

Anti-Bullying Week



Anti-Bullying Week happens annually in the third week of November. It aims to raise awareness of bullying and how to help those who are affected. In 2021, the event runs from Monday 15th to Friday 19th November. Each year has a different theme and this year's theme is 'One Kind Word'.

At the start of Anti-Bullying Week, a special day is held called 'Odd Socks Day', on which people are invited to wear odd socks, symbolising that we are all unique and to celebrate our differences.

What Is Bullying?

Bullying is repeatedly hurting someone to try and gain power. Sometimes, people pick on or tease other people to make them feel smaller, for example, they might say unkind words or do hurtful things. Some people think that they are stronger, faster, cleverer or just better than other people and try to make others feel unequal. If this unkind and harmful behaviour happens repeatedly, it is called bullying.

Where Does Bullying Happen?

For children, bullying can often happen inside school, such as in the classroom, on the playground, on the field or in the toilets but it can happen in other places or situations too. Bullying might also occur on the journey to and from school. More recently, bullying can happen online, for example, through someone's phone, tablet, game consoles or computer. Bullying can even happen directly through messaging and social media apps.



Types of Bullying

Sadly, bullying can happen in different ways. It is important to be aware of the three main types of bullying so that we can challenge bullying if we know it is happening.

The three types are:

- **physical bullying** – Physical bullying could involve pushing, pinching, hitting or kicking someone. Alternatively, it may involve taking or breaking someone's belongings.
- **verbal bullying** – Verbal bullying could involve hurtful comments, such as calling people names, teasing them or threatening them (for example, 'If you don't..., then I'll...')
- **social bullying** – Social bullying could be excluding someone, such as leaving someone out of a game or conversation, telling others to leave someone out or talking behind someone's back.

If any of this behaviour is repeated again and again, then it is **bullying** and can make people feel very sad and alone.

'One Kind Word'

Kindness is more important today than it has ever been before. The isolation of the last year has made us more aware of how little acts of kindness can brighten the lives of the people around us. **Small actions make a huge impact.** One kind word can give a moment of hope.

Together, we must look, listen and work together to notice bullying. If you spot it happening, telling an adult you trust who can help. By all working together - parents, carers, teachers, children and young people, politicians, celebrities and everyone else – we can make a difference to reduce bullying.

Anti-Bullying Week: Questions

1. When does Anti-Bullying Week happen annually? Tick one.

- ☐ in the first week of November
- ☐ in the third week of December
- ☐ in the third week of November
- ☐ in the third week of September

2. What are the dates for Anti-Bullying Week 2021? Tick one.

- ☐ 15th – 19th November
- ☐ 5th – 19th November
- ☐ 19th – 25th December
- ☐ 15th – 19th December

3. Look at the **What Is Bullying?** section. Find and copy one word which means something that happens 'again and again'.

4. Draw three lines to match each statement to the correct subtitle where it would fit. One has been done for you

Saying or writing rude names again and again is a kind of bullying

We should know that it can happen online, such as through a phone.

Taking and hiding someone's bag every day is bullying.

Walking to school, you might see bullying happen.

Where Does Bullying Happen?

Types of Bullying

5. Read the following statements and answer 'True' or 'False' for each one.

'Bullying only happens at school.': _____

'There are three main types of bullying.': _____

'Accidentally tripping someone over is bullying.': _____

'Bullying only happens to boys.': _____

6. Fill in the missing words.

Together, we must _____, listen and work together to notice _____.

7. Explain the meaning of the 2021 theme, 'One Kind Word'.

8. Why do you think it is important to always tell an adult about bullying?

Anti-Bullying Week: Answers

1. When does Anti-Bullying Week happen annually? Tick one.

- ☐ in the first week of November
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- ☒ in the third week of November
- ☐ in the third week of September

