



Anti - bullying week



20 November 2020

WHAT IS BULLYING?

Bullying affects lots of people and can happen anywhere; at school, travelling to and from school, in sporting teams, in friendship or family groups or in the workplace.

There is no legal definition of bullying. But it is usually defined as repeated behaviour which is intended to hurt someone either emotionally or physically, and is often aimed at certain people because of their race, religion, gender or sexual orientation or any other aspect such as appearance or disability.

Most children will experience or witness bullying during their school years; they may be the target of bullying, may be involved in bullying others, may stand by while others are being bullied or may take positive action to stop bullying.



Bullying can take many forms including:

- ✗ Physical assault.
- ✗ Social bullying.
- ✗ Threatening behaviour.
- ✗ Name calling.
- ✗ Cyberbullying: our e-safety special feature newsletter can offer more support and guidance on this topic.



Signs of bullying

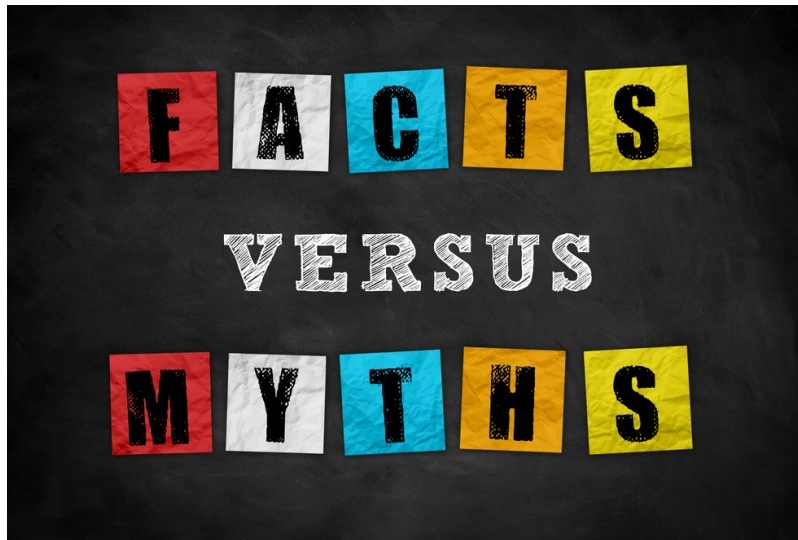
No single sign will indicate for certain that your child's being bullied, but watch out for:

- ✗ Belongings getting 'lost' or damaged.
- ✗ Physical injuries, such as unexplained bruises.
- ✗ Being afraid to go to school, being mysteriously 'ill' each morning, or skipping school.
- ✗ Not doing as well at school.
- ✗ Asking for or stealing, money (to give to whoever's bullying them).
- ✗ Being nervous, losing confidence or becoming distressed and withdrawn.
- ✗ Problems with eating or sleeping.
- ✗ Bullying others.



Bullying myths and facts

There are many myths surrounding bullying issues and some of these myths can often trivialise bullying. This can undermine how a person feels if they are being bullied. Bullying should not be tolerated in any form. It is important to address bullying so that the message is clear that bullying is unacceptable.



The severity of bullying is often undermined by the following misguided statements:

Myth "Bullying is just a normal part of growing up"

Myth "It helps children deal with the cruelties of the 'real world'"

Myth "It helps sensitive children toughen up"

These opinions are extremely detrimental to the development and safety of children. The effects of bullying can be devastating, as they often continue long into adulthood and drive countless children into depression or self-harm. Some will even attempt or commit suicide.

When left unaccounted for, bullying doesn't just affect the target and the children who are bullying, but everyone who is exposed to the environment in which it occurs - most commonly at school.

IMPACT ON BULLIED CHILDREN

Children who are bullied are more likely to:

- ➡ Have low self-esteem.
- ➡ Develop depression or anxiety.
- ➡ Become socially withdrawn, isolated and lonely.
- ➡ Have lower academic achievements due to avoiding or becoming disengaged with school.
- ➡ Be unable to form trusting, healthy relationships with friends or partners in the future.





IMPACT ON CHILDREN WHO BULLY

Children who frequently bully others are more likely to:

- ➡ Drop out of, or be expelled from school.
- ➡ Engage in criminal behaviour.
- ➡ Develop depression or anxiety.
- ➡ Be abusive towards their sexual partners, spouses or children as adults.



