

Our
Community

Anti-
Bullying



Our School Prayer

This is our school
Let peace dwell here
Let the rooms be full of content-
ment
Let love abide here
Love of one another
Love of mankind
Love of life itself
And love of God
Let us remember
That as many hands build a house
So many hearts make a school

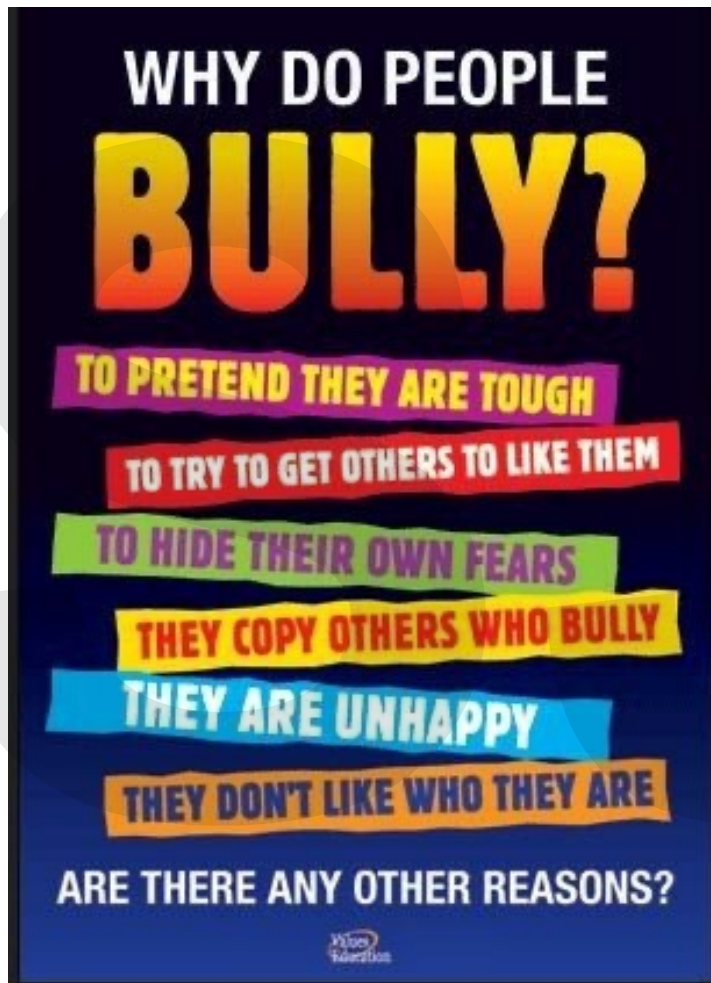
Amen

Anti-Bullying

This year the Anti-Bullying campaign is focusing on '**One Kind Word**'. As we gather in quiet reflection let us think how we can spread kindness in our communities and how we interact with others.

It is not difficult to be kind, thoughtful and considerate. We all enjoy people being respectful and warm, presently our world needs people to show greater levels of tolerance, understanding and generosity. So let's embrace the '**One Kind Word**' message and stamp out ALL BULLYING.

There is no place for bullying in our wonderful school.



Anti-Bullying

- Q- Why do people feel the need to bully others?
- Q- Even though we all know it is wrong why does it happen?

Surely in a faith filled Catholic school such as St Joseph's we should be practicing our gospel values and virtues every day.

- Q- Look at the slide carefully, there are 6 reasons why others may be unkind, can you think of three more?

Anti-Bullying

Watch the short film and focus on;

- Q- Why does the young person with glasses bully?
- Q- What are the negative influences in this person's life that lead him to be a bully?
- Q- Discuss the end of the film and what the two young people are thinking.

<https://youtu.be/Hizno9UvWEs> 4.16mins

Unfortunately bullying comes in many different forms, look at the information on the right. Deliberate actions intended to hurt others.

4 Types of BULLYING

PHYSICAL Bullying	VERBAL Bullying	SOCIAL Bullying	CYBER Bullying
Hitting, kicking, slapping, pinching, spitting, tripping, pushing, blocking	Name calling	Lying and spreading rumors	Posting/sending hurtful texts emails or posts, images or videos
Stealing or destroying someone's possessions	Insults	Leaving someone out on purpose	Making online threats
Making mean or rude hand gestures	Teasing	Telling others not to be friends with someone	Imitating others online or using their log-in
Touching in unwanted and inappropriate ways	Intimidation	Embarrassing someone in public	Deliberately excluding others online
	Homophobic or racist remarks	Damaging someone's social reputation or relationships	Spreading nasty gossip or rumors online
	Inappropriate sexual comments		
	Taunting		
	Threatening to cause harm		

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Anti-Bullying

The next quick video is very powerful. It gets right to the heart of why people bully, it may reflect why some people in our own school have chosen to say unkind words and do unkind actions.

<https://youtu.be/8mmlu5IZmvE>

3.22mins

- Q- Discuss your feelings after you have watched the video.



Anti-Bullying

A strong message to all you bullies out there,
you will never win, you will never prevail,
you will never stop me being me.

Our school is a loving and caring place where
we will stand strong against all types of
bullying.

We will work together, help each other, rally
round, spread love and ensure goodness is in
our hearts, voices and actions.

<https://youtu.be/eDNhBt0Dwjg> 3.32 mins

- Q- Discuss your thoughts after watching this poem.

Anti-Bullying



So, what is '*One Kind Word?*'

<https://youtu.be/A2PPN3-n7xU> 35
secs

- Q- Now think about the words you can use to spread kindness.

Changing your spoken vocabulary can make someone feel special, loved, valued and wanted.

You don't necessarily have to be best mates but giving kindness is so important.

- Q- What are kind words?

Anti-Bullying



As a community let us support this year's '*One Kind Word*' by not only using positive and kind language but what we wear too.

All next week, starting Monday November 15 until Friday November 19, we encourage everyone to wear odd socks. As part of your uniform, if you have PE/Games or if you are taking part in extracurricular activities.

- Wackier the better.
- Bright is good.
- Clashing is encouraged.

Don't keep it a secret either, show your friends, teachers and form. Who can be the loudest, brightest or stand out the most?

Anti-Bullying

Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us.

This is one of the reasons, that **'One Kind Word'** has been chosen as the theme of Anti-Bullying Week taking place from 15 to 19 of November 2021.



Anti-Bullying

Ask if someone's OK.

Say you're sorry.

Just say hi

Offer to help.

In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.



Anti-Bullying

THERE IS

POWER IN

KINDNESS

Best of all, one kind word leads to another. Kindness fuels kindness.

So, from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity.

It starts with one kind word. It starts today.

Anti-Bullying



The buzz on social media is an important part of Anti-Bullying Week, and a great opportunity for schools to share with the education community how they have embraced the anti-bullying message.

Last year, schools helped #AntiBullyingWeek trend at No.1 on Twitter, reach over 44 million users on TikTok, and get almost 600,000 views of Odd Socks Day videos on YouTube.

Come on St Joseph's let's do our thing and show everyone that we stand behind the '**One Kind Word**' anti-bullying campaign.

- @SJHswellbeing
- @sjhsnewport
- [Twitter via @ABAonline](#)