



# 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>





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.



**S**everal  
**T**imes  
**O**n  
**P**urpose

# Rude

If someone says or does something that is unintentionally hurtful, and they only do it once, they are being **RUDE**.

# Mean

If someone says or does something that is intentionally hurtful, and they only do it once, they are being **MEAN**.

# Bullying

If someone says or does something that is intentionally hurtful, and they keep on doing it, even if you ask them to stop, that is **BULLYING**.



## WHAT IS BANTER?

The playful and friendly exchange of teasing remarks.

## 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



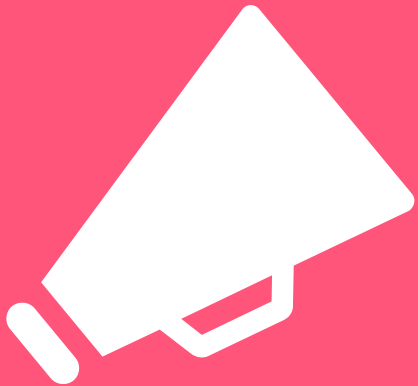


**MAKE A  
NOISE  
ABOUT  
BULLYING**

“

**BULLYING ISN'T WELCOME HERE!**

”



# Who can you speak to at school?

## Who can we reach out to in our school?



**1** Mrs. Foster



**2** Miss Grimley



**3** Mrs. Fryer

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

MAKE A  
**NOISE**  
ABOUT  
**BULLYING**

**Monday 13<sup>th</sup> to  
Friday 17<sup>th</sup> November**

#AntiBullyingWeek  
#MakeANoise

