

**ANTI-BULLYING WEEK 2023**

**MAKE A  
NOISE**

**ABOUT  
BULLYING**

 **ANTI-BULLYING  
ALLIANCE**

## Anti-Bullying Week 2023

### Make A Noise About Bullying

Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as ‘just banter’.

Together, we can make a difference and take a stand against bullying.

From the playground to Parliament, and from our phones to our homes, let’s make a noise about bullying.

It doesn't have to be this way.

Of course, we won’t like everyone, and we don’t always agree, but we can choose respect and unity.

This Anti-Bullying Week let’s come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying.



<https://youtu.be/VkU2xYJKQq4>





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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.

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## WHAT IS BANTER?

“  
The playful and friendly exchange of teasing remarks.  
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## IT'S NOT BANTER IF...

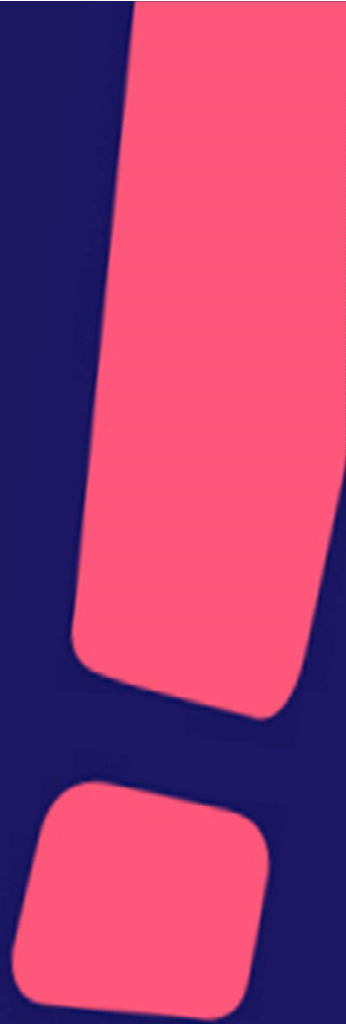
1. You would be upset if someone said it to you
2. It's hurtful
3. You're not friends
4. Someone's asked you to stop
5. The target isn't laughing
6. It focuses on someone's insecurities

**MAKE A**  
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“

**BULLYING ISN'T WELCOME HERE!**

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## MAKE MORE NOISE!

Give the pupils a few examples of how they could make a noise. For example:



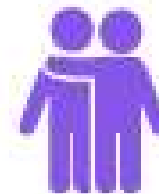
Letting your friend know when you think they went a little too far with 'banter' – you could simply say, 'hey, you may not have meant to, but I think you may have hurt our friends' feelings when you said that'



If you know someone is being bullied, you could check in with them, ask them if they're ok, encourage them to speak to an adult about it, you could even offer to go with them



Speaking to a trusted adult about what you have seen



Showing kindness to those being bullied. You could ask them to join in your games, sit beside them at lunch, or be your partner in a class activity

# Who can you speak to at school?



Ms Paulson



Miss Harley



Mrs Evans



Miss Williamson

**And of course your class teacher!**