with bullying- what will you do?



Youtube video

<https://www.youtube.com/watch?v=eyn022bDplw&feature=youtu.be>

Discussion pack:

https://app.pelorous.com/media_manager/public/209/Images/BullyingCompetition/Interactive%20film%20downloadable%20pack.pdf



- Free helpline **0808 800 2222**
- Advice on our website
www.bullying.co.uk
- **Twitter:** @BullyingUK
- **Facebook:**
www.facebook.com/bullyinguk

Anti bullying Alliance

www.anti-bullyingalliance.org.uk



Anti – Bullying Policy

Three strands

- **Preventative**
- Encourage a culture of support and openness
- **Supportive**
- Communication with victim, provide support mechanisms around the victim, communication to staff e.g Seating plans, provide secure place/refuge.
- Bullies – monitor behaviour closely, give support, mentor and contracts.
- **Corrective**
- Victims - use outside agencies and mentors to improve self esteem and access to counselling agencies.
- Bullies – Parents informed, punishments and targets.
Recording is key to ensure no repeat offenders.



Support Mechanisms in School

Preventative Mechanisms

- Tutorial programme (L4L)
- Assemblies
- SLD
- Theatre group productions
- Poster campaigns
- School Council
- Student Planners
- [BHS Website](#)

Supportive Mechanisms

- Respect box
- Pastoral teams + SMT
- Prefects
- Safeguarding leads
- Peer mentoring programmes
- Counsellors
- Mentors
- Group counselling
- Community Police
- Bullying Reflection Programme
– For repeat offenders



Parental Events on Emotional Health and Wellbeing.

- **15th March: E-safety, cyber- bullying and sexting**
- **3rd May: SRE, CSE, Drugs and alcohol education and current trends (support from Lifeline)**