IMPACT ON BYSTANDERS

Children who witness bullying are more likely to:

- ➡ Feel powerless.
- ➡ Live in fear and guilt.

How does Highlands school take a stand against bullying?

Highlands School is committed to ensuring that all students can learn in a supportive, caring and safe environment without the fear of being bullied. Bullying is an anti-social behaviour and affects everyone; it is unacceptable and will not be tolerated at school. If bullying does occur, all pupils should know who to tell and know that incidents will be dealt with promptly and effectively.

We aim to create a safe climate, where emotional health and wellbeing can flourish, students can learn well and achieve their potential, free from intimidation incidences and the fear of bullying are minimised. Highlands School is a mixed, inclusive, community, comprehensive school for students aged 11 – 18 years.

Our success is built upon our values: determination, aspiration, respect and equality (DARE).

RESPECT: Working individually and with others to uphold the rules and laws of our community whilst listening to and respecting the views of others.

EQUALITY: Working to protect the rights and opportunities of every member of our community so that we all have a fair chance to participate, succeed and enjoy life.

Our anti-bullying policy covers behaviours and incidents inside and outside school. Its purpose is:

- ➡ To allow all members of the school community to understand what bullying is.
- ➡ To detail the school's response to bullying behaviour.

Our anti-bullying policy can be found on our school website, where more information can be found regarding our school procedures in relation to bullying.



20 November 2020

STOP BULLYING STOP BULLYING STOP
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Anti-bullying week 2020

Anti bullying week 2020 is held between the 16th and 20th November and is organised by the Anti-Bullying Alliance (ABA). This year the theme is 'United Against Bullying'.

'This year, more than ever, we've witnessed the positive power that society can have when we come together to tackle a common challenge.'

Anti-Bullying Week is no different. Bullying has a long lasting effect on those who experience and witness it. But by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together. From parents and carers, to teachers and politicians, to children and young people, we all have a part to play in coming together to make a difference.

We're all a piece in the puzzle, and together, we're united against bullying.'

HOW CAN WE UNITE AGAINST BULLYING?

Understanding what bullying is, is a vital starting point. Many young people often misinterpret their actions and do not recognise they are participating in acts of bullying.

Include others: Make sure there is no one left by themselves in the playground, or ask others to play with you if they are feeling left out

Celebrate difference: Choosing to celebrate difference, rather than be divided by discrimination and hate. If someone is different to you get to know them better and you will find you have more in common than you might have thought

Keep your hands and feet to yourself: Never physically hurt anyone else

Respect everyone: Choose to be kind, not mean

Don't laugh at others: This can really hurt someone's feelings.

Don't be a bystander: If you witness bullying, take a stand. Make sure you report the incident immediately, and if you feel safe and confident enough, intervene and come to the defence of the person being targeted.



We all need to play our part! If everyone works together and agrees to act this way, we can make a more powerful difference.

GUIDANCE FOR PARENTS AND CARERS

As parents and carers, your child's happiness and safety is paramount. It is natural to worry about bullying especially in a world where bullying can take place within the comfort and security of your own home, through the rise in cyberbullying and social media use.

As a parent or carer, you are a vital piece of the puzzle in tackling bullying. You have a unique role to play in guiding and supporting your child through their school years and there are lots of positive steps you can take to help keep your child safe from bullying and harm. One of the steps is knowing when to ask for support.

In partnership with the ABA, Kidscape have produced a helpful tool for parents and carers to guide you in talking to your child about bullying, and how to support them. This can be found [HERE](#).



SUPPORT

Sources of advice and support

For children and young people:

[Anti-Bullying Pro](#)

[ChildLine](#)

[The Mix](#)

[Report harmful Content \(for 13+ concerned about cyberbullying and online harms\)](#)

[YoungMinds \(for mental health\)](#)

[Papyrus UK \(suicide prevention support\)](#)

[Childnet International \(for cyberbullying and online harms\)](#)





SUPPORT

Sources of advice and support

For parents and carers:

[Kidscape](#)

[Family Lives](#)

[Parent Zone \(digital family life\)](#)

[Red Balloon Learner Centres](#)

[Papyrus UK \(suicide prevention support\)](#)

[Childnet International \(for cyberbullying and online harms\)](#)

[Anti-Bullying Alliance: Parent and Carer Online Tool](#)

[YoungMinds \(for support with mental health\)](#)

[Report Harmful Content \(for cyberbullying and online harms\)](#)

[Internet Matters \(for cyberbullying and online harms\)](#)