

Anti-bullying Week

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 **15th to 19th of November 2021**.

Children will explore throughout the week what bullying may look like, the consequences of such behaviour and - if they were to experience it- strategies to deal with it. All lessons will be planned in an age-appropriate way.

Next week is a focused week where children will be reminded about being the best version of them and how, at Dane Royd, we do not tolerate any forms of bullying.



Active Listening

Very often, children and young people are reluctant to tell adults that they are being bullied. They might be:

- scared of an over-reaction.
- worried about burdening their parents.
- embarrassed.
- worried that telling someone might make the situation worse.

If, and when, a child chooses to tell a trusted adult, it is important to then be an 'Active listener'.

Active listening requires three key things:

- 1. Not giving your opinion or offering a solution** - this can be really hard when you want to share your views on what's happened and come up with a way to solve the problem.
- 2. Repeating back what you have heard** - this sounds so simple, but it is really important for children and young people to hear their words repeated. It gives reassurance that the things they have to say matter. Try and use the exact words spoken.
- 3. Don't interrupt** - this can be particularly difficult when your child is sharing an aspect which is distressing, you can always come back to this, but the goal is to let them express what is happening and how it makes them feel.

Anti-bullying week in school

On Monday 15th November, children are invited to wear 'odd socks' This gesture introduces the theme of difference and begins discussions about the week. It's an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique! Children will have class assemblies where they will begin to think about what bullying is and the effects of such behaviour. Children will also listen to and enjoy the 'Odd Socks' anti-bullying song for this year.

<https://anti-bullyingalliance.org.uk/anti-bullying-week/odd-socks-day/what-odd-socks-day>

The whole school will work together to make a 'Kindness Tree' This will display advice and knowledge from the children as a point of reference for others.

Children and staff will be encouraged to thank others in school for acts of kindness. They will be able to post a thankyou letter which will be read to the class at the end of every day.

We are introducing 'Playtime Pals' and Kindness Ambassadors in school to support at playtimes and work with leaders in school on various projects over the year.



Useful website for Parents

<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents/how-can-i-help-my-child-if-they-are-being>

<https://www.kidscape.org.uk/resources-and-campaigns/friendship-friday-anti-bullying-week/activities-for-home-or-school/>

<https://respectme.org.uk/adults/bullying-a-guide-for-parents-and-carers/>

<https://respectme.org.uk/adults/practical-guidance/>

<https://www.bullying.co.uk/advice-for-parents/>

<https://learning.nspcc.org.uk/child-abuse-and-neglect/bullying>

What is bullying?

Bullying is when individuals or groups seek to harm, intimidate or coerce someone who is perceived to be vulnerable (Oxford English Dictionary, 2021). It is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can involve people of any age, and can happen anywhere - at home, school or using online platforms and technologies (cyberbullying). This means it can happen at any time.

Bullying encompasses a range of behaviours which may be combined and may include:

Verbal abuse: name-calling; saying nasty things to or about a child or their family.

Physical abuse: hitting a child; pushing a child or physical assault.

Emotional abuse: making threats; undermining a child or excluding a child from a friendship group or activities.

Cyberbullying/online bullying: excluding a child from online games; activities or friendship groups; sending threatening, upsetting or abusive messages; creating and sharing embarrassing or malicious images or videos; 'trolling' - sending menacing or upsetting messages on social networks, chat rooms or online games; voting for or against someone in an abusive poll; setting up hate sites or groups about a particular child; creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name.

Bullying can be a form of discrimination, particularly if it is based on a child's disability, race, religion or belief, gender identity or sexuality.

On-line Safety and Cyber-bullying

Technology is an important part of our young peoples' lives. There are many positives to the on-line world, however as we are aware, there are also many dangers, including the potential of cyber-bullying.

Cyberbullying is rife on the internet and most young people will experience it or see it at some time. In a national bullying survey, 56% of young people said they have seen others be bullied online and 42% have felt unsafe online. Cyberbullying can happen 24 hours a day, 7 days a week and it can go viral very fast. It is therefore vital that children have the skill-set to respond and deal with any negative behaviour when on-line.

Top tips for parents if your child is being cyber-bullied.

- 1) Talk to them. Just as you would if your child was being bullied in person, be an active listener and offer comfort.
- 2) Block the person sending the offending comments.
- 3) Report anyone who is bullying your child to the platform that's carried the offending comments, audio, image or video. Report hate crime to 999.
- 4) Speak to school. School will always work with families to support any forms of bullying and will work together to educate our young people.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

Safeguarding Concerns

If you have any concerns about the safeguarding of a child, please contact one of the school's Designated Safeguard Leads.

Miss Kelly - Head DSL

Mrs Kendall - Deputy DSL

Mrs Hemingway - DSL