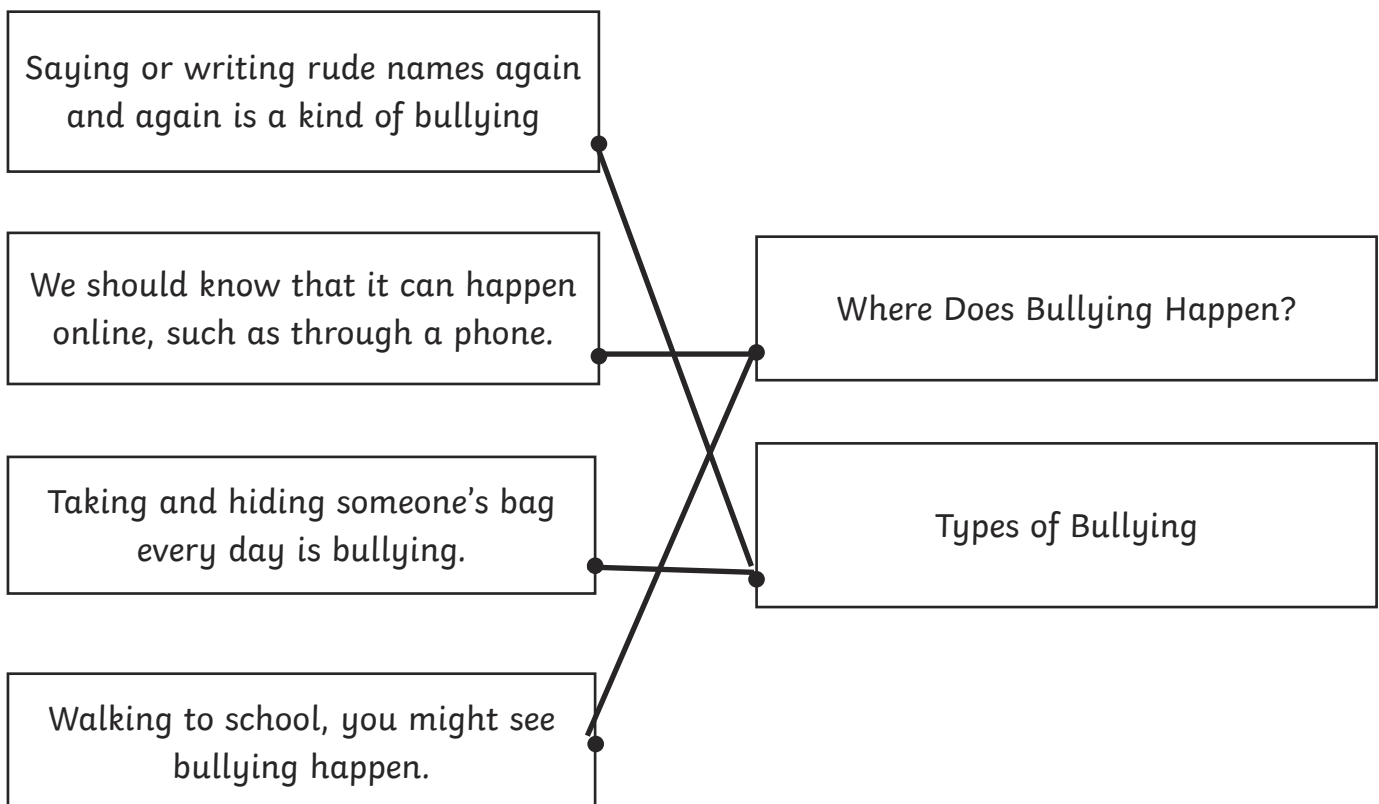
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repeatedly

4. Draw three lines to match each statement to the correct subtitle where it would fit. One has been done for you



5. Read the following statements and answer 'True' or 'False' for each one.

'Bullying only happens at school.': **False**

'There are three main types of bullying.': **True**

'Accidentally tripping someone over is bullying.': **False**

'Bullying only happens to boys.': **False**

6. Fill in the missing words.

Together, we must **look**, listen and work together to notice **bullying**.

7. Explain the meaning of the 2021 theme, 'One Kind Word'.

Pupils' own responses, such as: The theme 'One Kind Word' means that a small action, such as saying one kind word, can give a moment of hope to someone.

8. Why do you think it is important to always tell an adult about bullying?

Pupils' own responses, such as: We should always tell an adult about bullying so that they can help people who are