

ANTI-BULLYING WEEK 2023

MAKE A
NOISE
ABOUT

BULLYING

SI DEUS NOBISCUM



2

NO DISCRIMINATION

You have the right to protection against discrimination.

This means that nobody can treat you badly because of your colour, sex or religion.

If you speak another language, have a disability, rich or poor

01:16

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3

BEST INTERESTS OF THE CHILD

If a decision is being made by any person about you, then your interests must be considered when making the final decision.

01:16

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Heavenly Father,

Those who bully others in manipulative or overt ways, and use their power to oppress and to deliver injustice to others, are responsible for needless stress and misery in others' lives.

Lord please protect children, teens, and adults from bullying. Guard them from others manipulation and dominance that cause difficulties in relationships and in physical and mental health. Ensure that children and students find protection from the oppression and bullying of any other child or teen, or any adult. Help them to flourish in Your grace, to develop their full human and spiritual potential without the crippling effects of anyone's injustice or betrayal.

Protect children, teens, and adults, from criticism and bullying that crushes self worth as a child of God. Father please convert the offenders and give them just humility and respect of others.

We ask this in Jesus Christ our Lord. Amen.

St Joseph...Pray for us.

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#ANTIBULLYINGWEEK

<https://youtu.be/0vWCg2EIEYY>



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What is the definition of bullying?

“

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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“

Physical: hitting, kicking, tripping, or damaging property

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Cyber: using technology to harass, threaten, or humiliate

What forms can bullying take?

Verbal: name-calling, teasing, or taunting

Relational/social: spreading rumors, leaving out
of the group, or attacking reputation

”

Sexual: making unwanted sexual comments,
gestures, or advances

Anti-Bullying Week 2023

Make A Noise About Bullying

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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.



“

What hurts the victim most is not the cruelty of the oppressor, but the silence of the bystander.

Elie Wiesel
Holocaust survivor & human rights champion

”

- What do you think of the famous quote?
- Do you think it applies in the context of bullying?
- What do you think stops people from speaking out when they see bullying?

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WHAT IS BANTER?

Ask pupils to think about what banter means to them. After a moment, ask pupils to call out their answers

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[Anti-Bullying Week 2023: Make a Noise - YouTube](#)

BANTER IS...

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Banter is the **harmless** exchange of social interaction between friends which involves **teasing** or **mocking** one another, either on a **one-to-one basis** or more commonly on a **friendship group basis**.

WHEN IS BANTER ACTUALLY BULLYING?

1. Think before you speak. Would it be funny if someone said the same thing to you?
2. Don't pick on someone's insecurities, that's a low blow.
3. Be aware whether someone is clearly not enjoying the 'banter'. If they're not, STOP!
4. Don't laugh along if you're not finding it funny.
5. Saying something is 'just banter', doesn't mean it is.

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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.

The different ways banter may become bullying

- ! Topic of the Banter
- ! The relationship with the person
- ! Where the banter is happening
- ! Whether the banter is repeated
- ! The intent behind the banter
- ! The size of the audience
- ! The reaction of the target
- ! Emoji use

Group discussion

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How can the school community help pupils
make a noise?

Form tutors please record the respectful pupil
responses and pass on to Mrs Burke.

What can you do now?

Let's make a noise about bullying!



Speak up

If you see something, say something! Say its not ok, say stop! It can simply be asking questions.



Be supportive

When you see someone being bullied, let them know they aren't alone. Ask if they're ok, ask if they'd like your help with dealing with it, or simply say hi!



Tell a trusted adult

It's always important to let an adult know what's going on. Tell them what you've seen or heard. They're here to help!

Who can you speak to at St Joseph's



Any Trusted Adult





Face to face or through a phone,
Bullying makes people feel alone.
Staying silent, is it wise?
Do you know the impact it has on our lives?



Going home wondering what it could have been.
Was it banter? Was it bullying??
Of course, we won't like everyone.
We don't always agree,
But we can choose respect and unity.

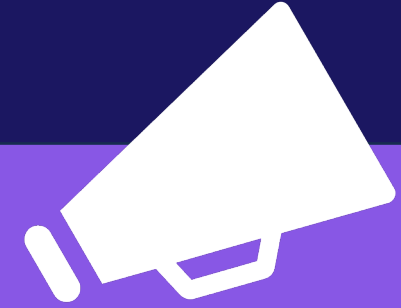
And just because it is, doesn't mean it has to be,
A place of bullying or negativity.
Consider the impact of that DM or text.
Think of the repercussions, what will be next?

You can reach out! Be a helping hand.
Or maybe you can be the one to take a stand?
So, let's bring bullying to an end.
Think of the ways you can defend.

Lets make some noise, let's hear your voice.
Make a noise about bullying. Together we can make it
stop.



Useful helplines and charities:



- ✓ Childline. Support for people under 19 in the UK. Call: 0800 11 11
- ✓ Young Minds. Child and adolescent mental health charity. Call: 0808 802 5544
- ✓ Teen Line | Teens Support hotline - Connect, talk, get help! Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.
- ✓ Samaritans. Samaritans provide 24-hour online and phone support to people in distress. Call: 116 123
- ✓ SANE. National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

This Anti-Bullying Week,
let's make a noise about bullying.

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**REMEMBER
ANTI-BULLYING IS NOT
CONFINED TO JUST
ONE WEEK BUT MUST
BE EVERYDAY. SO LET'S
MAKE A NOISE ABOUT
BULLYING EVERY
SINGLE DAY!!**

#AntiBullyingWeek
#MakeANoise